

Join EVERGREEN for “*just breathe . . .*” series

COMMUNITY YOGA THERAPY with S D Swan

Be the Change . . .

YOGA CAN CHANGE YOUR LIFE

Calm the Nervous System -

Relieve Anxiety & Depression

Recover from Pain or Trauma

*Therapeutic Yoga is a one on one approach
tailored to your specific needs.*

3rd Wednesdays of the Month

5:30 –6:30 PM

MEMBERS: \$5 NON-MEMBERS: \$10

Private sessions also available.

Call: 410-819-3395 ext. 105

