



MOVE & RELAX

A movement session to help you find physical and mental balance and reduce stress

Learn how to:

Calm your mind

Relax your body

Release your stress

Monday to Friday (4:30- 5:15)

Online via ZOOM

**No previous experience is needed.
Please wear comfortable clothing.**

To receive the link and code of the session, and for more information, please contact Alejandra:

alejandra@vast-vancouver.ca