

**FOUNDATION FOR
RECOVERY PRESENTS:**

YOGA **in Recovery**



WHAT WE OFFER:

**FOR ALL BODY TYPES &
ALL FITNESS LEVELS
ASANA & PRANAYAMA
STRETCHING &
MEDITATION
FREE/ DONATION-BASED**

ABOUT:

Foundation for Recovery offers a variety of social activities that support recovery from drug and/or alcohol addiction and aim to encourage a sober, healthy lifestyle while increasing a sense of competency and mastery of life skills for our community members. Yoga classes are provided by certified and passionate yoga teacher, Jaime Peterson-Ayoub, RYT-200 Yoga Alliance.

SATURDAYS, 10:30 - 11:30 AM

Foundation for Recovery Peer Center
4800 Alpine Place, Suite #17, Room C Las Vegas, NV 89107
peercenter@forrecovery.org

ForRecovery.org
(702) 257-8199