

YOGA on the green

9/20/15

North Haven Town Green

Benefiting Veterans and the Wounded Warrior Project



Because freedom doesn't come for free we are sharing the gift of yoga with Veterans to help ease the symptoms of PTSD

- *FREE face painting
- *FREE mini massages and hand massages using essential oils
- *Joe's Ice Cream

- *Sound healing sessions offered at Studio Ascend- registration required
<http://www.studioascend.com/-studio-specials-and-workshops-.html>

9:30-10:30am- Yoga

Yoga on the Green
North Haven Town Green
18 Church Street, North Haven CT

hosted by Studio Ascend

