

Befriending the Body

An 8 week, trauma-sensitive yoga class

Participants learn how to:

- Listen to their body
- Make healthy choices based on signals from their body
- Develop centering techniques
- (Re)-Establish a connection with self and others

For more information:
303-860-0660 (English)
303-718-8289 (Spanish)
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The Center For
**Trauma &
Resilience**