



RAPE CRISIS CENTER
OF
CENTRAL NEW MEXICO PRESENTS:

Y O G A

F O R I N D I V I D U A L S W O R K I N G I N
T R A U M A - R E L A T E D F I E L D S

Led by a Registered Yoga Teacher:
Kelly Shelton, RYT-200

S T A R T S S E P T E M B E R 1 3 , 2 0 1 9
F R I D A Y S 1 0 : 0 0 A M - 1 1 : 0 0 A M

FREE

L O C A T I O N :
RAPE CRISIS CENTER OF CENTRAL NEW MEXICO
TRAINING ROOM
9741 CANDELARIA RD NE
CALL 505-480-4783 FOR MORE INFO

No yoga experience or equipment needed
Wear comfortable clothing

