



Yoga Bilingüe

29 de Agosto

12-1pm

Mientras unimos respiración y movimientos conscientes en ésta práctica bilingüe (Inglés/Español) de vinyasa, trabajaremos en estimular nuestro sistema inmune incorporando meditación, ejercicios de respiración y posturas de yoga.

Bilingual Yoga

August 29th

12-1pm

As we link conscious breath and movement in this bilingual (English/Spanish) vinyasa practice, we will be working to enhance our immune system by incorporating meditation, breath work, and yoga postures.



Toivo is a Center for Holistic Healing and Stress Management. The word Toivo translates to "HOPE" in the Finnish language.

Our lived experience with struggles related to mental health, substance use and trauma allow us to share mind-body practices and other holistic approaches with accessibility, awareness and understanding.

Toivo offers a space to explore holistic healing practices and intentional living. We believe these brave spaces act as a catalyst to healing the whole self and the collective community.

Our offerings are donation based. Your presence is enough, and any contributions are appreciated.

(860) 296-2338

connect@toivocenter.org

**Toivo is an initiative of
Advocacy Unlimited**

Toivo Offerings August 2022



**1477 Park St
Hartford, CT
Suite 102**

COME AS YOU ARE



AUGUST 2022

Key Code
 Alt2Su= Alternatives to Suicide
 WG= Women's Group

*In person offerings are purple & underlined
 Visit toivocenter.org/calendar/ for more info

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>12:30-1:30pm Walk & Talk</u> 3:30-5pm Alt2Su 6:30-7:30pm WG	2 <u>10-11am</u> <u>Yoga at Pope Park</u>	3 <u>2-3pm Chair Yoga</u> <u>3:30-4:30pm</u> <u>Cancer Connections</u> <u>5-6pm Decluttering 101</u> <u>5-6:30pm Alt2Su</u> 6:30-7:30pm WG	4	5	6 9:30-11am Valley Qigong & Tea
7	8 <u>12:30-1:30pm Walk & Talk</u> 3:30-5pm Alt2Su 5-6pm Writing Group 6:30-7:30pm WG	9 <u>10-11am</u> <u>Yoga at Pope Park</u>	10 <u>2-3pm Chair Yoga</u> <u>5-6:30pm Alt2Su</u> 6:30-7:30pm WG	11 6-7pm Zumba	12	13 <u>9:30-11am</u> <u>Valley Qigong & Tea</u> <u>1-3pm</u> <u>Esoteric Dance</u>
14	15 <u>12:30-1:30pm Walk & Talk</u> 3:30-5pm Alt2Su 6:30-7:30pm WG	16 <u>10-11am</u> <u>Yoga at Pope Park</u> 6-7 pm Qigong	17 <u>12:30-1:30pm</u> <u>Creative Expressions</u> <u>2-3pm Chair Yoga</u> <u>5-6:30pm Alt2Su</u> 6:30-7:30pm WG	18	19	20 9:30-11am Valley Qigong & Tea
21	22 12-1pm Yoga en Español <u>12:30-1:3-pm Walk & Talk</u> 3:30-5pm Alt2Su 5-6pm Writing Group 6:30-7:30pm WG	23 <u>10-11am</u> <u>Yoga at Pope Park</u>	24 <u>12:30-1:30pm</u> <u>Meditative Coloring</u> <u>2-3pm Chair Yoga</u> <u>3:30-4:30pm</u> <u>Health & Nutrition</u> <u>5-6:30pm Alt2Su</u> 6:30-7:30pm WG	25 6-7pm Zumba	26	27 <u>9:30-11am</u> <u>Valley Qigong & Tea</u>
28	29 <u>12-1pm Yoga Bilingüe</u> <u>12:30-1:30pm Walk & Talk</u> 3:30-5pm Alt2Su 6:30-7:30pm WG	30 <u>10-11am</u> <u>Yoga at Pope Park</u>	31 <u>2-3pm Chair Yoga</u> <u>5-6:30pm Alt2Su</u> 6:30-7:30pm WG			

Scan here to register
for in person offerings!

