

ALLI HOUSEWORTH YOGA + WELLNESS

EVIDENCE-INFORMED YOGA THERAPY FOR VETERANS AND SERVICE MEMBERS

SUMMER SCHEDULE

**MON
& FRI**

ONLINE CLASSES

iRest Meditation Mon. @ 4pm & Gentle Yoga Fri. @ 9am
through August 30; allihouseworth.com/virtual-classes

WELLNESS WEDNESDAY

FREE * Reveille Grounds; Baltimore, MD

**JUN 26
JUL 24**

**JUN 29
AUG 3**

YOGA ON THE GREEN

Lawn of the Maryland State House; Annapolis, MD
annapolisjuice.com/product/yoga-on-the-green/707

IREST WORKSHOP

Yogamour Healing Arts; Frederick, MD;
yogamour.org/workshops

JUL 7

**JUL 8
AUG 12**

SERVICE DOG YOGA

In partnership with Warrior Canine Connection; Platoon 22
Frederick, MD. RSVP: mbtr@warriorcanineconnection.org

PEACEFUL WARRIORS

Learn how to deliver military- and trauma-appropriate
mindfulness, breathing, and meditation practices.
Yogamour; Frederick, MD. yogamour.com/workshops

**AUG
9-11**



MORE INFO:

ALLIHOUSEWORTH.COM