



YOGA RESCUE &
SLACK TIDE YOGA STUDIO
PRESENT:

RESILIENCE IN ACTION

HOW YOGA CAN HELP FIRST RESPONDERS

featuring Vance Row of Yoga
Rescue & supported by Slack
Tide Yoga Studio.

*Learn how yoga helped
one first responder find
calm in the storm,
manage stress and heal
from trauma.*

Drill includes:

- Discussion about yoga & mental wellness
- 60-minute yoga practice
- Mats & props

Monday, February 10

at Chestertown VFC
211 Maple Ave, Chestertown
from 6:30-8:30pm

*Offered to community public
safety professionals at no
cost*



SCAN QR CODE ABOVE TO REGISTER