



**It's back!**

# Create Calm Yoga

(for ILO Self-Advocates & Community Group SAs)

**October 3, 10, 24, & 31**  
**November 7, 14 & 28**  
**1:30-2:15 pm**



[Register for Oct](#)

[Register for Nov](#)

Take a break from worry, anxiety and stress. Stretch your body and your mind with mindfulness and movement.

- Inclusive
- Virtual (until the beginning of the year)
- No prior experience required

You must be a member of ILO's Community Group to participate. Go to: <https://www.ilonow.org/ilo-community-group> to learn more.