



Metropolitan Organization to Counter Sexual Assault

24 Hour Crisis Line:
MO (816) 531- 0233
KS (913) 642-0233
www.mocsa.org

Trauma-Sensitive Yoga Group

MONDAYS 5:30pm-6:30pm

TUESDAYS 9:00am-10:00am



This free yoga group is a confidential and safe place that provides an opportunity to mindfully connect with your body.

WHO: Female survivors of sexual trauma, ages 16 and up

WHEN: Mondays from 5:30pm to 6:30pm

Tuesdays from 9:00am to 10:00am

WHERE: 3100 Broadway, Kansas City, MO 64111

Room 114 (first floor of the Penn Tower)

CONTACT: If interested, or for more information,
Call Jaree at (816)285-1339

What to Expect at MOCSA's Trauma-Sensitive Yoga Group

General Information

- Please arrive about 10 minutes early.
- The group is held in Room 114 on the first floor of the Penn Tower Building.
- Wear clothing that is comfortable for physical activity (sweatpants, t-shirt, or whatever is comfortable for you).
- We have yoga mats that you can use, but feel free to bring your own mat if you have one.
- Please put your cellphones on silent during group.
- After yoga, there is an optional 20 minutes of processing, where members can share about their experience of yoga and ask questions.

What is Trauma-Sensitive Yoga?

- Trauma-Sensitive Yoga involves gently moving your body, holding postures for a brief period of time, and breathing. It is an opportunity to mindfully connect with your body, in the present moment, in a kind and compassionate way.
- Sometimes yoga is done on a mat on the floor, but it may also be done in a chair sitting up.
- At MOCSA, yoga is practiced as a way to notice what you feel in your body, and to practice making choices about what to do with your body based on what you feel. We invite you to be interested and curious about your experience.
- Trauma-Sensitive Yoga is an individual practice for YOU, and there is no need for comparison. This is YOUR practice, and you are completely in charge of what you do with your body.
- We offer a safe, supportive, non-judgmental environment.
- Our presentation of yoga is NOT religious.
- At MOCSA, there are absolutely NO hands-on, physical assists during yoga.
- We are always open to feedback from members and welcome your input regarding yoga at MOCSA.

Please call Jaree at (816) 285-1339 if you have any questions and/or comments.