



September National Recovery Month Donation Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Tag us on social media during Recovery Month!	#TYP30for30 #30for30TYP	Unity Yoga	Rebel	#Recovery30for30 #30for30Recovery	Twisted Monkey Unity Yoga Dragon Spirit Arts	Whole Foods Market Exton Blue Tortoise Yoga The Healing Fields	
Tulaa Yoga Unity Yoga	Rebel Yoga & Movement Sanctuary	Unity Yoga	Rebel	Westminster Presbyterian Church Moondog Yoga Studio	Twisted Monkey Unity Yoga Indigo Healing Arts West End Yoga Yogasphere	Whole Foods Market Exton	
Unity Yoga The Light Within Enso East Eagle Yoga Rebel	Yoga & Movement Sanctuary	Unity Yoga	Rebel Anahata Yoga & Wellness Center SHINE Power Yoga	MovementRx Studio Moondog Yoga Studio	Twisted Monkey Unity Yoga	Whole Foods Market Exton Rebel The Healing Fields	
Tulaa Yoga The Ready Room Unity Yoga Lumos Yoga & Barre Yogasphere	Yoga & Movement Sanctuary	Peaceful Journeys Unity Yoga	Rebel	Westminster Presbyterian Church Mt. Airy Lavender Farm	Twisted Monkey Unity Yoga Empowered Yoga Positivity Yogis Yogasphere	Zia Yoga & Wellness Bulldog Yoga	
Dragon Spirit Arts Unity Yoga SHINE Power Yoga	Empowered Yoga Yoga & Movement Sanctuary	<h2><u>30+ classes for 30 years</u></h2> <p>celebrating 30 years of Recovery Month by creating community and connection</p>					<p>August 31 "30 for 30" Kickoff Soulrise Yoga</p>

<u>Date</u>	<u>Location</u>		<u>Class Time</u>
8/31	Soulrise Yoga*	Sea Isle, NJ	10:30 a.m. – 12 p.m.
9/3	Unity Yoga*	Philadelphia, PA	11 a.m. – 12 p.m.
9/4	Rebel Yoga Studio	Philadelphia, PA	4:45 – 5:45 p.m.
9/6	Twisted Monkey Yoga Studio	Rockledge, PA	5:30 – 6:30 p.m.
	Unity Yoga*	Philadelphia, PA	5:45 – 6:45 p.m.
	Dragon Spirit Arts*	Lansdowne, PA	6 – 7:30 p.m.
9/7	Whole Foods Market–Exton Rooftop*	Exton, PA	9 – 10 a.m.
	Blue Tortoise Yoga*	Aston, PA	4 – 5:30 p.m.
	The Healing Fields Yoga	Philadelphia, PA	5:15 – 6:30 p.m.
9/8	Tulaa Yoga*	Wilmington, DE	11:30 a.m. – 12:30 p.m.
	Unity Yoga*	Philadelphia, PA	1 – 2 p.m.
9/9	Rebel Yoga Studio	Philadelphia, PA	7 – 8 p.m.
	Yoga & Movement Sanctuary*	Philadelphia, PA	8 – 9 p.m.
9/10	Unity Yoga*	Philadelphia, PA	11 a.m. – 12 p.m.
9/11	Rebel Yoga Studio	Philadelphia, PA	4:45 – 5:45 p.m.
9/12	Westminster Presbyterian Church*	West Chester, PA	5:15 – 6:15 p.m.
	Moondog Yoga Studio*	Quakertown, PA	7:15 – 8:15 p.m.
9/13	Twisted Monkey Yoga Studio	Rockledge, PA	5:30 – 6:30 p.m.
	Unity Yoga*	Philadelphia, PA	5:45 – 6:45 p.m.
	Yogasphere*	Newtown, PA	6 – 7 p.m.
	Indigo Healing Arts Collective*	Swarthmore, PA	7 – 8:30 p.m.
	West End Yoga Studio*	Lancaster, PA	7 – 8 p.m.
9/14	Whole Foods Market–Exton Rooftop*	Exton, PA	9 – 10 a.m.
9/15	Unity Yoga*	Philadelphia, PA	1 – 2 p.m.
	The Light Within Yoga Studio	West Grove, PA	1 – 2:15 p.m.
	Enso*	Media, PA	4 – 5 p.m.
	East Eagle Yoga*	Havertown, PA	4 – 5:15 p.m.
	Rebel Yoga Studio*	Philadelphia, PA	4 – 5 p.m.
9/16	Yoga & Movement Sanctuary*	Philadelphia, PA	8 – 9 p.m.
9/17	Unity Yoga*	Philadelphia, PA	11 a.m. – 12 p.m.
9/18	Rebel Yoga Studio	Philadelphia, PA	4:45 – 5:45 p.m.
	Anahata Yoga & Wellness Center*	Lederach, PA	7 – 8:15 p.m.
	SHINE Power Yoga – Marlton*	Marlton, NJ	7:45 – 8:45 p.m.
9/19	MovementRx Studio*	Wynnewood, PA	12 – 1 p.m.
	Moondog Yoga Studio*	Quakertown, PA	7:15 – 8:15 p.m.
9/20	Twisted Monkey Yoga Studio	Rockledge, PA	5:30 – 6:30 p.m.
	Unity Yoga*	Philadelphia, PA	5:45 – 6:45 p.m.
9/21	Whole Foods Market–Exton Rooftop*	Exton, PA	9 – 10 a.m.
	Rebel Yoga Studio	Philadelphia, PA	9:30 – 10:45 p.m.
	The Healing Fields Yoga	Philadelphia, PA	5:15 – 6:30 p.m.

**Class will be offered from a trauma-aware lens*

Please arrive at least 15 min before class begins



About TYP’s “30 for 30” Campaign

Transformation Yoga Project (TYP) is partnering with yoga studios and community spaces across the Greater Philadelphia Area for its “30 for 30” campaign in honor of National Recovery Month’s 30th Anniversary. These 30+ donation-based yoga classes will support TYP’s trauma-sensitive services in a variety of recovery and behavioral health settings.

<u>Date</u>	<u>Location</u>	<u>Class Time</u>
9/22	Tulaa Yoga* Ready Room Swarthmore* Unity Yoga* Yogasphere* Lumos Yoga & Barre*	Wilmington, DE Swarthmore, PA Philadelphia, PA Newtown, PA Philadelphia, PA
9/23	Yoga & Movement Sanctuary*	Philadelphia, PA
9/24	Peaceful Journeys Unity Yoga*	New Britain, PA Philadelphia, PA
9/25	Rebel Yoga Studio	Philadelphia, PA
9/26	Westminster Presbyterian Church* Mt. Airy Lavender Farm*	West Chester, PA Coatesville, PA
9/27	Twisted Monkey Yoga Studio Unity Yoga* Empowered Yoga* Positivity Yogis* Yogasphere*	Rockledge, PA Philadelphia, PA Glen Mills, PA Havertown, PA Newtown, PA
9/28	Zia Yoga & Wellness Bulldog Yoga	Exton, PA Villanova, PA
9/29	Dragon Spirit Arts* Unity Yoga* SHINE Power Yoga – Medford*	Lansdowne, PA Philadelphia, PA Medford, NJ
9/30	Empowered Yoga* Yoga & Movement Sanctuary*	Glen Mills, PA Philadelphia, PA
10/4	Underground Yoga Studio*	East Stroudsburg, PA

*Class will be offered from a trauma-aware lens

Please arrive at least 15 min before class begins

About Transformation Yoga Project

Transformation Yoga Project (TYP) is a 501c(3) nonprofit that serves people impacted by trauma, addiction, and incarceration through trauma-sensitive, mindfulness-based yoga programs driven by education and research. Founded in 2013 - we offer three different program services: Recovery and Behavioral Health, Justice and Reentry, and Youth. We serve the Greater Philadelphia Area and beyond.



About TYP's Recovery and Behavioral Health Services

Our Recovery and Behavioral Health Services provide trauma-sensitive yoga and meditation to individuals in recovery treatment from substance use and mental health disorders. Our programs teach tools and techniques that sustain a lifelong recovery and promote inner resilience to overcome challenges with greater ease. Since 2013, TYP has served more than 17,000 people in recovery.

For Recovery Month class updates and to learn more about TYP, check out our website at www.transformationyogaproject.org