

TRAUMA INFORMED YOGA SERIES

Are you interested in exploring yoga as a way to feel more empowered and at ease?

Join Certified Yoga Therapist Keri Marino for this 8 week, beginner friendly class series. During this course you will gain practical skills to release what your body is holding onto, become more self-confidant and learn tools for self-regulation.



Each class you'll move through gentle to moderate flow yoga that stretches, strengthens and relieves tension. You'll be given clear and thoughtful instruction, learn breathing techniques, experience guided relaxation practices and meditation.

Tuesdays 6-7pm
September 6th - October 25th
\$120/person
(payment plans available)

HOSTED BY PETTIGRU COUNSELING CENTER
405 Pettigru St, Greenville, SC 29601

TO SIGN UP, SCAN THE CODE
OR VISIT: KERIMARINO.COM

