

# TRAUMA SENSITIVE YOGA

MINDFUL ART & MOVEMENTS

MEDITATION & BREATHWORK



## WHAT IS TRAUMA SENSITIVE YOGA?



Trauma Sensitive Yoga is an informed and intentional experience for anyone seeking a positive, caring relationship with their body. It combines the practices of meditation and yoga with the intention of helping one to focus on the here & now, develop self & body awareness, build curiosity & tolerance for one's own body, notice physical patterns & develop new patterns, develop calming & awakening practices, and increase one's ability to connect with others.

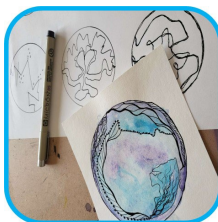
## BENEFITS OF YOGA + MEDITATION

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



## BENEFITS OF MINDFUL ART\*\*

- Right-brain stimulation...which helps calm the mind and body
- Stimulate feelings of empowerment, self-acceptance and gratitude
- Build more clarity & insight into your life, emotions and thoughts



\*\*Mindful Art is not Art Therapy



## About the Instructor

### **Jessie Fortuna** (she/her/hers)

Jessie earned her bachelor's degree in social work in 2006. She has been teaching Vinyasa Yoga, Yin Yoga and Guided Meditation since 2012. She received her 500-hour yoga teacher training certificate in 2014. Jessie completed training through the Center for Trauma and Embodiment Yoga Program in 2019; this provided her with the skills to integrate a trauma informed lens into her yoga sessions. Jessie also completed training in Mindful Art & Yoga in 2021. Yoga and Art have been gifts in Jessie's life, and she looks forward to sharing those gifts with you!



## FREQUENTLY ASKED QUESTIONS

**Q: How long is each session?**

A: Typically, 1 hour.

**Q: How much does it cost?**

A: \$125 per hour

**Q: What payment methods do you accept?**

A: Cash, check & all major credit cards.

**Q: Does insurance cover yoga services?**

A: No. Most insurance does not cover yoga.

*\*There is a voluntary, community-based program called Comprehensive Community Services (CCS) that will cover yoga services if you qualify.*

*Call La Crosse County Human Services for more info.  
608-784-4357*



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