

# Trauma- Informed Yoga for Survivors



First 8-week virtual series beginning  
October 8th at noon  
(with additional time to be announced)

**TO SCHEDULE AN INTAKE MEETING,  
PLEASE E-MAIL: [SHARECENTER@YALE.EDU](mailto:SHARECENTER@YALE.EDU)**

This program will provide survivors a means of becoming reacquainted with their bodies, help them become grounded in the present moment, and cultivate resilience.

Each class offers survivors a supportive and compassionate space, integrates empowering language, and is grounded in the frameworks of safety, trust, choice, collaboration, and cultural competence.

The postures and breathwork are thoughtfully crafted to help uncover trauma imprints, support the healing process, nurture the nervous system, and lessen the grip that past experiences of trauma may have on the heart.

## The SHARE Center

*Sexual Harassment and Assault Response & Education*

[sharecenter.yale.edu](http://sharecenter.yale.edu) | 203-432-2000 | 55 Lock Street, New Haven, CT