



The issues live in our tissues.

Yoga and 12 Step Recovery Group

Open to anyone and everyone dealing with their own addictive behavior or affected by the addictive behavior of others. All A's are welcome!

Lizard Dreaming Yoga

(830) 992-8840

lizarddreamingyoga.com

Combining yoga and the 12 step program creates a model that truly addresses addiction as the physical, mental and spiritual dis-ease that it is.

*Meetings are by donation.
Wear comfortable clothing.

Every other Friday
Beginning July 22nd
5:30 - 7:00 p.m.



724 Mustang St.
Fredericksburg, TX 78624
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