

Drop-In
Gentle Restorative Yoga
&
Mindful Herbal Tea Pause



Be supported in your yoga practice by cushions, blocks, blankets so that you may find deep release and relaxation

Enjoy a cup of herbal tea after the physical practice to extend the mindful pause off your mat and to connect with others

Location: Dajoh Youth and Elders Centre, Oneida Room (heated floors)

When: Fridays from 11am-12:30pm

Winter Session: January 5, 2018 to March 30, 2018

Practice Guided by: Nicole Oliver, 200+ Certified Yoga Teacher

- No registration required (drop-in)
- Mats, props and supports provided
- Please bring your own cup for the weekly mindful herbal tea social
- For more information please call Health Promotions 519-445-4779

