

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 props provided

January 9, 2017 – June 26, 2017

Practice Guided by:

Nicole Oliver, + 200-hr Certified Yoga Teacher

Miriam Beatty, Physiotherapist

For more information contact: 519-445-4779

