



Richmond Centre for Disability

“Promoting a new perspective on disability”

GET THIS RELAXED TO START 2015!



THE REXALATION RETREAT

**GIVE YOURSELF A TREAT AT THE START
OF YOUR WEEK!**

GUIDED IMAGERY, STRETCHING, BREATHING,
BASIC MEDITATION, BASIC QI- GUNG &
MORE...

MONDAYS FROM 3:30—4:30 PM AT RCD

Drop in or call Dave or Kathie @ 604 232 -2404 or
email at dave@rcdrichmond.org or kathie@rcdrichmond.org