

Arches Counseling and Trauma Treatment

Therapeutic Yoga Class

for people who have chronic pain, fatigue, mystery ailments or other forms of trauma lodged in the body

Wednesdays 1:15-2:00 pm

Fall sessions:

F1 Sept 7, 14, 21, 28

F2 Oct 5, 12, 19, 26

F3 Nov 2, 9, 16, 30

virtual or

in-person

at 10 Pearl St Essex Jct
3rd floor

This class is for every body. While there will be the traditional instruction, including linking movement with breath, that one might expect in a yoga class, the focus of *this* class will be for students to attune to their own body's information & needs and to modify as indicated. This could mean moving more slowly than instructed, moving into a different position or not moving at all!

This 45-minute class will begin with a period of reflection and end with a still meditation. Students can expect about 30 minutes of active time.

Participants may attend virtually or in person.

The small studio space is limited to four participants.

No referral is required for this class.

Cost is \$12 per session. Financial assistance may be available.

For more information, to register, and/or to reserve your spot in the studio, email hilary@archescctt.com.