

# RESTORATIVE YOGA

**For Returning Citizens and Community Members**

BASIC TRAINING IN STRENGTH, RESILIENCE & PEACE OF MIND



*A Relaxing Way to De-stress, Re-energize and Find Balance*

**Saturdays @ 10:00 am (Weekly, starting January 20<sup>th</sup>)**

**@ The Guild House**

**711 Spring Garden St.**

Presented By:

Transformation Yoga, Frontline Dads Inc. and, The Center For Returning Citizens

(This is a FREE Yoga program. To Register, email: [frontlinedads@aol.com](mailto:frontlinedads@aol.com))