TRAUMA-INFORMED YOGA
Gentle Yoga For Survivors of Sexual Violence
Identifying as Women, Including Trans* Individuals
Led by Natalie Benway, LMSW, RYT
Wednesdays, 3:00-4:30pm, 7/8-8/26/15

CONNECT MIND and BODY

A safe space to explore a loving, empowered relationship with body and mind.
All materials provided.

Pre-registration required with RVAP staff. For more information or to secure a spot contact: 319-335-6001, britte-garrett@uiowa.edu

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Persons with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability requiring an accommodation or a non-English speaker requiring interpretation in order to participate in this program, please contact RVAP in advance at (319)335-6001.