



Complementary Restorative Yoga

For adults living with grief, disability or life-limiting illness.

The practice of deep relaxation, stillness and peace. Poses are gentle and can be done when ill or recovering from illness or injury. Props will be supplied to stimulate and relax the body.

Fridays, (first and third)

9:45 - 11:20 am

Mollie Nye House, 940 Lynn Valley Rd. North Vancouver

Free of cost, registration required.

Call: 604.985.8713 or Email: quenneville@familyservices.bc.ca



@familyservicesofthenorthshore



@fsnorthshore