

# Yoga and Mental Health

The emphasis for this beginner-friendly class will be to explore movement and breath in our bodies as a way to befriend ourselves and support our mental health. Gentle guidance throughout the class will provide lots of opportunities to find a positive experience that works for all different body types, ages and physical abilities. The tone will be playful, accepting and encouraging with time for rest at the end. If you're not careful, you might even learn a few things, too! Please join us to experience the mental health benefits of breath and movement in a warm, friendly environment.

## DATES:

**6 Weeks Starting:**

**Thursday, April 10, 2025**

**7:00pm-8:00pm**

## Location:

**Interfaith Counselling Centre**

**23B Church St., New Hamburg, ON N3A 1J1**

## Register:

**Please call 519-662-3092 to register and discuss available funding.**

**ICC strengthens the fabric of our community by equipping individuals, couples, and families to realize emotional wellness and triumph over life's challenges.**

