**When?** Tuesday, May 21 – June 25, 2019 from10:30 – 12:00 pm

**Where?** St. David Anglican Lutheran Church, 133 James Street East, Orillia

**Why?**

Are you feeling stuck, tired, stiff or in constant pain? Need some inspiration and positive energy? If you have a deep desire to get unstuck and invest in learning a new way of being this 6 week program is for you. Bring your curiousity, a sense of humour, and a yoga mat.

You *do need* to attend all 6 sessions. You *don’t need to be* flexible, skinny, young or wear spandex!

**Who?**

Anyone over 18 years old with chronic, pain, stress or a feeling of being disconnected from themselves or others.

**What?**

* Build mind - body awareness.
* Notice and build on your existing selfcare strengths and tools.
* Learn new tools like meditation, movement and visualization.
* Create a support plan specific to you
* Make friends.

**Cost?**

$60 / 6 weeks – this program is supported by St. David’s through the free use of their facilities.

**How Do I Join?**

Call 705.325.1421 or email: [stdavidalc@bellnet.ca](mailto:stdavidalc@bellnet.ca)

**What Do I Need to Bring?**

A yoga mat or big towel, a cushion, water and a snack for afterward. Wear layers of comfortable clothing!

Part of the program is in person and part is online. In order to participate fully you will need access to a computer, a safe email account, and an internet connection. Please let us know if you do not have access to these items we would be happy to help.

**Let’s have a soothing time together. Please:**

* Show up 10 minutes before group and be ready to go.
* Turn off your cell phones before class begins.
* Help clear and put back seating.
* Shower and have clean clothes on for class.