

Professional Development Series October 2021



Cultivating Calm with Movement and Breath

Join us for 75 minutes completely devoted to you. Through suggestions for gentle movement, stretching and breath techniques adapted from vinyasa yoga traditions, we hope to create space for you to feel present in your body with a calm mind. All you will need is space to move, a blanket or pillow, and yoga mat, if available.



Laura Best is a certified yoga teacher and neuroscience researcher at the Centre for Addiction and Mental Health. Forever a student, she is passionate about mental health, wellness and learning new things.

Via Zoom

Wednesday, October 20, 2021 | 6:30 p.m. - 8:00 p.m.

<https://us06web.zoom.us/j/88024776572?pwd=RkZLa3ZZY2VLTndNdkxwdVFBaFh5QT09>

Meeting ID: 880 2477 6572 | Passcode: 993646

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