

Reclaim Your Body... Transcend Your Trauma



New Summer-Fall 2014 Group!

YOGA AND PSYCHOTHERAPY GROUP FOR SURVIVORS OF TRAUMA



What: Trauma-sensitive yoga group combined with group therapy

When: Starting late-August, 2014 for 12 weeks (2-hour sessions)

For Whom: Women-Identified survivors of trauma

Where: Denver

Cost: \$60 per session (2 hours)

Research indicates that the effects of traumas live in our bodies. If you are a survivor of trauma, feelings of being overwhelmed are not lost on you. You might feel like you are on a rollercoaster that you just cannot get off of no matter how hard you try. It does not have to be this way. This group will show you how!

Want to join? Need more information?

Call Dr. Shaayestah Merchant at

720-295-8067 or

email drmerchant@essentialdialogues.com

www.essentialdialogues.com

**Limited space available.
Call today!**

