



YOGA FOR ADDICTION & RECOVERY

A gentle, grounding yoga session designed to support the nervous system and recovery.

Suitable for:

- people in recovery
 - those affected by addiction
 - anyone seeking calm, supportive movement
- No previous yoga experience needed.**

 **The Wellbeing Tree,
16 St John St, Bromsgrove B61 8QY**

 **3rd Wednesday of every month**

 **7:00–8:00pm**

Facilitated by an experienced practitioner.

Email: kindness2you@hotmail.com

Call us: 075 9383 1101

£7.50 Per Session

