

YOGANONYMOUS

A Yoga Class for People in Recovery

Open to members of all 12-step fellowships

Thursdays 5:30 – 6:45 PM
optional meditation until 7 PM
Ithaca Community Recovery Building
518 West Seneca Street, Ithaca
Room 2 (upstairs)

Yoga can support us in our 11th step “conscious contact,” and cultivates a sense of well-being, healing, and peace.

Bring a mat and a blanket if you have them. Extras are available for those who need them.

All levels and bodies welcome,
including beginners.
Anonymity respected.

Please arrive 5 minutes early to set up, so we can start on time.

Led by Jody K., Certified Yoga Teacher
For more info call 607-272-0968
WWW.SINGINGHEARTYOGA.COM



This class is offered on a donation basis. Pay what you can, no one turned away for lack of funds. All contributions will be used to pay for rent and supplies.