

Trauma-Sensitive Yoga

For Survivors of Sexual Assault and Domestic Violence

This **FREE** weekly class is open to survivors and held at Art Works

Research shows that trauma-sensitive yoga can bring survivors of sexual assault and domestic violence a truly transformational and healing experience leading to:

- fewer trauma symptoms
- increased self-esteem
- increased ability to tolerate strong emotions.

For more information on joining this class, please contact:

Victim Services Inc. – survivors of sexual violence

814-288-4961

1-800-755-1983

ebrosig@CambriaSomersetVTS.org

Women's Help Center, Inc. – survivors of domestic violence

814-536-5361

1-800-999-7406

kclm@womenshelpcenter.org

YogaSong

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