

A Mindfulness based

RELAXATION AND MOVEMENT DROP-IN

Are you feeling stressed or having difficulty dealing with pain?



Practice ways of being fully present and awake in your life through:

- ❖ Gentle movement
- ❖ Body awareness
- ❖ Self Care

Who should attend?

**** Anyone who is interested is welcome to attend.**

Drop in and try it out.

No registration required.

When: February 6 – May 15, 2006
Mondays : 1:00 – 2:30pm
No Drop-In Feb. 20, March 13, April 17.

Where: **Carlington Community & Health Services**
900 Merivale Road

Instructor: Rena LaFleur, RSW, RMFT, RYT
Certified Yoga Teacher

Dress in comfortable clothes

Please do not wear perfume or scented body care products

FOR MORE INFO: Call Rena @ 722-4000 (ext 258)

Please note: Help with childcare and transportation is available.

This program is offered free of charge.