

Trauma Resolution and Somatic Yoga

Introduction and Class For Veterans

Who would like to learn ways to Regulate
their Moods, Calm their Spirits and find
Structure and Meaning again



Picture from: Yoga Warrior

On Sunday, Nov. 11th

11:30—1:00pm Dallas Meditation Center **727 S. Floyd Rd**, Richardson, TX 75080

Registration is a *must* due to limited space

Event is free, please pass on to those whom might benefit.

Tzivia@HealingCircleCenter.org to register. 214-232-5159

www.HealingCircleCenter.org *for more information*