

# RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™



# Trauma Sensitive

## YOGA @ RESILIENCE

**FREE | FOR SURVIVORS 18+**

### **WHEN**

**Thursdays at 11am**

March 20th

March 27th

April 3rd

April 10th

*Yoga mats and yoga  
blocks provided.*

### **WHERE**

**Resilience Program Office**

411 Butternut Dr.

Holland, MI 49424

**Registration required.**

**Please E-mail:**

**KrystalD@ResilienceMI.org**