

YWCA Northern New Jersey



Support • Prevention • Advocacy • Counseling • Empowerment

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Trauma Informed YOGA

Stretch & Movement

Tuesday & Thursday - 11am



A 30-minute session to introduce the principles of gentle yoga & stretching as another practice for the body to help move, process emotions and emotional blocks through the body.

Via HIPAA - Compliant remote platform

Contact your healingSPACE clinician for further information.

Any survivors not getting services through healingSPACE should contact Alysa at aluna@ywcannj.org and include their contact information.

Program made possible by the Victim Assistance Grant through the NJ Office of the Attorney General.

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Support • Prevention • Advocacy • Counseling • Empowerment
Bergen County's Sexual Violence Resource Center
24/7 Hotline: 201-487-2227

Download our healingSPACE App today!

Available on:



214 State Street • Suite 207 • Hackensack, NJ • 201-881-1700

eliminating racism
empowering women

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Northern New Jersey

Bergen • Essex • Hudson • Morris • Passaic

www.ywcannj.org