



# CANDLELIGHT TRAUMA INFORMED YOGA

THE HEALING YOU'RE LOOKING FOR STARTS IN YOUR BODY

## Certified Instructor

Maggie Barfoot

Mondays - 6:15pm

& Saturdays - 11:15am

## Class Details

- There is **no cost** for this yoga class
- Bring your own yoga mat & water
- Mats will be available as well

**Drop In Class -**

**Fills up fast!**

**First come-**

**First serve basis**



2122 S. LAFAYETTE ST.  
DENVER, CO • 80210

BEGINNERS  
CLASS  
ALL LEVELS  
WELCOMED

For more information :  
[www.ColoradoArtistsInRecovery.org](http://www.ColoradoArtistsInRecovery.org)