

BRAVE & BROKEN-HEARTED...

YOGA FOR SURVIVORS OF TRAUMA
YOU ARE NOT A VICTIM.

SATURDAY, March 23, 2019

5:30-7:30 pm, \$30

Survivors of abuse, disaster, illness, accidents, or crime can end up with wounds, physically and psychologically. Even listening to the news can trigger PTSD.

To heal from trauma, a connection must be made with mind and body. Numerous studies have shown that yoga programs designed specifically for victims of trauma,



programs that include regulated breathing, controlled movement and mindfulness practices, can have far-ranging benefits for any participant.

Yoga has allowed survivors to strengthen their relationships by allowing them to have greater self-awareness and a strong understanding of how to set boundaries and be assertive. The workshop will provide the tools to move forward.



The Instructor: Cheryl Kravitz, APR, CFRE, RYT200, Cheryl is a graduate of the Willow Street Yoga Teacher Training Program and received additional certification to teach yoga to survivors of trauma, restorative yoga and yoga for brain longevity.

She teaches specialized yoga to people with injuries, survivors of abuse, individuals with dementia and caregivers. She taught yoga to college students with learning differences, members of the military and, with a translator, individuals whose first language is not English.

Cheryl instructs weekly classes in Maryland at two studios, substitutes frequently at a third, and conducts private lessons. She facilitates ongoing workshops for survivors of trauma.

Her personal yoga journey changed her own life. She explains it in an article she wrote a few years ago for *The Yoga Diaries*: <https://theyogadiaries.net/tag/cheryl-kravitz/>.

Classes are infused with humor and compassion. Meeting people where they are on the mat and throughout life is Cheryl's mantra. She learned early on that yoga is a universal language and has found the practice resonates with the diversity of students she teaches.