Trauma - Sensitive
Chair Yoga Workshop

A gentle, supportive practice focused on safety, choice, and comfort. Enjoy accessible seated poses with optional standing movement, all guided at your own pace.

Connect with your breath, build strength, and nurture empowerment and self-compassion in a welcoming space for all bodies, abilities, and experiences. No prior yoga experience needed. Bring yourself just as you are.

To register, e-mail SydneyR@ResilienceMI.org

FRIDAY, MARCH 27
12PM - 1PM

IN-PERSON:
411 BUTTERNUT DR.

RESILIENCE
ADVOCATES FOR ENDING VIOLENCE™