

# YOGA & EATING DISORDERS GROUP THERAPY

*Mindful Body Therapy and Wellness*

HOSTED BY HEATHER CASEY, 200HR  
LIVFREE® CERTIFIED YOGA INSTRUCTOR AND  
ERIN GABRIEL, LCSW

**45 MIN OF YOGA PRACTICE  
30 MIN GROUP REFLECTIONS**

MONDAY EVENINGS, 7:15PM-8:30PM  
MARCH 6TH-APRIL 24TH(8 WEEKS)

**LOCATION: PROJECT SOUL YOGA,  
361 S BROADWAY  
SALEM, NEW HAMPSHIRE**

PRICE: \$320

***HEALTH AT EVERY SIZE AND TRAUMA INFORMED***

FOLLOW THE QR CODE FOR MORE  
INFORMATION AND FOR REGISTRATION

