

Grief and Yoga



Central Okanagan Hospice Association is pleased to offer a six week grief and yoga class for adults who are grieving. Our classes are open to anyone—no experience necessary. These classes are intended to help you move forward with your grief through a series of gentle stretches and breathing exercises.

Our next group begins on **June 4th, 2024**, and runs **every Tuesday from 2:00pm-3:00pm.**
(June 4th—July 9th)

There is no cost to attend. Registration is required.

To register or for more information
Please call: **Kendall Schultz 250.763.5511**
Or email: **kendall@hospicecoha.org**