



wellness...virtually...



Permission to Pause

Yoga Nidra
with Adina

To register contact Nicki:
wellness@hopehousehospice.com
or 289-221-2055

If you are new to Hope House,
contact Georgina:
programs@hopehousehospice.com
or 289-221-1355

Mondays @ 3-4:00pm

Give yourself **permission to pause** for an hour each week. Get cozy on your yoga mat with blankets and pillows to deeply relax while being guided through a Yoga Nidra practice. Yoga Nidra is also known as yogic sleep, the body rest while the mind resets. This practice is suitable for all levels of yogis!

Open to those diagnosed with a life-threatening illness, family caregivers & the bereaved.

Part of the **STAYING STRONG LIVING WELL** Series

THANK YOU TO THE TOWNSHIP OF KING FOR HELPING TO FUND THIS PROGRAM.



During COVID-19, we are pleased to offer a variety of virtual wellness and bereavement support groups, counselling, system navigation & more. Our physical offices are closed & face-to-face group programming has been suspended, however we continue to be here for you!

Providing highly-personalized support, at **no cost**, to those diagnosed with a life-threatening illness, family caregivers and those who are bereaved.

Main Office: 350 Industrial Pkwy South, Aurora L4G 3V7
Second Location: 212-10909 Yonge Street, Richmond Hill L4C 3E3

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