



Group Dates:
Jan 16 – Apr 17, 2019
Wednesdays, 12:10-12:50 pm

No cost to participants

Registration on-going

Participants:

Ages 18+

Females

No yoga experience
necessary

This yoga class is designed for women who have experienced interpersonal trauma such as domestic violence, sexual assault or childhood abuse.

This class will focus on movement allowing participants to have choice over how and when they move their bodies. During this type of yoga, the facilitators emphasize choice and mindfulness.

The focus of this Yoga Class is to educate and foster a reconnection to your own insight and resources in a confidential and safe environment.

Contact

Lethbridge Family Services

Counselling, Outreach & Education

Carmen Guenther

403-327-5724, cguenther@lfsfamily.ca

www.lfsfamily.ca