

Freedom Center

Free Yoga Class

for Relaxation, Grounding, and Recovery



These simple stretching, breathing, and balancing exercises are suitable for beginners as well as experienced yoga students. Class is always tailored to individual needs and abilities. You will feel more calm and grounded, as well as learn a valuable wellness tool. Come check out Northampton's only free weekly yoga class as we start our second year!

Every Monday 7:00-8:30pm

**Somatics Institute, 32 Masonic St. (back door)
by Woodstar Cafe, Downtown Northampton**

Freedom Center is a peer run support, advocacy, and activism group for people labeled with "mental illness." We work for empowerment, human rights, and effective holistic alternatives. We are supported by members, grants and by the Yoga Inside Foundation.

www.freedom-center.org info@freedom-center.org Join us!