

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, May 21 – June 25 | 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
(928) 282-5050



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