

Trauma-Informed Yoga



Join our women-only yoga group, focused on stress reduction and developing a stronger and safer connection to the body through gentle yoga movement, breathing and mindfulness practices.

This six-week trauma-sensitive yoga series is set up to ensure participants feel safe and supported to explore movement. Class will include breathwork, gentle yoga movement, followed by a guided meditation and optional time for group reflection.

Mats are available upon request. Please bring your own blanket and pillow, and a journal if you'd like to spend some time reflecting through writing at the end of class.

No prior experience required; beginners are welcome!

Facilitator: Katie Baumgras, Licensed Master Social Worker. Katie is an experienced therapist and a certified trauma-informed yoga instructor. She is passionate about incorporating yoga, breathwork, mindfulness and nature into healing the mind and body.

When

For exact dates and times, please visit pinerest.org/yoga

Location

Pine Rest Northeast Clinic
3225 N. Evergreen Drive NE, Suite 301
Grand Rapids, MI 49525

Payment

Most insurance accepted.
Ask if you qualify for financial assistance.

Registration

Must be an existing Pine Rest client to join.
Talk to your case manager or therapist to sign up or for more information.
Or **call Katie Baumgras at 616.258.7507**



pinerest.org/yoga