

GIVING TUESDAY YOGA CLASS

with Yoga For First Responders®

TUESDAY, DECEMBER 3RD, 2024

9:30-10:30AM MT



Celebrate Giving Tuesday with a live yoga class at the **Public Safety Psychology Group's facility** or **live stream through YFFR's training app.**



YOGASHIELD
YOGA FOR FIRST
RESPONDERS.

- No yoga experience required
- No special yoga clothes or mat required
- Research-backed training
- Join in-person or online
- Donations for Yoga For First Responders®

LOCATION:

Public Safety Psychology Group LLC
8341 Washington St NE, Albuquerque,
NM 87113

[JOIN ONLINE](#)

