

**QUITE A STRETCH**

**YOGA FOR WARRIORS**



**STRESS**  
**PTSD**  
**ADDICTION**  
**SUFFERING**  
**ANXIETY**  
**INJURY**  
**TRAUMATIZATION**  
**CONFUSION**  
**Mental & Physical illness**

**10 week Series**

**[www.quiteastretchyoga.com](http://www.quiteastretchyoga.com)**

### **What is Yoga for Warriors ?**

**Yoga for Warriors is healing from the bottom. We aim to safely bring sensation, choices and power back to you and your body by connecting back to yourself and releasing the physical and emotional trauma at the autonomic level. We use specific postures, breathing methods, and meditation.**

**You do not need any experience in Yoga**

**Wed April 3 - June 5 from 8-9pm**

**Thurs April 4 - June 6 from 6-7pm Medical Professional only**

**Friday April 5 - June 14 from 5:30-6:30pm**

**Sunday April 7 - June 30 from 2-3pm**



**QUITE A STRETCH YOGA&ZUMBA**



**QUITE\_A\_STRETCH\_YOGA\_ZUMBA**

**672 FENNELL AVE E. HAMILTON 905 906 8598**