

Drop-In Chair Yoga



Explore mindful movement, restorative breathing and guided meditation

When: Mondays from 4:30pm-5:30pm

Where: White Pines Wellness – Adult Day Centre

Classes are free with mats and supports provided

January 8, 2018 – March 5, 2018

Practice Guided by:

Nicole Oliver, Certified Yoga Teacher &

Miriam Beatty, Physiotherapist

Transportation or information contact: 519-445-4779

