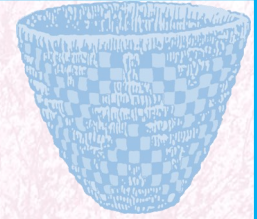




# Chehalis Tribe



sʔaxóntx<sup>w</sup>twali Healing House

TRAUMA SENSITIVE YOGA

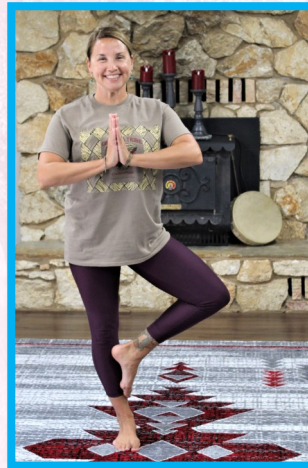
ADULTS ONLY (*limited Space*)

*Please Join Us With Michelle Pugh ~ Joonbug Yoga*

**EVERY THURSDAY @ 12 NOON**

**@ THE HEALING HOUSE**

**12615 HWY 12 SW Rochester, WA 98579**



*Trauma sensitive yoga is to help people who have had experiences of trauma at any degree, whether that is minor or major, to develop a sense of mind-body connection, to ease their trauma and to create a better overall physical well-being through yoga therapy. Michelle has a very gentle approach for beginners and is adaptive to the more experienced participants.*

**Contact: Erika Pickernell @ 360-709-1677**

**For More Information LIMITED SPACE AVAILABLE**