

THE STATION FOUNDATION®

Slow Flow Yoga Instruction

EXPERIENCE THE POWER OF YOGA DURING AN AFTERNOON WITH THE STATION™

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EXPERIENCE

JOIN THE STATION FOR OUR FIRST INTERWOVEN OUTREACH EXPERIENCE IN SAN DIEGO!



Slow Flow Yoga is designed to help Special Operations Spouses learn resources to manage stress and energy.

Slow Flow Yoga Practice

Spend an afternoon learning the benefits of mindfulness and the importance of establishing your own mindful practice. Through a slow flow yoga practice, participants begin connecting mind, body, and soul.

SCHEDULE

Date/Location: TBD

11:00 AM - 12:00 PM Outdoor Yoga Practice

12:00 PM - 1:30 PM Catered Lunch

EVENT DETAILS

- ✿ Bring a yoga mat, towel, and water
- ✿ All abilities are welcome; no experience necessary

Yoga practice is followed by a lunch catered by a local San Diego restaurant.

Registration is first come first serve. Date and location are still being finalized. Keep your eye out for upcoming flyer.

ALUMNI OF THE STATION

Invite a friend to join the fun and learn mindful practices to improve self care

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