



Seasonal Self-Care

CALM, COOL & CONNECTED



Ayurveda is one of the oldest healing sciences originating in India. In Sanskrit, Ayurveda means "the science of life" and is often called the mother of all healing.

Join us for an Ayurvedic inspired afternoon workshop focused on self care practices to keep us calm and centered during the heat of the Summer months.

During this engaging session we will explore and experience aromatherapy, gentle movement & mindfulness practices that will support us through the Pitta season and encourage a greater capacity to feel calm, cool and connected!

MONDAY JULY 22, 2024 @ 2-3:30 PM
at Hope House Aurora

Registration is required.
Contact Nicki wellness@hopehousehospice.com
or 905-727-6815 x227

All programs & services at Hope House are offered at no charge.

Donations are always appreciated.

Our professional staff and dedicated volunteers provide innovative, personalized compassionate support—at no cost—to people diagnosed with a life-threatening illness, their families and caregivers and those who are bereaved.

Main Office: 350 Industrial Pkwy South, Aurora L4G 3V7
Second Location: 212-10909 Yonge Street, Richmond Hill L4C 3E3

905-727-6815 www.hopehousehospice.com

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