



# TRAUMA- INFORMED RECOVERY YOGA



**FREE**  
BEGINNERS  
CLASS  
ALL LEVELS  
WELCOMED

**THE HEALING YOU SEEK LIES WITHIN YOU!**

## Certified Instructor

Jillian Popp

**Second Sundays**  
**10am-11am**

## Class Details

This is a **free** monthly workshop brought to you by Colorado Artists in Recovery. All pathways of recovery welcome!

Bring your own yoga mat & water (some mats will be available as well)



*Register  
Now*



**FORT COLLINS CIRCUS CENTER**  
**2536 MIDPOINT DR.**  
**UNIT A, 2ND FLOOR**  
**FORT COLLINS, CO • 80525**

For more information :  
[www.ColoradoArtistsInRecovery.org/northern-colorado-events](http://www.ColoradoArtistsInRecovery.org/northern-colorado-events)