

Holistic Addiction & Recovery
No Charge
An Expression of Sacred Activism
Perennial Yoga Studio (Fitchburg Location)



YOGA FLOW

with

Amanda Uphoff

Mental health and addiction struggles often lead to a deep divide between mind and body, self and spirit. Harnessing the power of the breath, this yoga class will invite you to move to the rhythm of your breath, strengthening spirit in the process. Expect to breathe, move, and maybe even laugh as we come together in community to celebrate healing.

Third Thursday of every month from 7-8pm
5500 E. Cheryl Parkway, Fitchburg WI

It's a free offering, but you will need to sign up on the Perennial Mindbody site: <https://perennial-yoga.com/holistic-addiction-recovery>

For more information contact Perennial Yoga Studio at (608)288-8228 or Amanda U. at amandauphoff@gmail.com.