






BRAVE SPACES

Counseling & Wellness

605 4th Street S.
La Crosse, WI. 54601

 www.brave-spaces.org

 (608) 615-1023

 (608) 615-1063

Trauma Sensitive Yoga

Trauma Sensitive Yoga combines the practices of meditation and yoga with the intention of helping others to focus on the here and now, develop self and body awareness, build curiosity and tolerance for one's own body, notice physical patterns and develop new patterns, develop calming and awakening practices, and increase ability to connect with others.

The benefits of yoga and meditation include:

- Increased flexibility, balance, and strength
- Improved circulation and heart health
- Lower stress
- Mental clarity
- Weight loss
- Improved symptoms
- Longer life
- Increased levels of positivity
- Improved quality of sleep
- Improved coping with mental illness

Participants are encouraged to wear comfortable clothing they can easily move around in.

Sessions can be offered in a group or offered one-to-one and can occur in the office setting or in the participant's residence.