

Trauma-Sensitive **Yoga**

A Therapeutic Yoga Group for Women Survivors of Sexual Abuse and Rape



This 12-week support group will provide women survivors (18 and up) with a safe environment to process the ways in which each participant's history of sexual trauma impacts life today. Trauma-Sensitive Yoga is a specific approach to yoga practice which supports trauma survivors in the healing process. It's a very gentle approach to yoga that leverages the mind-body connection in ways that help survivors address diverse symptoms of traumatic stress and related conditions such as anxiety and depression, and cultivate a more positive relationship with their bodies. This group is specially designed to support survivors in experiencing the present moment, making choices, taking effective action and using creative rhythms to restore awareness and balance back into their bodies and their lives.

This support group is offered once a week from 6:00 – 8:00 pm.

Start Date: TBA



Trauma Sensitive Yoga Group

Leader Building
526 Superior Ave.
Suite 1400
Cleveland, Ohio 44114

**You are not alone
and you can feel better!
Give us a call!**

*To learn how to participate,
and for more information,
please contact:*

Intake Department
216-619-6194 x 141

***A pre-group interview is
required for participation.***