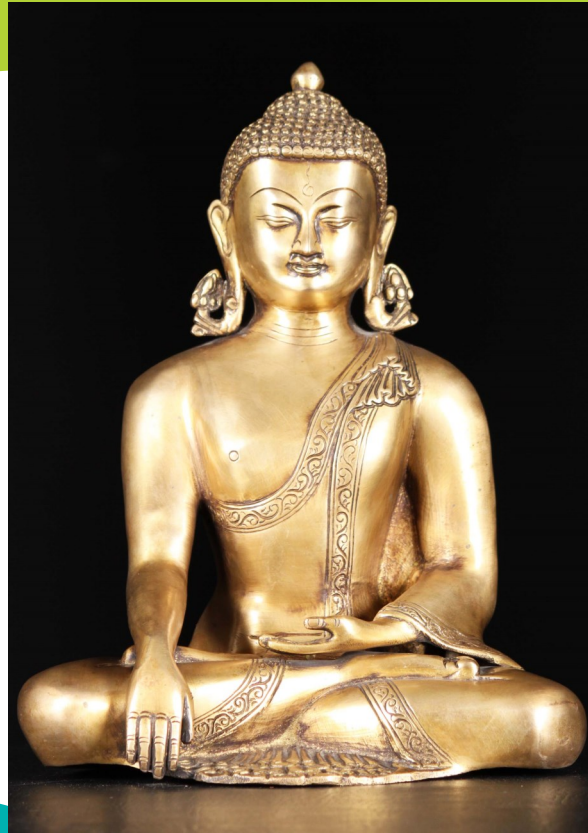


Breathing with the Body

**Thursday
afternoon**

3:30-4:15pm

**Virtual Group
See SH&PS calendar
for link**



*Join us as we sit and connect
through breath work.*

*Included in this group are gentle
body*

*movements, havening and
breathing exercises that all help
to heal and bring peace of mind.*

Sit.

Breathe.

Connect.



**Canadian Mental
Health Association**
Waterloo Wellington

**Association canadienne
pour la santé mentale**
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