



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 :

R A P E C R I S I S C E N T E R O F C E N T R A L N E W M E X I C O
T R A I N I N G R O O M
9 7 4 1 C A N D E L A R I A R D N E
C A L L 5 0 5 - 4 8 0 - 4 7 8 3 F O R M O R E I N F O

*No yoga experience or equipment needed
Wear comfortable clothing*

