



## **Free Yoga Class**

### **Date / Time**

Sat, Jun 7, 2025

10:00 - 11:00am

### **Location**

East Side Library  
2559 Hubbell Ave  
Des Moines, IA50317  
United States

Join TogetherMSM for Yoga Flow with Meshell from Serene Petal Therapy. Meshell will focus on releasing trauma and tension, while cultivating gratitude and boosting self-worth. Trauma informed yoga is a compassionate approach to yoga practice that prioritizes creating a safe and supportive environment for individuals who have experienced trauma, emphasizing safety, empowerment, and mindfulness.

For more information reach out to [together.msm@gmail.com](mailto:together.msm@gmail.com)

[Register](#)

For more information about this YLI Calendar Event, please email [yli@hhs.iowa.gov](mailto:yli@hhs.iowa.gov)