

# Yoga for Trauma



*with Esther van der Sande*

**Mondays 5-6pm**  
**commencing March 6th**

*regular class prices apply*

## **Who is Yoga for Trauma for?**

Anyone who has experienced trauma, and wishes to calm the mind and body at the same time but feels like traditional yoga classes are a little overwhelming. No previous experience of Yoga is required.

## **What can you expect from a Yoga for Trauma Class?**

Yoga for Trauma is a little different from traditional Yoga. A safe, growth-facilitating environment, where everyone is a little more sensitive to each other's personal situation

You can calmly experiment with breathing, moving, strengthening, stretching and resting. There is no hands-on assistance, and the yoga facilitator does the practice with you, sharing the experience.

For many who have experienced lengthy periods of trauma, feeling 'present' is something that has long been forgotten. Yoga for Trauma can help resolve this situation, and it can also help you to become aware of your own body again.

*For more info please contact [info@sukhamukhayoga.com](mailto:info@sukhamukhayoga.com) or visit the website.*

