Yale's SHARE Center is offering a Trauma-Informed Yoga Program for Survivors this spring. This program is open to all students (both undergrad and grad and professional). Learn more below and on register on their website [1].

"Yoga allows survivors to regain a sense of comfort and ease within their own shape, to process nonverbally feelings that transcend language, and to experientially cultivate gratitude towards the body, which serve as a reminder of one's resilience." -Boeder-Harris, 2012

**Yoga as Healing**
The Yoga as Healing program was developed by Zabie Yamasaki and will be facilitated by one of our local SHARE Center affiliated instructors who have been fully trained in the implementation of this program.

The program will explore re-connection to the self through mind, body, and spirit. It will provide survivors with a means of becoming reacquainted with their bodies, help them become grounded in the present moment, and allow them to explore the benefits of mindfulness as they flow breath to movement in guided practice and meditation.

Classes are comprised of a 6-week series which focus on intentional weekly themes. Classes will establish consistency and will build upon each other each week and will begin after spring break.