

RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™



Trauma Sensitive

YOGA @ RESILIENCE

FREE | FOR SURVIVORS 18+

WHEN

Thursdays at 12pm

October 9th

October 16th

October 23rd

October 30th

*Yoga mats and yoga
blocks provided.*

WHERE

Resilience Program Office

411 Butternut Dr.

Holland, MI 49424

Registration required.

Please E-mail:

KrystalD@ResilienceMI.org