



SHERECOVERS

Sacred Pause Sunday: Yoga and Connection in LA

Sunday October 22, 2017

10:30 am – 3:30 pm

Skyline Penthouse (1200 Santee Street – 12th Floor), Los Angeles

Are you a woman in or seeking recovery from a substance use disorder or other life challenge? Are you interested in connecting with like-minded and open-hearted women? Join us for a day of radical self care and connection. Learn more about the passion and purpose of **She Recovers** from Dawn Nickel (PhD), be led through a heart-opening hatha yoga practice with Taryn Strong (RYT) and enjoy a light catered lunch complete with opportunities to mingle and create community with other women.

10:30-11:00	Welcome and Mingle
11:00-11:30	Dawn Nickel (Creator of She Recovers)
11:30-12:30	Yoga for Recovery with Taryn Strong
12:30-2:30	Lunch, Sharing Inspiration and Connecting
2:30-3:30	Guest Presenters and Final Comments

Registration: \$100.00 on Eventbrite

For more information visit www.sherecovers.co/workshops or email taryn@sherecovers.co

In Partnership With:



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