

# Begin or continue a journey of healing

*Join a 6-week class designed to bring healing and peace*



## Bridge to Peace Trauma-Informed Yoga

**Bring heart, mind, and body into unity with:**

- Meditative, inspirational work
- Grounding poses incorporating visualization and imagery
- Relaxation, stretching, and gentle sound healing
- Time for reflection

**Wednesdays, June 4 - July 9 | 3:45pm-4:45pm**

**Taught by:**

Robin Allen

**Location:** Sedona Physical Therapy

55 Southwest Drive, Sedona, AZ

**Cost:** \$120 for the full session

Limited to 10 participants

**Sign Up:**

[team@sedonapt.com](mailto:team@sedonapt.com)

(928) 282-5050



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PHYSICAL  
THERAPY**