

WRRRC PROGRAMS JULY 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, July 18, 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
July 10-31, 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
July 10-31, 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
July 4-25, 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
July 5-26, 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



RECLAIMING YOUR JOY

Location: WRRC

Friday, July 21, 10:30 - 12:00

A 1.15-hour interactive workshop to spark your curiosity and prompt a group conversation on the importance of joy in our healing journeys. Many of us neglect play for the sake of productivity, but what if joy was essential to our overall health and well-being?



EXPRESSIVE ARTS GROUP

Location: WRRC

July 10-31, 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

July 4/25, 4:00

A guided hike in nature.



QUOTES & CONVERSATION

Location: WRRC, Virtual

July 4-25, Tuesdays, 11:00 am

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



RESTORATIVE YOGA

Location: WRRC, Virtual

July 10-31, 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.

