

DROP-IN YOGA

Trauma-informed yoga practice

Online, weekly webinar open to anyone comfortable with practising 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, 11a.m.-12p.m. on Zoom
January 19 - March 8, 2024

REGISTRATION

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

416.595.9618

sau@familyserVICEToronto.org



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