



NURTURING HEALTH & HEALING TRAUMA

Having trouble slowing down?  
Stress, anxiety, or racing thoughts?  
Feeling disconnected from yourself?

*Join us and begin the journey back to yourself*

Yoga with emphasis on mental health can teach your brain and body to slow down, stay in the present, and get out of your head.

Our yoga class is a therapeutic approach to support healthy mind and body connection. It is focused inward on genuine self-connection, care, and love. Although you will use your body in a gently flowing way, our class is not about getting a workout.

We create a safe and non-judgmental space to explore movement and create mindful experiences.

*Weekly classes on Wednesdays*

To promote equity and our core values, we are offering a 'Pay What You Can' option: \$12 - \$22 per class. All amounts and additional contributions help bring these services to everyone, regardless of economic ability. You will receive the same instruction, support, and guidance regardless of the amount you can pay.



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