

*Discover strength, awareness, relaxation and vitality.
Experience relief from stress, anxiety, and pain through
breath and movement.*

Practice

Yoga

as a healing art

*The Movement Space
at the
Trauma Healing Project*

Heeran Center Building, 2222 Coburg Road, Suite 300
541-687-9447 for more information

**Open to all
experiences
and levels**

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**Monday
Evenings
5:30-7:00**

Begins Oct. 17

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**\$5-\$10
Sliding Scale
Alternative
rates
available**

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**Instructed by
Kristen Mico**