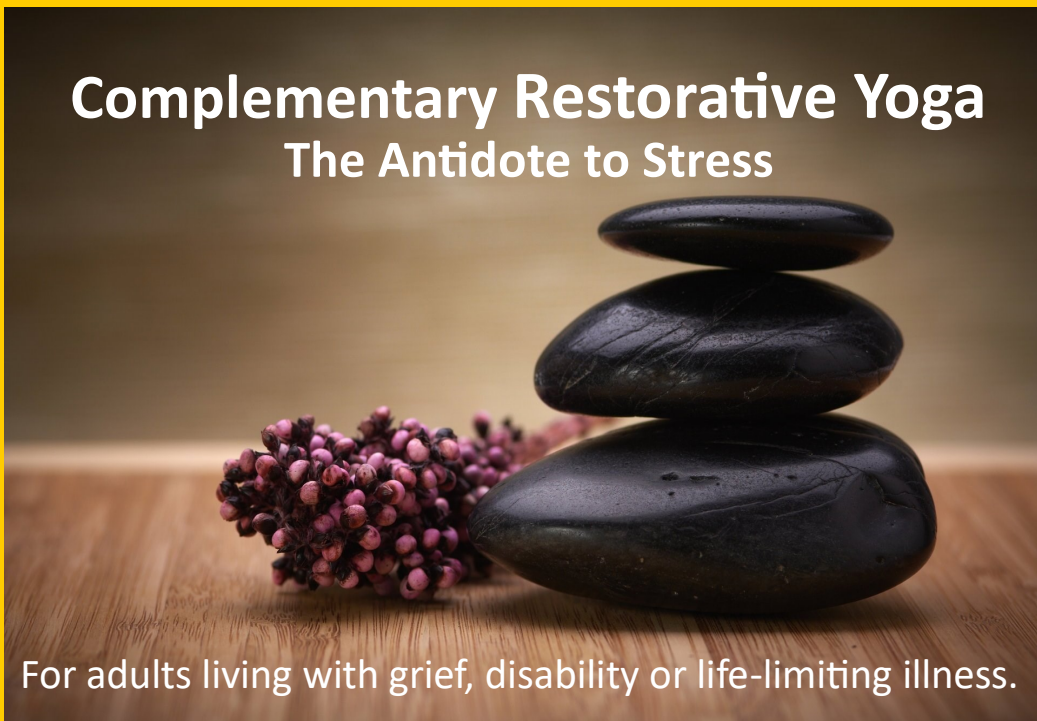


*Breathe. Let go.
And remind yourself that
this very moment is the
only one you know you
have for sure.
Oprah Winfrey*

Complementary Restorative Yoga The Antidote to Stress



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

When: **Thursdays** (first and third) from 9:45 to 11:20am

Where: **940 Lynn Valley Road**, North Vancouver
Mollie Nye House, downstairs entrance

Instructor: Sylvia del Valle Garcia

Register: Call **604.985.8713**. Pre-registration is required.

Restorative Yoga is the practice of deep relaxation, stillness and peace. It is for times when you feel weak, fatigued or stressed from your daily activities. You can practice the poses when ill or recovering from illness or injury.

Restorative Yoga supports the body with props to stimulate and relax the body to move toward greater balance and well-being. Poses are done lying down and are experienced as so gentle that it is easy to forget how powerful they can be.

Family Services of the North Shore
#203 -1111 Lonsdale Avenue
North Vancouver, BC V7M 2H4
Phone: 604-988-5281
Fax: 604-988-3961

www.familyservices.bc.ca



 **Family
Services
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Caring for our Community