

# Yoga For Resilience

## Free Classes

*Sponsored by*

**DRUG CRISIS**  
**IN OUR BACKYARD**

*Do You Have a Loved One Struggling with Addiction?*

*Are you Feeling Overwhelmed?*

*Carve out time for yourself so you may respond to your loved one with a clear mind and open heart*

*In this class we will come together in a safe space to practice somatic mindfulness, grounding & centering, containment, and breath regulation.*

*We will practice moving from freeze to flow to regulate the nervous system so we can become equipped to handle daily stressors*

*This is not a place to share thoughts, but rather an opportunity to dwell in the space between.*

***Beginners are absolutely welcome.***

***No experience is needed.***

**45 minute Zoom Class**

**Every Other Thursday at 7PM**

Instructor: Justine Potenzo RYT 500

***Link:***

**[Zoom Link: Meeting ID 2241277364](#)**