

DROP-IN YOGA

Trauma-informed yoga practice

Online, weekly webinar open to anyone comfortable with practicing yoga at home, and wanting to engage in a guided trauma-informed yoga practice.

FACILITATOR

Clare Karasik, MSW, RSW
Family Service Toronto Counsellor

DATE & TIME

Fridays | 11 a.m - 12 p.m. on Zoom

REGISTRATION

The webinar is free. To register or for more information contact Family Service Toronto - Service Access Unit:

416.595.9618

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