



TRAUMA SENSITIVE YOGA

Join Katie Page, LMSW, RYT-200

For 12 sessions of Trauma Sensitive Yoga to help reduce your chronic pain, improve the quality of your sleep and teach you how to relax. Classes are adaptive and accessible to veterans of all abilities. All mats and props are provided. **OPEN TO ALL VETERANS IN THE COMMUNITY.**

Class Dates: 8/29, 9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21

NO CLASS ON HALLOWEEN

**THURSDAYS
4PM-5:30PM**

**STARTING
AUGUST 29**

MACOMB COMMUNITY COLLEGE
14500 E. 12 MILE RD, K BUILDING,
ROOM 341

