



JOIN THE

LOVE YOUR BRAIN.®

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PROGRAM FOR THE TRAUMATIC BRAIN INJURY COMMUNITY!

WHAT:

A FREE 6-week yoga and meditation series for people who have experienced a TBI (including a concussion) and their caregivers.

People will have an opportunity to:

- participate in gentle yoga adapted for the TBI community,
- learn meditation techniques to promote relaxation, and
- connect with others who have experienced a TBI through group discussion.

WHEN:

Our programs start in January, April, July, and October

For specific times and dates visit:

www.loveyourbrain.com/yoga/practice

WHERE:

Blue Yoga Nyla
3801 JFK Boulevard
North Little Rock, AR 72116

Classes are limited to 13 students so reserve your space today:

<http://www.loveyourbrain.com/yoga/practice>

For questions, email: mary@loveyourbrain.com

No previous yoga experience necessary!