

Victoria
Brain Injury
Society



Mindfulness Practice & Yoga

Mindfulness

Join a group of brain injury survivors who get together to learn and practice meditation and have discussions about mindfulness.

This is a drop-in group that meets every Wednesday from 1:00pm to 2:30pm

Come meet with our [Intake Coordinator](#) for an appointment to learn more!

Yoga

Yoga is a great way to relieve stress, build strength, and increase flexibility for participants of all shapes, sizes, and abilities.

Yoga mats are provided.

This group meets every Thursday from 6:00-7:00pm

Come meet with our [Intake Coordinator](#) for more information on how to get signed up!