



Addiction is separation, yoga creates connection

YOGA AND MEDITATION FOR ADDICTION RECOVERY

Thursday nights 7:30 – 8:30

Serenity Center

**9650 Basket Ring Road
Columbia, MD 21045**

Allow your yoga practice to help you during your spiritual recovery. Take back control over you mind and thoughts! Join us and discover how a regular yoga practice can transform your body and mind.

**Quiet your mind
and live life in the
moment.....**

**Dig deep, Breathe
slow, and Trust
that you are
exactly where you
are supposed to
be Right Now.**

**Yoga will show
you how...**

No Yoga experience is required. Mats are available, but you can bring your own. Wear comfortable clothing, bring a water bottle and a towel.

FREE