NANAIMO Community Resources

Yoga/Pilates

Bend Over Backwards Yoga (Nanaimo):
Private yoga sessions, Restorative Yoga classes, or Chair Yoga classes-
www.iyengaryogananaimo.com

Red Door Yoga (Lantzville):
Phone 250-390-9367 or visit www.reddooryoga.ca

Fine Balance Pilates (Nanaimo):
One-on-one Pilates or Restorative Pilates classes – phone 250-754-8190 or visit
www.finebalancenanaimo.com

Symphony Neurological Rehabilitation (Nanaimo):
One-on-One Yoga, PT for gait retraining – phone 250-741.0141 or visit
www.symphony-rehab.com

Seniors Connect Nanaimo- phone 250-591-2924 150 Wallace Street
Chair Yoga, other activities and programs for adults 55+

Aquafit

Nanaimo Aquatic Centre:
Therapy Aquafit

Beban Park (Nanaimo):
Therapy Aquafit

*Confirm schedule at www.nanaimo.ca or 250-756-5200
Members of the public can also contact private fitness centers as well as hotels/resorts about
access to facilities/pools [ie Lifestyles Fitness, Origins Retirement community]

Workshops and Support Groups
People in Pain Network
Toll Free 1-844-747-7246

Meditation
Full list of meetings
https://nanaimomeditationgroups.weebly.com/
**Mental Health**
Brooks Landing
203-2000 Island Highway N
Nanaimo BC V9S 5W3
Phone: 250.739.5710

24 Hour Crisis Line 1.888.494.3888

**USEFUL LINKS**
Pain BC: [www.painbc.ca](http://www.painbc.ca)
Neil Pearson: [www.paincareu.ca](http://www.paincareu.ca)

Self Management BC Chronic Pain Classes
[https://www.selfmanagementbc.ca/workshops?region=1](https://www.selfmanagementbc.ca/workshops?region=1)

For Everything That’s Community Health Nanaimo (FETCH) [http://www.fetchbc.ca/](http://www.fetchbc.ca/)