

WASHTENAW FAMILIES AGAINST NARCOTICS

For people in recovery and the families and friends of people in recovery who want to learn more about yoga, Washtenaw FAN is pleased to present

Yoga for Recovery

Classes will be held every Wednesday and Thursday.
Classes are FREE. Yoga mats will be provided if needed.

Wednesdays at 5:30pm

HARMONY IN MOTION
1955 Pauline Blvd., Suite 100B
Ann Arbor, MI 48103

Thursdays at 7:30pm

YPSI STUDIO
208 W Michigan Ave.
Ypsilanti, MI 48197



Register at www.eventbrite.com/e/yoga-for-recovery-tickets-64983580639

NOTE: Registration for Yoga for Recovery classes will be required due to the limited capacity.
We currently have enough room for fifteen (15) people, so please remember to register.

Studies show that when Yoga is a critical part of a person's comprehensive approach to treating substance use disorder (SUD), it reduces stress and anxiety, helping fight cravings and relapse. Please help spread the word that Yoga for Recovery is coming to Washtenaw County compliments of Washtenaw FAN!



Families Against Narcotics

Washtenaw FAN Family Forum meetings are held on the 2nd Monday of every month
To donate visit www.paypal.me/washtenawfan