



Helping the world feel better—one breath at a time™

Mission Statement

To empower Servicemembers, Veterans and their Families worldwide through Trauma-Conscious Yoga.

A Very Special Trauma Conscious Yoga Class at no cost
For Veterans, Active Service Members and their Families
with instructor Megan Vitale

EVERY WEDNESDAY MORNING

(Beginning September 11th 2019)

10AM - 11AM

For more information about the class contact
Megan at (315) 730-7321 or email megan@kiddingaroundyoga.com
Classes will be held at The Center , 1 Hoffman St. Auburn, NY