



**PROMEDICA HOSPICE OF VIRGINIA BEACH**  
**MOVEMENT, MUSIC, AND YOGA AS SELF CARE**  
**WITH THE DAY PROGRAM**  
**OCTOBER 14TH AT 12PM**

Energetic union of Drumming and Yoga. Works to expand awareness, access energy, cultivate transformation, and have a really good time. They fuse yoga, meditation and mindfulness with African Drumming to improve wellness.

