

INNER PEACE PRESENTS

# TRAUMA CENTER- TRAUMA SENSITIVE YOGA

**FREE VIRTUAL COMMUNITY CLASS**

**SUNDAY, FEBRUARY 1ST AT 7PM**



Join us for a free Trauma-Center Trauma-Sensitive Yoga class—a gentle, choice-based practice designed to support nervous system regulation, body awareness, and a sense of safety.

No yoga experience required.

**Email [vrivers@innerpeacets.org](mailto:vrivers@innerpeacets.org) or  
Text 240-794-2430 to sign up.**