

## Trauma-Sensitive Yoga

**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 204 (second floor of the Penn Tower)

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