



TRAUMA- INFORMED RECOVERY YOGA



FREE
BEGINNERS
CLASS
ALL LEVELS
WELCOMED

THE HEALING YOU SEEK LIES WITHIN YOU!

Certified Instructor

Jillian Popp

**Second Sunday
of every Month**

10am-11am

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



*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