



Trauma Sensitive Yoga Group

PROGRAM The goal of Trauma Sensitive Yoga is to befriend, reconnect with and feel empowered in your body. In a safe and predictable environment, you are invited to notice sensations, experiment with movement and breathing, and practice making choices about what is right for you. We offer a safe, supportive, non-judgmental environment. Our presentation of yoga is not religious. This class will cultivate strength and flexibility but also encourage students to take care of themselves and not force through pain and strain. We emphasize self-awareness and self-regulation by using yoga techniques such as deep, mindful breathing, a strong physical core and an upright, well-supported spine.

This session is for individuals whom identify as female, ages 13 and up.

DATES/COST \$75 / 4-week class, Thursdays, March 1, 8, 22 & 29, 2018. Scholarships are available. If you would like to request a scholarship, please talk with your counselor or contact the instructor directly through email or by phone.

TIME 5:15-6:15 pm

LOCATION Des Moines Pastoral Counseling Center / 8553 Urbandale Avenue, Urbandale, Iowa

REGISTRATION This session is for individuals whom identify as female, ages 13 and up. No experience necessary and participants are recommended to be in therapy, either at the Center or elsewhere. Space is limited. Pre-registration is required. Register online at

BASICS www.dmpcc.org/yoga.

Please arrive about 10 minutes early to get yourself organized. Wear clothing appropriate for physical activity (sweatpants, t-shirt or whatever is comfortable). Please bring a yoga mat or towel. Blankets and items used in other yoga classes are welcome. Class size is limited to 10 people.

FACILITATOR Kathe Irvine, L.I.S.W., is a therapist at the Center and a certified yoga instructor. She has an additional certification in Trauma Sensitive Yoga.

CONTACT For more information, contact Kathe at kirvine@dmpcc.org or 515-274-4006 ext. 167., or visit www.dmpcc.org/yoga.

