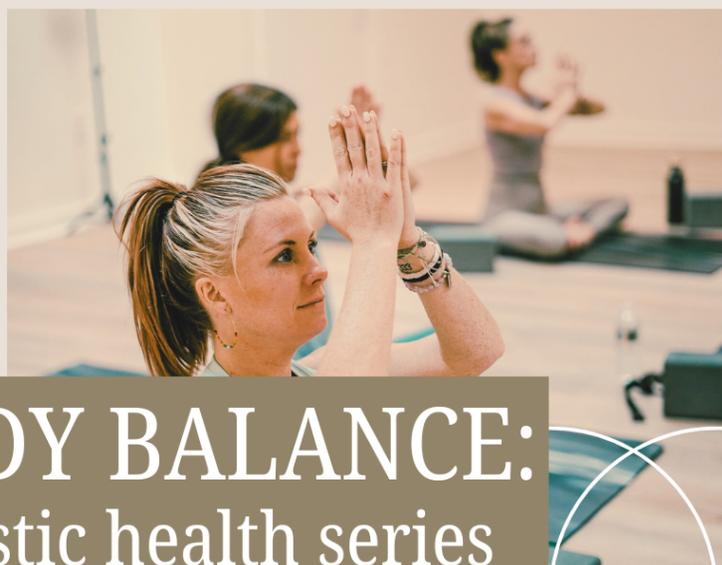




# Kripalu

**NamaStay Sober & Kripalu Center for  
Yoga & Health present:**



## WHOLE BODY BALANCE: a yoga and holistic health series led by Allison Burke

for individuals & families navigating addiction recovery

Each 60-minute session consists of:

- An all-levels, trauma-informed yoga class
- Meditation & Breathwork
- Holistic Healing & Lifestyle tips



- Sessions are **FREE** | sponsored by the Schwartz Teaching for Diversity Grant through Kripalu Center for Yoga & Health

**4- week series**  
**Wednesdays**  
**6-7PM**  
**March 18-April 8th**

The Bridge Recovery Center  
239 Commercial Street, Malden MA

**mioa**  
malden overcoming addiction

**THE BRIDGE**  
RECOVERY CENTER  
A Malden Overcoming Addiction Program