

YOGA & SKILLS

For Trauma Recovery

An 8 Week Program Starting September 18th

An integrated approach to healing and wellness.

This is an 8-week trauma sensitive yoga program that provides a safe and gentle approach to the practice of yoga that aims to build confidence, establish safety in the body, and lessen trauma response symptoms. The self regulation skills taught during this program can positively impact PTSD symptoms by increasing body awareness (interoception) in a safe and controlled way, which can promote feelings of physical, emotional, and psychological safety.



WHERE AND WHEN

WHEN: Yoga and Skills will run Wednesdays evening beginning this fall: **September 18th to November 6th, 2024**. Classes run from 5:15pm to 6:45pm.

WHERE: Nook Yoga 119 Dunlop St. East (Lakeside Entrance) Barrie, ON L4M 1A6 NOTE: **Parking is free after 5pm!**



WHAT TO EXPECT

30 minutes of skills training & discussion: Core mindfulness skills will be taught from a trauma sensitive perspective. **45 minutes** gentle, introductory yoga practice integrating new skills.

15 minutes check out: invitation to share experiences and key take aways.



PRICING & SESSIONS

\$85 per session/\$425 for 8 x 90 minute sessions plus a 15 minute orientation with our group facilitator (free).

Pre and post measures will be requested to ensure suitability and safety of all participants and to help us determine the overall effectiveness of the program.

Registration Information:

- To register or for more information, contact the Centre for Psychology & Emotion Regulation by phone or email.
- Call us at: (249) 492-2673 Or email: tiara@midlanddbt.com
- This program may be covered by extended health insurance (under social work) a receipt will be provided.

