



RICK TRZCINSKI YOGA THERAPIST & THE KERRVILLE ELKS LODGE 2081 INVITE YOU TO JOIN US!

FREE YOGA WORKSHOP FOR 1ST RESPONDERS AND VETERANS.

SEPTEMBER 21ST AT 9:30 – 11:30 AM SEE
DIRECTIONS BELOW!!!



RICK WILL BE TEACHING THE 5 TOOLS OF MINDFUL RESILIENCE WHICH ARE:

MINDFUL MOVEMENT, BREATHING PRACTICES, MEDITATION, GUIDED REST, AND GRATITUDE.

WE WILL PROVIDE ALL THE GEAR YOU WILL NEED, SO COME DRESSED IN COMFORTABLE CLOTHES AND LEARN HOW TO HELP YOURSELF WITH THE MANY BENEFITS OF YOGA. YOU WILL ALSO RECEIVE A FREE iRest GUIDED RELAXATION CD TO TAKE HOME.

PLEASE CONTACT DENISE SMITH (830-955-0288) OR BEKKI HUTTO 816-225-1585 OR SEND US AN EMAIL AT ELKSYOGAPROJECT@GMAIL.COM. WE CAN ONLY ACCEPT 30 PARTICIPANTS EACH SESSION SO CALL OR EMAIL US TO RESERVE YOUR SPACE TODAY.

NEXT WORKSHOP TRAINING DATE DEC. 7TH 9:30 AM



COFFEE IS ON ALONG WITH JUICE.

ADDRESS: KERRVILLE ELKS LODGE 2081 –
1907 JUNCTION HWY KERRVILLE TX.
78028 (NEXT TO BILLS BBQ)

FOR ADDITIONAL INFORMATION ON RICK

PLEASE GO TO RICKSYOGATHERAPY.COM ADDITIONAL INFO AT VETERANS YOGA PROJECT AND YOGA FOR 1ST RESPONDERS. PLEASE JOIN US FOR A RELAXING AND FUN EVENT. KERRVILLE ELKS