

ACCEPTANCE



EQUITY



AWARENESS



FREE ADMISSION

THE PATH TO SELF-ACCEPTANCE

TO REGISTER:

<http://www.nedic.eventbrite.ca>

Thursday May 11, 2017 • 7pm – 8:30pm

Join **Dianne Bondy** for a conversation around self-awareness on the path to self-acceptance. Followed by an accessible mindfulness and yoga practice designed to help you safely explore the themes of self-acceptance and compassion towards the self and others. This unique practice integrates yoga, conversation, and open dialogue discussions centred around community connection and self-awareness. Explore accessible yoga poses, breath, and the mind-body connection in a way that illuminates your strength and creativity. Come and enjoy the unique experience of standing in your power as you connect with your inner light!

This workshop is suitable for those 12 and up. People with varying abilities are welcome. The mindful movement will be accessible to everyone. Feel free to bring your yoga mat!



LOCATION: Chestnut Conference Centre, 89 Chestnut Street, Toronto

nedic

National Eating Disorder Information Centre

www.nedic.ca

UHN Toronto General
Toronto Western
Princess Margaret
Toronto Rehab

OFFICIAL COMMUNITY NIGHT PARTNER

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