A poster of a yoga program

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**TUESDAY**

**TUNE -UP**

**When: Tuesday’s from 6:30-8:00 pm**

**Where: Algona Community Center** **200 Washington Blvd, Algona WA 98001**

**Wear comfortable clothing, and bring a yoga mat and blanket if you have one!**

**Contact: Danakeegan3@gmail.com**

Combining Yoga and Recovery creates a model that truly addresses addiction as the physical, mental, and spiritual dis-ease that it is.

Y12SR is a discussion and yoga practice open to anyone and everyone who is affected by their own addictions or the addictive behavior of others.

We might broadly define addiction as ANY behavior that we continue to do in spite of negative consequences… Everyone is welcome here.



A person sitting on the ground with her hands up

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