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# *Reconnection & Healing with Yoga*

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Join Kaitlyn Vittozzi of **Tozzi Yoga** in conjunction with the **Western NY Comprehensive Care Center for Eating Disorders** for an hour of reconnection, de-stressing and healing of mind, body and spirit.

**Tuesday, September 28<sup>th</sup> at 6:00 p.m.**

Pittsford Community Center, Room 206  
35 Lincoln Avenue  
Pittsford, NY 14534

This therapeutic yoga class will start with gentle joint warmups, breath, and movement. From there we will move slowly and methodically into yoga postures designed specifically to ground you into the present moment.

Class will conclude with rest, meditation and reflection (so you may want to bring a journal!). Leave knowing how to put in just enough effort to find more ease in your life. This class will be approximately 60 minutes. Stay after for meaningful conversation and refreshments.

- This class is focused on body positivity
- All levels are welcome; no yoga experience required
- Class is fully trauma-informed, and modifications will be provided along with trained WNYCCED staff if additional support is needed during or outside the yoga practice

Please reserve your spot for this **\*cost-free event** by emailing [Maggie\\_Quinn@URMC.Rochester.edu](mailto:Maggie_Quinn@URMC.Rochester.edu)

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*\*Provided cost-free thanks to WNYCCED grant support from the NYS Office of Mental Health*