



# Chair Yoga Series with Better Living

Come and join Mosaic for an invigorating 4-part Chair Yoga Series with Joanne Picot, an experienced Holistic Health Practitioner from Better Living. Chair Yoga is one of the gentlest forms of yoga available. Participants will perform postures and breathing exercises with the aid of a chair. Experience the many benefits of yoga without having to get up or down from the floor.

## Chair Yoga benefits include:

- Increased balance
- Strength, flexibility
- Range of motion
- Stress reduction

**Dates:** This program will run every first Wednesday of the month, on September 4<sup>th</sup>, October 2<sup>nd</sup>, November 6<sup>th</sup> and December 4<sup>th</sup>, 2019

**Time:** 1:30 p.m. to 2:30 p.m.

**Location:** Mosaic Home Care & Community Resource Centre

**Address:** CNIB Centre, 1929 Bayview Avenue, Suite 215H, Toronto, ON

No charge for event. Paid parking onsite. No underground parking.

**Please RSVP by Wednesday August 28<sup>th</sup>, 2019 if you are interested in attending at 416.322.7002 or [info@mosaichomecare.com](mailto:info@mosaichomecare.com)**



 **BetterLiving**

The 4 sessions will be held at  
**Mosaic's Community Resource  
Centre at the CNIB Centre, Toronto**

**Joanne Picot** has a history of working in the health wellness and fitness industry and has graduated from Yoga Alliance Canada-Certified Yoga Teacher.



*What a difference we make!*

**Mosaic Home Care Services & Community Resource Centre**  
1929 Bayview Avenue, Suite 215H, Toronto, ON M4G 3E8

Tel **416.322.7002**

**[www.mosaichomecare.com](http://www.mosaichomecare.com)** | [info@mosaichomecare.com](mailto:info@mosaichomecare.com)

Located at the CNIB Centre | Close to public transit  
Parking on main level with elevator access. No underground parking.  
Paid parking onsite.

