

Yoga:
*the union of
body and mind.*

ease depression & anxiety
improve mood
achieve greater happiness

Join Exonerated Nation

for an introduction to mindfulness.
Gentle Breathing | Gentle Yoga | Guided Meditation
Facilitated by Paisley Rosengren, MS, LMFT

**Virtual
Mindfulness
Convening**

10.3.2020
10:00 AM-Noon (PST)

Register now at
Eventbrite!

*(Cameras optional and
not required to be on
for participation)*

en-virtual-mindfulness.eventbrite.com



Convenings are held as a peer support event for exonerees and those formerly incarcerated to aid in their healing and restoration.

ExoneratedNation.org