



Relaxation Circle

Relax Your Body... Quiet Your Mind

Our Wellness Mission is to support individuals and families dealing with the stresses of living with life-limiting illness, being a caregiver and grieving an anticipated or experienced death, with services designed to meet emotional, spiritual and physical needs. Services are offered without charge.

Are you feeling distressed, scared, or overwhelmed?

**Come Experience
Mindfulness Meditation**

**Fridays 1:30 - 2:30 pm
January 27 through March 24, 2017**

Relaxation circle is a caring space in which to share an intention towards quietness and stillness through meditation. Participants will learn about Mindfulness as a tool to find peace and comfort living in the present moment, and how to weave the practice of mindful breathing into their everyday life. As you help your body to relax, you can reduce anxiety, stress and pain, resulting in improved health and an overall sense of well-being.

Provided in group format and lead by a trained hospice volunteer. Yoga mats available or you may prefer to sit in a chair.

**Registration Required - Call 416-626-0116
or sign-up at the hospitality desk**