

VANCOUVER WOMEN'S HEALTH COLLECTIVE PRESENTS

Yoga for All Bodies

The destination is you...and you are already there!

Yoga is beneficial to all bodies, but traditional yoga spaces have not always felt welcoming to those in larger or differently abled bodies. This workshop will focus on breaking down some of the stigmas associated with yoga and non-thin bodies, empower participants to explore common yoga poses with adjustments and props, and answer questions participants might have about attending classes in a traditional yoga setting. This workshop will encourage participants to focus on what their bodies can do, not what they can't.

With Kim

Date: Tuesday, January 28th, 2020

Time: 6:00pm-8:00pm

Location: Vancouver Women's Health Collective
29 West Hastings, Vancouver



This is a FREE event, for all Self-Identified Women & Non-binary Humans

Please register by emailing centre@womenshealthcollective.ca or call us at 604-736-5262

Kim Correa is a Vancouver based yoga teacher. She believes in the power of joyful movement for all bodies, as well as the power of ice cream. She can be contacted via her website Sea Joy Movement (<https://www.seajoymovement.com/>) or on Instagram @seajoymovement.



Women Helping Women Help Themselves Since 1972