



BE MIND FULL

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

Yoga for Healthy Living

A beginner's yoga class designed to establish balance in the body and soul. These techniques can be used on a daily basis to reduce stress as well as target back health.

- Breathing Techniques
- Mindful Yoga Postures
- Restorative Yoga Poses
- Stress Reduction
- Build Inner Awareness
- Meditation

Mondays from 11:30am - 12:30pm
Apr. 10 & 24, May 8 & 29, Jun. 12 & 26

CMHA-WECB
1400 Windsor Ave.

Call 519-255-7440 with any questions.
Please wear loose, comfortable clothing.



**Canadian Mental
Health Association**
Windsor-Essex County
Empowering Transitions to Wellness