

# HOPE FOR HEALING

October 15<sup>th</sup>, 2016

10:00-11:30am

Voices of Hope

2545 N Street



dreamstime.com

\*Free childcare will be available

\*Yoga mats will be provided

Please join us for a free yoga class for female survivors of domestic abuse or sexual trauma. This beginner-level class is designed to introduce survivors to the healing that is possible through yoga and mindfulness practices. No prior experience with yoga is necessary.

\*To reserve your space, please call Keri at 402-476-2110

or, email [keri@voicesofhopelincn.org](mailto:keri@voicesofhopelincn.org)

