

Trauma-Informed Yoga Classes for all types of trauma

With Rachel Stroud

Schedule

July 7th - August 25th
Sundays, 2:00-3:30pm

Drop-In Classes
Suggested Donation: \$10

Location

Yoga Intentions
4645 Broadway
Boulder, 80304

Helping survivors deepen their relationship with their bodies

- Learn how to engage the parasympathetic nervous system to feel grounded and calm
- Synchronize breath with movement to release stored tension & stress
- Connect with others in a safe and supportive setting



Rachel Stroud It is my intention to offer Trauma-Sensitive yoga classes that will help a survivor befriend their body, feel safe in their body, and begin their holistic healing process to release trapped trauma within the body.



Questions: Contact MESA at 303-443-0400

More Info: movingtoendsexualassault.org