



BROOKSWOOD COUNSELLING

107-20103 40TH AVE. LANGLEY, B.C. V3A 2W3
778 278 3411 BROOKSWOODCOUNSELLING.COM

The practice of yoga brings a greater awareness of the body through strengthening poses and limbering stretching.

Yoga allows for a quieting of the mind and for the wisdom of the body to speak.

Mindfulness Meditation with Hatha Yoga

A combination of mindfulness practice and yoga for stress reduction

What is needed to participate:

- ≡ Inclination to try Hatha Yoga
- ≡ Curiosity about mindfulness meditation
- ≡ Commitment to maintain confidentiality
- ≡ Willingness to process and share experiences
- ≡ Possession of a yoga mat

7 Wednesday sessions, February 22- April 4

12-1:30pm or 6-7:30pm

Cost \$105 including HST for 7 sessions

Tanya Kliefoth, Certified Yoga Teacher, M Ed Counselling Psychology

For those interested in participating please contact Tina at:

Brookswood Counselling 778-278-3411 or info@brookswoodcounselling.com