

WRRC PROGRAMMING

OCTOBER 2022



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



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 (virtual) & Wednesdays (in-person): 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



WOMEN'S CONNECTION GROUP

Location: WRRC

Saturday, October 1, 15, 29, 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: WRRC & Virtual

Mondays (in-person): 12:30

Tuesdays (virtual): 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

Thursdays, 10:30-12:00

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