



RECOVERY
COMMUNITY
CENTER
DES MOINES

BRILLIANT LOTUS YOGA

WITH POLLY

Mondays | 6:30-7:30pm

1750 48th St. Suite 101A
Des Moines, IA 50310

Limited supplies
available.

Bring a mat and blanket
if you are able.

Dress comfortably.

**No registration
required.**

Donations encouraged.

Much like a lotus flower, recovery allows us to
bloom into a new life.

Join Polly as she leads us through gentle
movement and reflection to encourage us on our
recovery journeys.

