Shape

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**Group is held weekly on Wednesday at 6pm.**

**You can choose to attend in person or on Zoom**

**Cost: $15**

**This is a beginner’s level class with modifications for many of the asanas. All you need is a space, your breath, a mat and/or hard surface, and any objects that may resemble peace for you (pillow, blankets, bolsters, incense, a candle, etc.)**

**Led by Sierra Strother, LICSW, RYT, this yoga group offers a space to connect with your breath, body, mind, and spirit. The intent is that this can be a mindful hour that is about taking care of the most important relationship- the one with yourself.**

**Restorative Yoga Group**



**This group is billable through your insurance as a therapy group, or you can choose to pay out of pocket. Please contact our office at 304-282-0588 or fill out the form on our website at** [**www.montanimentalhealth.com**](http://www.montanimentalhealth.com) **to be added to the roster.**