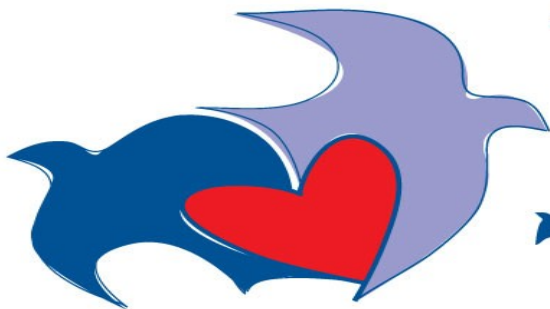




# Trauma Sensitive Yoga Class



*Yoga Therapy can help survivors overcome past traumatic experiences by teaching them better coping skills and helping them to use their breath and body sensations to connect to the present moment.*



**VICTIM  
WITNESS  
SERVICES**  
coconino county



**Trauma Sensitive Yoga Class**  
*for survivors of sexual assault*

♥Free

♥Every Sunday at 9am-10:30am

♥Safe and Nurturing Environment

♥Confidential

♥Professional and Trauma Sensitive Yoga instructor

♥Yin Yoga inspired

♥Bring a yoga mat and water

**CALL VICTIM WITNESS SERVICES**

**FOR MORE INFORMATION:**

**928-679-7770**