

Recovery Café SLU Yoga Class

**A Beginners-Level and Trauma-Informed
Class with Kim**

Tuesdays from 1-2pm in the We Room

Recovery Café SLU, 2022 Boren Ave



**Please join us for a restorative yoga class led
by volunteer and yoga instructor Kim Rose.
No experience is necessary to join this class,
and yoga mats will be provided. A chair option
will also be available.**