

RECOVERY YOGA PRESENTS

Yoga for Veterans, Active Duty & their Families!

Sundays • 4-5pm

★ Starting at new location, Sunday, April 7th

- Drop-ins welcome and encouraged
- No experience necessary
- Free of charge for veterans, active duty & families
- Others welcome - drop-in, class card or donation

This FREE program will introduce you to the fundamentals of healing Baptiste Yoga. Reconnect with your body, mind and spirit through deep breathing practices and physical postures – leaving you feeling deeply relaxed and rejuvenated. Taught by Recovery Yoga teachers in collaboration with Recovery Yoga and The Mystic Yoga Shala.

Questions? email info@recoveryyoga.org • recoveryyoga.org

To register, visit mysticyogashala.com, click schedule and workshop tab.

Donations to Mystic Yoga Shala gratefully accepted.



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