

NEW in 2010

Free Yoga Class

Tuesdays 5:30-6:30pm

located onsite at

LASTING RECOVERY



ALCOHOL AND DRUG ADDICTION
OUTPATIENT TREATMENT CENTER

open to clients, alumni and staff

- Gentle 1 hour Vinyasa Flow Yoga class
- Suitable for all levels, perfect for beginners
- Find calm through moving meditation
- Connect with the Lasting Recovery community

Delivered by

ACTIVE
Recovery

