

# RESILIENT BODIES

## TRAUMA-INFORMED YOGA

### WEBINAR

This 10-week webinar is for people who have experienced trauma. This online webinar is an invitation to practice gentle trauma-informed yoga and to learn how yoga/mindfulness are useful for trauma recovery. Participants will gain skills to assist them in understanding and managing trauma responses. Each session will include both an educational component as well as a yoga practice. The yoga offered in this webinar is suitable for both beginners and those who already have a yoga practice.

#### FACILITATOR

Clare Karasik, MSW, RSW  
Family Service Toronto Counsellor

#### DATE & TIME

Fridays, 10 a.m.-12 p.m.

**April 14 - June 9 (excluding May 19), 2023**

#### REGISTRATION/INFORMATION

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

**416.595.9618**

[sau@familyservicetoronto.org](mailto:sau@familyservicetoronto.org)



FAMILY SERVICE TORONTO  
For People. For Change.



United Way  
Greater Toronto