



Community Wellness

Whole Life Wellness and Meditation

6 Week Virtual Workshop Series

Hosted by a Certified Yoga YTT200 Meditation Teacher
and Positive Psychology Practitioner and Centre Volunteer

Starting September 22, 2022

Workshop Topics Include:

- “Authentic Self” discovery
- Psyche (intention setting) connection, how vision manifests reality
- Gut-Mind connection relating to thoughts, emotions, metabolism
- Building resiliency through Positive Psychology interventions



WHAT: Each week focuses on a different topic related to whole life wellness and includes a 20 minute meditation practice

WHEN: Thursdays 12:00pm-1:00pm
September 22, 29; October 6, 13, 20, 27

WHERE: Virtually via Zoom
Once you have registered you will receive email with confirmation and Zoom link details

Free and Open to Everyone in the Community!

A SHORT INTAKE IS REQUIRED

For more information, please call **613-962-0000** or **613-965-0698**

Please Note: Group programs may be cancelled with short notice due to COVID-19



Like us on Facebook!



Follow us on Instagram!