

HEALING & RECOVERY YOGA

AT THUNDERMIST OF SOUTH COUNTY

1 River Street, Wakefield

SATURDAYS, 10-11:15 A.M.

October 12, 19, 26

November 2, 9, 16, 23

Drop-ins Welcome. If you'd like to reserve a spot,
please call 401-783-0523 ext 1818.

UPSTAIRS COMMUNITY ROOM

Open to all bodies and experience levels. Yoga mats
will be provided, but feel free to bring your own.

POTENTIAL BENEFITS OF YOGA

Reduce pain and inflammation

Improve flexibility and strength

Improve mental health and help people
recover from substance use disorders

