



Healing Centered YOGA

Community Healing Series

This series promotes Black-led togetherness, emotional support, and community healing for the Black community in the form of Sawubona Healing Circles, art workshops and yoga at locations throughout Buffalo's East Side.

Register for a FREE session!
www.erie.gov/ourcommunityhealing



November 2023 - January 2024

First time attendees will receive one self-care kit and standard yoga supplies.

Enjoy a light meal prepared by your favorite local businesses!

Yoga involves physical movement, concentration and deep breathing. Movements are safe for all types of bodies. Anything you share during yoga will be kept confidential outside of the session. Yoga is not a replacement for therapy or mental health treatment.

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