



Richmond Centre for Disability

"Promoting a new perspective on disability"

YOU HAVE ENOUGH.
YOU DO ENOUGH.
YOU ARE ENOUGH.

Relax.



The Relaxation

Retreat

Guided Imagery

Stretching

Breathing Practice

Meditation

Qi Gong

"Give yourself a treat to start your week"

Mondays from 3:30 to 4:30 in the CASS room

For more information contact Dave or Viet @ 604 232 2404

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