

# WRRC PROGRAMMING

## NOVEMBER 2022



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

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### WOMEN'S SUPPORT CIRCLE

*Location: WRRC*

*Tuesdays, 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 STRETCH YOGA

*Location: WRRC & Virtual*

*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*

*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: Virtual*

*Tuesdays, 9:30*

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

# WRRC PROGRAMMING CONTINUED

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## WOMEN'S CONNECTION GROUP

*Location: WRRC*

*Saturdays, November 12 & 26 7:00-9:30pm*

A woman-centered and woman-focused group that's built on the values of authenticity, connection, and relationship.



## SLOW FLOW YOGA

*Location: Virtual*

*Wednesdays, 11:00*

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



## QUOTES & CONVERSATIONS

*Location: Virtual*

*Tuesdays, 11:00*

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



## STABILIZATION GROUP (FULL)

*Location: WRRC*

*Thursdays, 11:00-12:00*

Relieve symptoms of crisis and explore effective coping strategies.



## EXPRESSIVE ARTS GROUP

*Location: WRRC*

*Fridays, 10:30-12:00*

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