YWCA Northern New Jersey



Trauma Informed **YOGGA** Stretch & Movement

Tuesday & Thursday - 11am



IRTUAL

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.

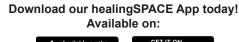
Any survivors not getting services through healingSPACE should contact Alysa at aluna@ywcannj.org and include their contact information.

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













eliminating racism empowering women **YWCa** Northern New Jersey Bergen • Essex • Hudson • Morris • Passaic

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