



Trauma Sensitive Yoga

This small yoga class is designed specifically for those who have experienced complex, or interpersonal trauma such as sexual or domestic violence or childhood abuse. Class sizes are small. It is an all-levels class and is welcoming to those who have no yoga experience. You choose how and when to move your own body throughout the practice.

About the Instructor:

Heather Rowland, MSW, RCSW, RYT 200

Heather believes deeply in the wisdom of our minds, hearts and bodies to heal after trauma. In 2015 she completed her Trauma Centre Trauma Sensitive Yoga training and has been active in offering this to the community since.

**For more information visit:
www.uleth.ca/sexual-violence**

**Tuesdays, 7-8pm
October 2nd, 2018-
April 2nd, 2019**

**Ongoing
registration**

To register email Whitney at sexualviolenceinfo@uleth.ca