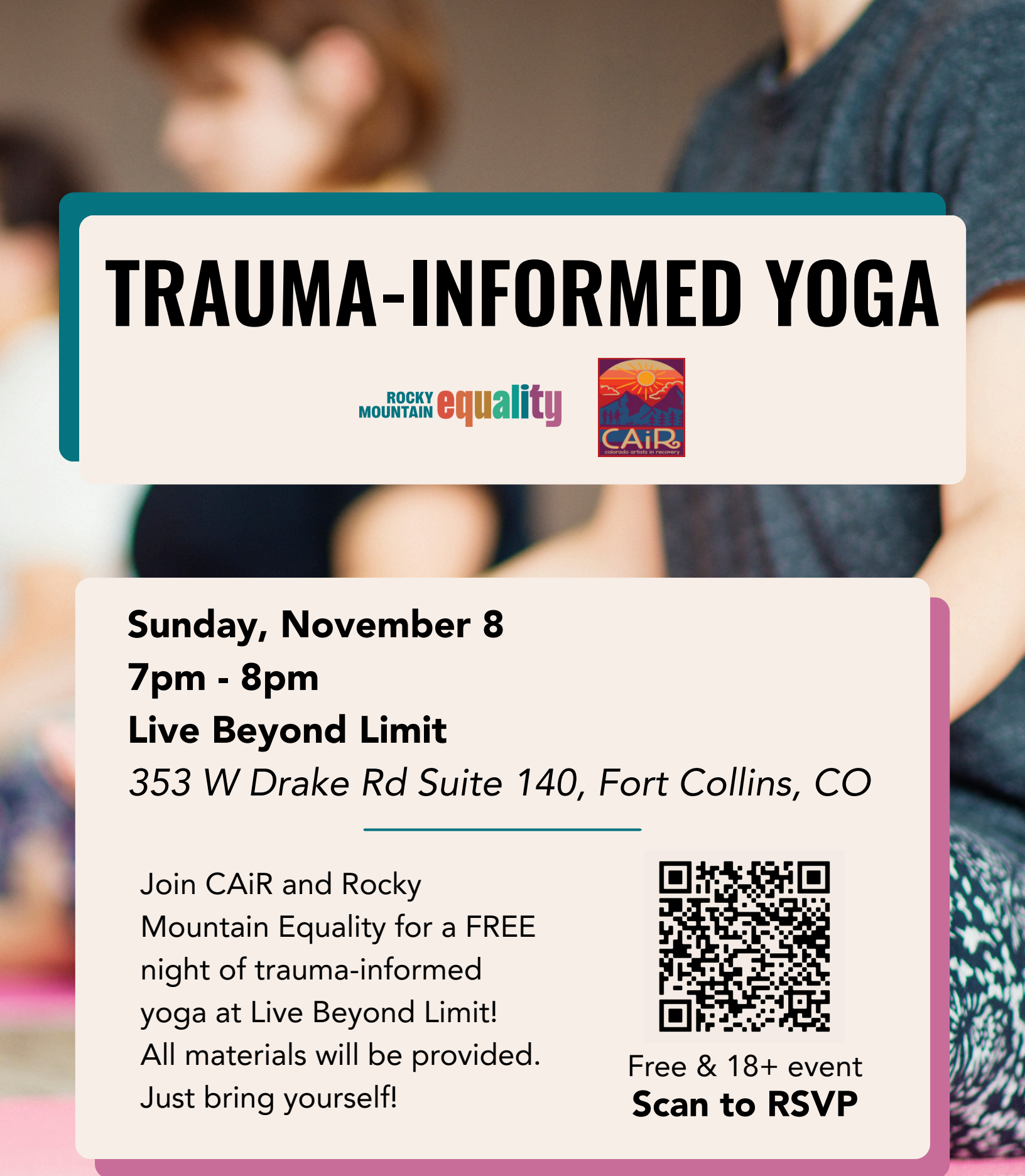

TRAUMA-INFORMED YOGA

ROCKY MOUNTAIN equality

CAiR colorado artists in recovery

Sunday, November 8

7pm - 8pm

Live Beyond Limit

353 W Drake Rd Suite 140, Fort Collins, CO

Join CAiR and Rocky Mountain Equality for a FREE night of trauma-informed yoga at Live Beyond Limit! All materials will be provided. Just bring yourself!

Free & 18+ event

Scan to RSVP