



PUMPKIN CARVING & YOGA

In the Pumpkin Carving & Yoga session, parents and other caregivers that support a family member with an intellectual disability will have the opportunity to engage in fun pumpkin carving activities with their children as well as build meaningful connections with other families. Participants will also learn basic mind-body practices from the yoga session to help them find peace and promote wellness.

Date: October 5th, 2019 (Saturday)

Time: 10:30am-12:00pm

Location: Kind Yoga by Heart
10825 Ninth Line, Markham, ON
L6B 1A8

To RSVP, please contact Zainab Zaidi
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