



# Affected by the tornado?

## Join our Yoga and Self-Care Group

A **4 week** group yoga session to help alleviate some of the stresses and anxieties that may have accumulated as a result of September's tornado and the recovery period since then.

This group is open to individuals of all levels and abilities. You will learn:

- *Mindfulness, mindful movements, and prescriptive postures*
- *Regulating the breath and exploring different breathing techniques*
- *Turning the mind inwards and developing concentration.*

**When:** 4 Wednesdays- February 20<sup>th</sup> to March 13<sup>th</sup>.

**Time:** 5:00 to 6:00 p.m.

**Where:** The Pavillion at 14 Tapiola Cres

**Cost:** FREE

**To Register:** Call Melanie at 613-914-8458 **OR** email [melaniew@seochc.on.ca](mailto:melaniew@seochc.on.ca)

*Group offered in English  
Yoga mats available*