



SENIORS WELL-BEING YOGA SERIES

Mental Health, Yoga & Mobility and Wellness

Are you an active 55+ senior or know a loved one who would benefit from a yoga workshop?

This yoga workshop will focus on:

- Mobility
- Mindfulness
- Flexibility

*For seniors in the Region of Peel

*Participants will be asked to pick up complimentary yoga activity kits

**DATES OF
EVENT**
Virtual, 3 to 5
times per
week

**For more information & registration,
please contact:**

Awais Ibrahim | aibrahim@induscs.ca or
call

905-275-2369 Ext. 4225

[Click here to register](#)

Funded by:

