

WRRC PROGRAMS AUGUST 2023

Please note: childcare may be available for some programming. Please contact us if this is a consideration for you.

To register for any of our programs, please visit www.wrrcsa.org/news, or call us at 519-246-1422.



WOMEN'S SUPPORT CIRCLE

Location: WRRC

Tuesday, August 15, 5:30-7:00

A safe and supportive space for all who identify as she or her, to come together, learn, reflect, share their truth and be witnessed and heard; without shame, guilt or judgement. Weekly circles explore themes and activities based on what inspires the women in the group.



GENTLE YOGA

Location: WRRC & Virtual

August 14-28, Mondays, 9:30am

On the mat; slow, gentle stretch with all postures being completed from a reclined or seated position.



MEDITATION GROUP

Location: WRRC & Virtual

August 14-28, Mondays, 10:30

Provides an invitation and baseline understanding of what it means to be present and aware in one's life. Guided mindfulness and meditation that is suitable for all levels.



CHAIR YOGA

Location: WRRC, Virtual

August 1-29, Tuesdays, 9:30 am

Classes that combine seated and standing positions to build strength, stability and balance; all postures completed with the support of a chair.



SLOW FLOW YOGA

Location: Virtual

August 2-30, Wednesdays, 11:00 am

On the mat; a mixed-level class to build strength and balance with focus on connecting to breath.

WRRC PROGRAMMING CONTINUED



RITUALS, ROUTINES AND RHYTHMS

Location: Virtual

Friday, August 18, 10:30 - 12:00

A 1.15 interactive workshop online to assist you in designing simple everyday rituals that foster groundedness, connection, and inner calm. Much like nature, we as humans thrive with rhythm, and this session is an opportunity to dive deeper into that conversation and together explore what practices and prioritizes are most supportive to you.



EXPRESSIVE ARTS GROUP

Location: WRRC

August 14-28, Mondays, 1:00 pm

A space for self-expression and connection through various artistic practices. No prior experience is required.



HEALING HIKES

Location: Will be provided on registration

August 1/22, 4:00 pm

A guided hike in nature.



QUOTES & CONVERSATION

Location: WRRC, Virtual

August 1-29, Tuesdays, 11:00 am

Bring a coffee/tea and connect over inspiring quotes and ideas related to well-being.



RESTORATIVE YOGA

Location: WRRC, Virtual

August 14-28, Mondays, 8:00 am

Completely unwind after your day with this restorative practice designed to calm the mind and release tension in the body. In this class we will hold passive poses for longer than a typical class allowing you to fully relax. At home props like blankets, bolster and pillows encouraged.

