



Media Advisory

Contact: Terrence Ates
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TRAP Tuesdays at The Center for Healthy Living

What: Trauma Release And Peace (TRAP) Yoga is a low-impact, stress-free, and healing version of yoga that is a great form of physical activity for anyone.

Why: Physical activity can be done different ways and practicing low-impact yoga benefits your balance, flexibility, heart health, and mental fitness.

When: Every Tuesday afternoon in June, July, and August
Afternoons from 5:30 p.m. until 6:30 p.m.

Where: NET Health’s “Center for Healthy Living”
2815 Frankston Highway in Tyler
The former fire station building – [click here for map](#)

Free yoga classes are being provided at the NET Health Center for Healthy Living (2815 Frankston Highway in Tyler) starting this Tuesday June 4th from 5:30 p.m. - 6:30 p.m. and will repeat every Tuesday afternoon in the months of June, July, and August.

Attendance is free but we ask that you register for each class you would like to attend by calling The Center for Healthy Living at (903) 593 - 7474.

These beginner yoga sessions are being led by Kiara Smothers, a Registered Yoga Teacher. Trauma Release And Peace (TRAP) Yoga is a healing experience that offers a unique approach to wellness, healing and growth.

If you have questions, please contact Joy Johnson at JJohnson@netphd.org.

You may also call the Center for Healthy Living at (903) 593 – 7474.

TRAP

Yoga

TRAUMA.RELEASE.AND.PEACE

The Center for Healthy Living
Tuesday, June 4th at 5:30PM
Beginners Yoga



Certifications
Trauma-Informed
Prenatal-Informed
Mindful Meditation