

Sobriety With A Twist



A "FREE" Meditation in Motion Session
For Anyone in Recovery or Those Who Have Been
Touched by the Affects of "Any" Addiction

Sandusky Artisans Recovery Community Center

**138 East Market Street
Sandusky, Ohio 44870
419-621-9377**

45 Minute Practice - Mondays 6pm

Namaste ~ Sharon Lichtcsien, 200hr YT
'Recovery of Yoga' - 100 hr Certification
Y12SR - Yoga 12 Step Recovery - Leadership

Schedule updates are posted on www.sobrietywithatwist.com