RESTORATIVE YOGA FOR RECOVERY

With Shani Raviv



FREE ONLINE CLASS

Take a break, slow down and reconnect with yourself through gentle restorative yoga. This welcoming class offers a space to relax, release tension and nurture your well-being in recovery. No yoga experience necessary.

Sunday, December 6th

4:00 PM – 5:00 PM

Join us on Zoom

Registration Required

SCAN TO REGISTER

Colorado Artists in Recovery (CAiR)

www ColoradoArtistsInRecovery.og