

A NATURAL & HOLISTIC APPROACH

OVERCOME ANXIETY



The Overcome Anxiety Clinic is a trauma-informed yoga therapy group designed for those experiencing chronic stress, anxiety and trauma. The clinic blends the Eastern philosophy and practice of Yoga with Western/modern therapies to strengthen self-regulation, self-empowerment and healing. The series include both education and practical components. Participants will learn about stress responses, self-regulation techniques and how to connect the mind and the body to prevent stress activation, through positive psychology, mindful movement, meditation, and breath work. This series is for women. Participants will not be expected to speak up or share their own experiences with the group.

Please contact CTSACT to register or if you have any questions about the clinic. Spots are limited. Cost for the series is \$60.

Yoga experience is NOT required

Dates:

June 27th 5-7 pm
July 4th 5-7 pm
July 11th 5-7 pm
July 18th 5-7 pm

The Centre for Treatment of Sexual Abuse and Childhood Trauma