

Family Resource Center of Northeast Georgia



Trauma-Informed Yoga

The Family Resource Center is now offering Trauma-informed Yoga to individuals with a history of Adverse Childhood Experiences or Secondary Traumatic Stress.

Led by: Victoria Nolen Licensed Professional Counselor and Certified Yoga Instructor

Learn to connect safely and positively to your body

Improve mind-body connection

Calm the nervous system

Connect to the present moment

Start Date:

August 28th, 2023

Length of Series:

8 Weeks

Method of Delivery:

8 Pre-recorded Video Series
Registered Participants will receive an email weekly with the video specific for that week in the series.

Registration Link

<https://forms.office.com/r/usjB05Kdkn>