



TRAUMA SENSITIVE YOGA

Led by Jessica Carter LAC, and Kim DuBois LAC

Yoga for Trauma Healing

Those who have experienced trauma understand the physical and emotional impact on their bodies. From insomnia, migraines, nervous tics or chronic pain, to emotional instability, shame, flashbacks and dissociation, the physical experience often becomes the enemy.

Standard treatments that include medication, talk therapy and even EMDR may not do enough to help survivors experience the present moment or feel safe again within their bodies.

Classes are held in Gilbert and Scottsdale locations, with both day and evening times available.

Please check our website at TSYAZ.com for class details.

Why Yoga?

Because so much of trauma is held and felt within the body, trauma sensitive yoga can act as a bridge, improving mood stability and increasing a sense of awareness, safety, and mastery over one's body.

Trauma sensitive yoga uses breathing and movement to help survivors develop a more positive relationship with their body.



Indicated for those with

- Chronic or complicated PTSD
- Childhood abuse including sexual abuse
- Secondary trauma and first responders
- Victims of rape or assault

NOT indicated for those with

- Active drug or alcohol abuse
- Recent behavioral health hospitalization
- Experiencing psychosis

YOU CAN REGISTER, OR VIEW CLASS TIMES AND SCHEDULES ON OUR WEBSITE TSYAZ.COM

COMFORTABLE CLOTHES AND YOGA MAT RECOMMENDED

For more information please contact Kim or Jessica at 520-352-7757.

Email us at info@tsyaz.com, or find us on facebook at fb.me/tsyaz

This class is modeled after the research based TC-TSY program, developed at the Trauma Center in Brookline, Massachusetts.