

# All Recovery Yoga

~ Free Offering Weekly ~

*Welcoming All Paths to Recovery  
Yoga and Mindfulness practice - supportive for  
persons seeking Recovery and Wellness skills*



Thursday 4:00-5:00 pm  
Nauset Chapel In the Pines  
220 Samoset Road Eastham, MA

Mats Provided/Handicapped Accessible  
No registration required. Drop ins welcome.

Rita Letsos - Registered Yoga Teacher  
Any questions please call - 774-810-0968



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