

## **8 Week Yoga Therapy Group for Individuals with Eating Issues**

### Description:

8 Week Mindfulness Based Phoenix Rising Yoga Therapy Group GET UNSTUCK runs on Thursdays from 6:15-8:45pm starting Jan 20th until March 10th. There is also an all day silent retreat on Feb 13th. The cost is \$575. This group includes an hour of yoga and meditation followed by a dinner break then a sharing circle.

Address Line 1: 1841 Broadway Suite 806

Country: USA

State: New York

City: New York

Zip: 10023

### Website:

<http://www.bodyconnectionnutritionandyoga.com>