

Hello Everyone

Join me this month on Sunday February 26 for one or two yoga classes for the 3rd Annual Fundraiser in memory of my brother Michael.

His compassion and tenacity as a mental health and housing advocate assisting folks in making the transition into supportive housing inspired me to create this yearly fundraising event. All proceeds go to Journey Home hospice – an organization that provides compassionate end of life care in a comfortable and inclusive space for folks who are homeless.

Give yourself or someone else the gift of yoga and self-care this month and support a great cause! I would love it if you could join me!

Warmly Kathleen

Fees: individual class \$20;
Five class pass \$75 (expires three months from date of purchase,
First class \$10.
Or PWYC

PRE-REGISTER: kp.oconnell@yahoo.com payment by e-transfer.
All classes on-line unless indicated otherwise

Tuesdays in February 6:30 - 7:50 pm
**Tuesday evening classes end with a restful restorative posture*

February 7 – Hatha Yoga – Refresh and relax

February 14 – Restorative Yoga - Rest deeply in yoga postures supported by props. A heart centred practice.

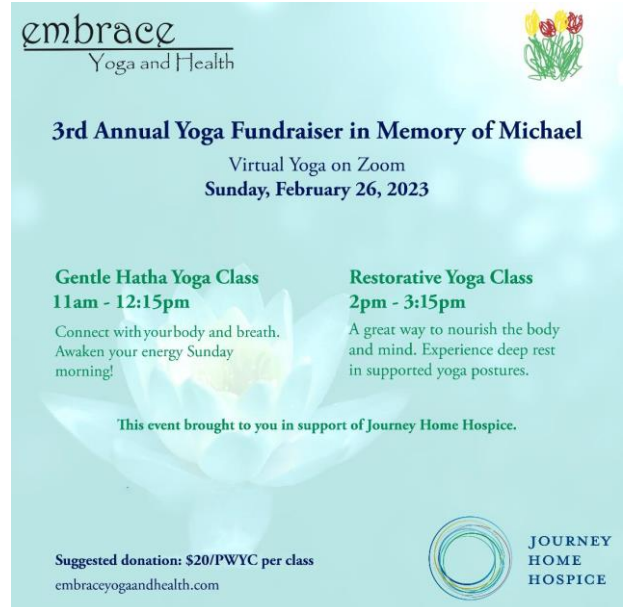
February 21 – Yin Yoga - Pause in yoga postures for (3-5 minutes) to experience a deeper stretch, explore mind/body connection and your flow of energy.

February 28 – Hatha Yoga –use of resistance bands to support strength and stability

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Yoga and Health

3rd Annual Yoga Fundraiser in Memory of Michael
Virtual Yoga on Zoom
Sunday, February 26, 2023

Gentle Hatha Yoga Class
11am - 12:15pm
Connect with your body and breath.
Awaken your energy Sunday morning!

Restorative Yoga Class
2pm - 3:15pm
A great way to nourish the body and mind. Experience deep rest in supported yoga postures.

This event brought to you in support of Journey Home Hospice.

Suggested donation: \$20/PWYC per class
[embraceyogaandhealth.com](https://www.embraceyogaandhealth.com)

JOURNEY HOME HOSPICE

Tickets: <https://www.eventbrite.ca/e/3rd-annual-yoga-fundraiser-in-memory-of-michael-tickets-520758120557>