

Saturday, October 3rd
10am PST / 1pm EST

Trauma-Conscious Yoga

with
Orchid Cameron

Join us for a 90 minute virtual session including gentle yoga practice coupled with reflection on recognizing & releasing trauma through movement. Yoga will be followed by breathwork & small-group discussion.

Instruction will feature simultaneous demonstration of floor yoga and chair yoga positions, with disability-friendly options. Beginners welcome!



Registration and details at:
<https://tcy1020.eventbrite.com>



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