



CANDLELIGHT TRAUMA INFORMED YOGA

THE HEALING YOU'RE LOOKING FOR STARTS IN YOUR BODY

Certified Instructors

Jenny Footle & Sarah Franzino

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