

GENTLE YOGA / MEDITATION (Safe for beginners)#

If you care for a special needs child, you probably need to take some time to take care for yourself.

So often the needs of our beloved children come first, which can lead us to a place where our body, mind and spirit can feel frazzled and overwhelmed.



As a mother of a daughter with Rett Syndrome and a certified Yoga Instructor, I know well how hard it is to find time for you. Please join me, Violaine, in this relaxing hour absolutely free. It is sure to soothe and nourish you on all levels.

You will breathe and stretch gently to relieve common aches and pain.

Settle down comfortably into your body, relax and restore your energy.

Find joy in your body and peace in your heart.

This session will allow you to explore the effectiveness of yoga practices and how it can help you find serenity in the midst of challenges. Bring your own yoga mat, or we will have hotel guest towels available.

DAY: Friday, June 22 TIME: 8am-9am, or 10am – 11am

PLACE: ACADIAN 1 (3RD Floor, Intercontinental Hotel)

To help us plan for set up please pre-register by sending an email to

VGHERLITZ@AOL.COM Subject: GENTLE YOGA#