



ADULT CHILDREN OF ALCOHOLICS PRESENTS

# Gentle Yoga & Meditation

THE FIRST SUNDAY OF EVERY MONTH  
11 AM-NOON ET

All levels and abilities are welcome to join this free community gentle yoga class followed by a guided meditation.

Bring a mat/blanket & water.

ZOOM MEETING ID: 868 6046 7877  
PASSCODE: HEALING

- NO ADVANCED REGISTRATION REQUIRED -  
- MORE INFO AT [LIFESTOOSHORTYOGA.COM](http://LIFESTOOSHORTYOGA.COM) -

