

Reclaiming Your Body Trauma Sensitive Yoga



Instructor Marilyn Calver has been teaching yoga for over 16 years. She has extensive training and experience in Hatha Yoga, Yoga Therapy, Ayurveda, Meditation, Restorative Yoga and Trauma Sensitive Yoga.

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Classes will be held at:
Compass Center for Healing
116 East Chestnut Street
Stillwater, MN 55082

Trauma takes a heavy toll on the body and the brain. A mindful, embodied yoga practice can provide relief from anxiety, sleep and digestion issues and help develop supportive skills for everyday life. Breath work and meditation train the mind to quiet and decrease emotional reactivity and attachment. Conscious relaxation helps break through stress and tension to stimulate the healing process.

- Physical yoga postures for EVERYbody.
- A deeper connection to your body.
- Focused breathing exercises.
- Meditation for peace and healing.
- Relaxation techniques.

*Six Mondays 6:30-7:30pm, January 9 through February 13 2017
Free or Donation Based ~ Suggested Donation \$8 - \$10 per class*