

Letting Go of Dependence: Yoga for Families & Loved Ones

Families with a member addicted to drugs or alcohol experience stressful times, often sacrificing their own health and well-being.

- Enjoy weekly gentle, relaxing yoga class
- Feel supported and nurtured
- Learn strategies for managing stress in the home
- Learn techniques for self-care
- Learn resources for living with addictive behavior
- Discussion & networking

10-week series; Thursdays 7 – 8:30pm

October 6 – December 15

Class is free of charge. Book and journal included.

Register online or call Pause Yoga



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