



Trauma Sensitive Yoga: Individual Sessions

with Becky Morrissey, eRYT500, C-IAYT, LPCC-S, LICDC-CS

Becky is a yoga therapist and licensed mental health and addictions clinician. These sessions focus on working with and creating personal trauma-sensitive yoga practices. Join Becky for an engaging, accessible, theoretically grounded teaching and practice skill building, for the safe and effective use of yoga to augment intentional, effective self-care and trauma treatment.

What is trauma sensitive yoga? TSY is body oriented and spiritually nourishing. It is instructive and emphasizes choices. TSY provides structure to help foster our internal sense of safety, personal agency, and choice in cultivating our capacity for self-awareness and self-regulation.

30-60 minute sessions, from \$25/session. HSA payments accepted. For more information, contact Becky at becky.morrissey.2017@gmail.com Sangha Yoga 112 N. Second St., Loveland, 45140 www.sanghayoga.org