

WRRC SEPTEMBER PROGRAMMING

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



MEDITATION GROUP

*Location: 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.



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 am*

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



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.



GENTLE STRETCH YOGA

*Location: Virtual
Mondays, 9:30 am*

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



WRRC PROGRAMMING CONTINUED



RESTORATIVE YOGA

Location: Virtual
Mondays, 8:00 pm

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.



SELF-COMPASSION & FORGIVENESS

Location: Virtual
Friday, September 22nd, 10:30 am - 12:00 pm

An interactive workshop to learn what it means to be with ourselves in times of hurt and suffering. An opportunity to connect and explore practices of true care and kindness.

