



AA & YOGA

Daily Reflections/Yoga

This meeting/yoga class has limited space. Sign up at the Fellowship. AA and Al-Anon welcome.

How this meeting works

- Members must sign up, sign up sheets are on the fridge, and there is no guaranteed space for walk-ins.
- Meeting will begin with 30 min easy yoga flow focusing on stretching, relaxation and reflection.
- Following yoga sequence, meeting will be open for sharing based upon the Daily Reflections or anything related to alcoholism, following the usual MFC format.
- Mats and blocks will be provided for use and will be disinfected after every meeting.
- Member are welcome to bring their own mats and are encouraged to bring water.
- Though open to AA and Al-Anon, meeting will follow an AA meeting format
- This is a free class, but 7th tradition will be collected.

**12:00 PM ON MONDAYS (women only)
AND THURSDAYS (men & women)
60-90 MINUTE MEETING**

