

Mindfulness Yoga Group



- Discover what mindfulness is and learn techniques scientifically proven to decrease stress and change the wiring of your brain to improve your mood.
- Yoga is a form of meditation in movement (we will be doing beginner yoga).
- Improve your health and well-being by learning yoga poses properly so you can also develop a practice at home.

4 Week Mindfulness Yoga Group

When: This is a four-week group beginning Fridays from 1-2:30 pm. The group will start February 17th through to Friday March 10th at the Bluewater Area Family Health Team (BAFHT) in Zurich Ontario.

Facilitator: Julie Boyd, MSW, RSW is facilitating this group. Julie is also a certified yoga and meditation teacher with Yoga Alliance.

Cost: FREE

What to Bring: Please bring your own yoga mat, wear comfortable clothing, and bring your own water to drink. If you do not have your own mat, reach out to us and we may be able to provide one for you.

How to Register: Please contact Karen Skinner, MSW, RSW from the Bluewater Family Health Team for questions and to register: karen@bluewaterareafht.ca

