



Befriending the Body Yoga

- Listen to your body
- Make healthy choices
- Develop centering techniques
- (Re)-Establish a connection with self and others

For more information:
www.traumahealth.org
303-860-0660

4 Classes for \$25

The Center For
Trauma &
Resilience

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Resilience

P.O. Box 18975, Denver, CO 80218

PLEASE
PLACE
STAMP
HERE

Each series of classes is co-facilitated by a certified yoga instructor and a counselor. We offer gentle poses combined with breathing and relaxation techniques. Classes are available in English, Spanish and multiple languages.