

Trauma Informed Yoga Classes

for survivors of sexual assault

with *Marissa Angeletti*

LOCATION:

**Boulder Center for
Conscious Community**

1637 28th Street
in Boulder

(in the Buffalo Village
shopping area)

DATES:

Wednesdays, 12 – 1 pm

Starting November 6th

Class fee is based on a sliding
scale and will last for 6 sessions.

*Trauma informed yoga is extremely beneficial
in helping survivor's recover and heal.*

- Learn how to engage the parasympathetic nervous system to feel grounded and calm
- Synchronize breath and body to release stored tension and stress
- Connect with others in a confidential setting



Marissa Angeletti, RYT 200, is a somatic psychotherapist and yoga teacher currently pursuing her master's in dance/movement therapy at Naropa University.

Join Marissa for an all-levels yoga practice designed to bridge the gap between what the mind perceives and the body experiences.



M·E·S·A
Moving to End Sexual Assault

TO REGISTER OR LEARN MORE:

Contact Adrienne Holloran at 720.862.4762 or visit us at:

www.movingtoendsexualassault.org