

RESILIENT BODIES

TRAUMA-INFORMED YOGA

WEBINAR

This 8-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.

October 31 - December 19, 2025

REGISTRATION/INFORMATION

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

416.595.9618

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