



trauma sensitive yoga

Mindfull yoga practice
centered around body and breath
connection also in relation to
expienced trauma

In group lessons
Everyone is welcome
Yoga experience not needed

TIME : 9.00-10.15 am

PRICE: 145 Euro

DATES : 6DEC/13DEC/20DEC

10JAN/17JAN/24JAN/31JAN

7FEB

**LOCATION: Sportschool Rob van der Hoorn | Geversstraat 5
| Oegstgeest | traumasensitiveyoga.classes@gmail.com**