EMPOWERMENT AND
TRAUMA-FOCUSED
YOGA

The Women’s Center is sponsoring free yoga sessions for the next two weeks on Wednesday’s from 4 to 5 pm April 29 and May 6, instructed by Carly Puch. The yoga practice will be focused on empowerment and how yoga can help anyone who has experienced a trauma. Many trauma related events affect both the mind and body and healing occurs with practices that focus on both. We also know that COVID 19 related stress can be especially triggering for trauma survivors. So, anyone can join, any gender, students or faculty, alumni or friends. Even if you are not a trauma survivor but need some self-care or are interested in trauma focused yoga, you can join us. We will have some discussion afterwards and we’d ask everyone to reserve that space just for trauma survivors.

Here’s how it works: Right before the scheduled time, you can click the link provided and you shouldn’t need an account. Your audio and video will be muted during the yoga practice, but you will be able to see the instructor. You’ll need a mat (or a blanket, or towel), and comfortable clothes.

If you’re interested in Carly’s regular Thursday night yoga email her at consciouslycarly@gmail.com for the details.

JOIN US ON ZOOM

https://us02web.zoom.us/j/85012810125?pwd=alVTFbFNUNzZ4b1UUUlprYkIBQWduZz09
Meeting ID: 850 1281 0125
Password: 091051
One tap mobile
-16465588656,85012810125#,091051# US (New York)
-13126266799,85012810125#,091051# US (Chicago)