



MNO Healing & Wellness Presents: HEALING MOVEMENTS & MEDITATION SERIES

Every Tuesday in JULY 2021 | 3:00 PM - 4:30 PM

Join us for a 4 week virtual yoga and mediation series, with guest presenter Ruthanne Soutter. She will be guiding us in this low-impact series, that combines simple yoga movements and guided healing meditations within each session. Healing movements will be mostly seated, with additional modifications offered if needed. To begin each class, repetitive and gentle movements will get our circulation flowing, encouraging us to feel more rejuvenated. Guided meditation and breathing exercises will follow, to complete the duration of each 1.5 hour session. Move, breathe, and relax, as you do your body and mind a favour every Tuesday afternoon in July.

No experience is required. Beginners and citizens of all ages are welcome.

Please RSVP to the contact below to reserve your spot and receive your link to the virtual workshop!

Contact:

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Métis Nation
of Ontario 