

STARTING FEBRUARY 20TH

# TRAUMA-SENSITIVE YOGA & MEDITATION

INSTRUCTOR

**Caroline Broughton, RYT**

Class Rates:

\$20/drop-in

\$80/package of 5

Private Sessions:

\$65/session

\$260/package of 5

When:

Mondays & Thursdays

7:20 - 8:20 P.M.

Saturdays

10:30 - 11:30

Where:

Realistic Expectations

1771 International Pkwy

Suite 107

Richardson, TX 75081

Classes are limited to a maximum of 6 participants

For questions/booking, please email

[Caroline@RealisticExpectations.net](mailto:Caroline@RealisticExpectations.net)