

No experience necessary.

Equipment provided.

# NO-COST YOGA FOR VETERANS

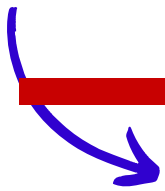
All bodies welcome.

Trauma-informed.

**Sundays 0930-1030 at  
Sheldon Community  
Center (walk-ins  
welcome; open to  
veterans and family)**



**Download the free app  
for virtual classes every  
day!**



**For questions & requests for new classes:**

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