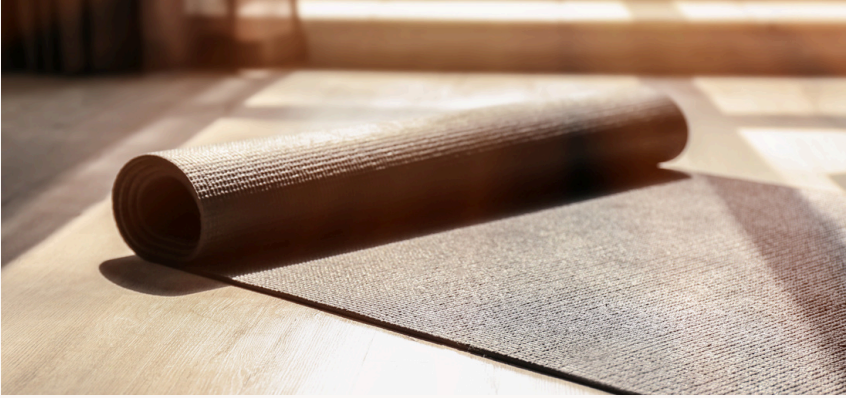




# PLEASE JOIN US FOR A 5 WEEK YOGA THERAPY AND DBT SKILLS GROUP



*meditation, relaxation, becoming present with self*

SATURDAYS, 9:30AM-11:00AM

LOCATION: MONTCLAIR, NJ

OPEN TO INDIVIDUALS 18 AND OLDER

SPACE IS LIMITED: 8-10 PARTICIPANTS MAX

COST: WE ACCEPT MOST INSURANCES INCLUDING  
HORIZON BCBS, SOME MEDICARE PLANS, CIGNA AND AETNA

SELF-PAY OPTION: \$60 PER GROUP SESSION

INSTRUCTOR: CRISTINA NICOLAU, LAC, CERTIFIED PR YOGA THERAPIST (800HR)

TO JOIN: 862.505.9191 [INFO@HOPETSLLC.COM](mailto:INFO@HOPETSLLC.COM)

[WWW.HOPETSLLC.COM/GROUPS](http://WWW.HOPETSLLC.COM/GROUPS)

