

# Trauma Sensitive Yoga

## A Movement-Based Group for Survivors

This one-hour trauma sensitive yoga group is facilitated by Leigh-Ann Theophilos, Psy.D., RYT (Registered Yoga Teacher) who is currently being trained in Trauma Center Trauma Sensitive Yoga, an evidence-based intervention for complex trauma. This group is structured in a manner that invites practicing making choices with your body and being aware of sensations that you may notice in your body. Through participation in the group, you may cultivate a new, possibly more curious and compassionate relationship with your body. No previous experience with yoga is required.

### The Group Will:

- Welcome all body shapes and sizes
- Involve movement

### The Group Will Not/Is Not:

- An exercise class
- Involve touch
- Focus on religion



### Details

- Ages: 18 +
- Facilitator: Leigh-Ann Theophilos (she/her/hers), Psy.D., RYT
- Time: Wednesdays 5:00 – 5:45 pm, optional processing 5:45 – 6:00 pm
- Cost: Private Pay \$55/session or \$50/session for clients who pre-pay for 4 weeks
- Location: In Person at Meier Clinics, Wheaton Office (Suite 1410)
- What to Bring: Yoga mat (optional) water, comfortable clothing
- All CDC and IL state guidelines will be adhered to for COVID-19