



:a trauma informed Yoga group offered by a licensed psychotherapist and certified Yoga instructor. Trauma necessarily overwhelms the mind/body's integrative capacity and disrupts our sense of safety in the world. Yoga is utilized as an intervention to counter the effects of trauma by regulating the nervous system. This approach integrates the latest trauma research and relational neuroscience with the ancient practice of Yoga for a mindful approach to healing that counters the effects of trauma in both the mind and body.

Did you know 80% of our bodies fibers are sensory? Yoga offers a distinct sensory experience to help foster a safe sense of inner calm, develop skills to self-regulate your mood, and mindfully notice inner sensations in the moment. While no individual therapy is required to participate, it is encouraged, as this Yoga group is created as a supplement to psychotherapy.

Next Group: Fri. Dec. 29 and Fri. Jan. 5

Time: 4:00 - 5:30pm

Location: The Breathing Room:
1215 W. Washington Ave, #207
Wilmette, IL 60091

Price: \$60 for both sessions; \$35 for one
No Yoga experience necessary

Hopes:

- To foster and develop self compassion through: awareness of suffering, recognizing the sacred nature of things, understanding emotional needs and allowing mindful action to happen in the body
- To deepen awareness of: strength, choice, boundaries and mindfulness
- To utilize Yoga movement & mindful breathing to foster relaxation in the body
- To cultivate interoceptive awareness: how the body senses itself in time & space
- To foster self awareness & self acceptance without shame
- To calm the nervous system & develop self regulation skills
- To deepen awareness and appreciation of your body's strength & capacities
- To invite curiosity in the moment
- To use language which is decidedly empowerment-based and invitational

Please visit www.Wholistic-healing.org for more information.