

Wellness Workshop

# Yoga & Aromatherapy for Grief & Loss



**Thursday April 9<sup>th</sup> 2026**

6:30pm - 8:00pm, in person

Join us for a self-care session exploring how aromatherapy and yoga practices can offer support for the mind, body, and spirit while navigating grief and loss. The session will include gentle yoga and the use of essential oils to cultivate wellbeing.

**Facilitated by Nicki & Gwendolyn**  
**Spots Limited – Registration Required**

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house

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To register or for information, contact Nicki  
[wellness@hopehousehospice.com](mailto:wellness@hopehousehospice.com)  
or 905-727-6815 x 227