





Mindful Detroit

presents

Queer Yoga



 Do you identify as part of the LGBTQIA+ community?

 Are you interested in exploring queer identity & creating queer community while practicing yoga?

If so, consider joining this unique program of both individual & group yoga sessions live on Zoom

The program includes:

 2 individual sessions

 4 group classes (Sundays, 10/9-10/30, 10am-11:15am)

 For only \$200!!! (a \$350 value!)



Taught by Caitlin Brown, LMSW, E-RYT 500

Register at mindfultdetroit.com/queeryogatherapy.

