

TRAUMA-INFORMED YOGA

WASHINGTON UNIVERSITY SCHOOL OF MEDICINE



Who: We invite those who have experienced sexual abuse or domestic violence to indulge in Trauma-Informed Yoga that instructed by Licensed Clinical Trauma Therapist and Registered Yoga Teacher, Gladys Smith, PsyD

What: Join survivors of sexual abuse and domestic violence in a unique opportunity that will assist in restoring balance to the body, mind, and spirit. Yoga produces an increased feeling of calm and well-being, which is likely to reduce anxiety and depression. We invite you to join in this journey toward a self-sense of ease!

When: TUESDAYS 45 MINUTES SESSION AT LUNCH TIME- EPNEC 301

15 MATS AVAILABLE OR BRING YOUR OWN A 45 MINUTE CLASS-CHAIR AND FLOOR

Contact Dr. Smith at 314-273-2111 for any questions