

Mindful Movement



Move, Breathe, Be

Every Friday Drop-in from 10:30-11:30 am

Jan 12 & 26, Feb 9 & 23, Mar 9 & 23
at 525 Simpson St., NorWest Clinic



Jan 5 & 19, Feb 2 & 16, Mar 2, 16 & 30
Alpha Court Day Centre
at 270 Windsor St./Back door of building



- *Join us for this wellness practice focused on the mind-body connection: a way to calm our mind by moving our body.*
- *Discover the power of your breath & your own natural movements.*
- *You will be invited to practice mindfulness, body awareness, free movement, and breathing exercises.*

Everyone welcome—come as you are, no experience needed

For more info contact Nele at 346-3321 or nschoutteten@alphacourt.ca

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