

# *Trauma-Informed Yoga Group*



What: A six-week course intended for survivors of sexual violence who are interested in discovering how yoga can be a holistic healing tool

When: Thursday evenings from 6pm to 8pm

February 8<sup>th</sup>, 2018 until March 15<sup>th</sup>, 2018

Fee: \$300

Where: Centre for Treatment of Sexual Abuse and Childhood Trauma (CTSACT)

located at 265 Carling Avenue, Suite 403, Ottawa

For more information and registration please contact:

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