



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INHALE
EXHALE
REPEAT

Therapeutic Yoga



The Harrison County YMCA is partnering with the Clarksburg Mission to create Therapeutic Yoga, a supportive yoga for people suffering from addiction and mental illness. This yoga style emphasizes nonjudgmental self awareness through meditative breathing instruction and gradual stretches and poses. Join us in this therapeutic exercise!

Starts on April 17th!

Tuesdays

From 12:00–1:00 pm



United Way
of Harrison County, Inc.

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