

Trauma Sensitive Yoga

with Clare Pritchard (Certified Iyengar Yoga teacher and counsellor)
at Yarraville Yoga Centre



Yarraville Yoga Centre is offering a women only yoga course for survivors of trauma. The emphasis in a trauma sensitive yoga class is to create a safe, predictable and non-judgmental space in which survivors can look into, explore and befriend their bodies again. It can be an enormous part of the healing process for trauma victims to reclaim their body as their own. By developing a more positive relationship to the body and learning calming and centering techniques, students may learn strategies to face triggers in a safe, non-harmful way.

Supported by WestCASA



8-week courses 2014
Wednesdays 12-1.15pm

Cost \$80

Term 3: July 23-Sept 10

Term 4: Oct 14-Dec 3

For more information contact Clare Pritchard 9687 4418



**Women only
classes**

