



Trauma-Centred **YOGA**

Do you struggle with post traumatic stress or other conditions that emerged due to longterm trauma?

In partnership with Trauma Therapy Solution Inc.

TraumaTherapy.Solutions

Trauma-Centred YOGA is an approach to creating a safe, supportive space in which students can learn emotional regulation skills through connection with the breath and increased **body** awareness. In this virtual 6 week class I will guide you to be in charge of your body throughout this experience.

Wednesday 7:00 – 8:00pm

February 10 - March 17 , 2021

\$90.00

Register online at: www.cherryrocklifestyle.ca