



Get Into Your Body!

Yoga for Emotional and Mental Wellness

Mondays

2:30pm-3:30pm

Starting: 11/13/17

Increase sense of body awareness, embodiment, choice, and empowerment. Learn how to calm the mind, and notice, identify, and tolerate physical sensations within the body.

- Please wear comfy active wear (no tank tops, t-shirts are a must!)
- Socks, water and towel are all optional
- Bring a yoga mat (if you do not have one, please let the front desk know when you sign up, the instructor has a limited number of extra mats available)

If interested please contact:

Community Mental Health Services

| 610-436-2510