



WELLSTRONG

RECOVERING TOGETHER

Y12

YOGA OF THE 12-STEPS
WITH RITA



THE PAUSE
250 UNDERPASS ROAD
BREWSTER, MA 02631



THURSDAYS @ 6:30PM

**NO CLASS ON THE 3RD THURSDAY OF EVERY MONTH*

Y12SR "connects the dots" between the ancient wisdom of yoga, the practical tools of 12-step programs, and the latest research on trauma healing and neurobiology.

**NO Membership required;
ALL are welcome to participate*



[SIGN UP](#)



Register for all classes on the
WellStrong App!

