

TRAUMA-INFORMED YOGA

Gentle Yoga For Survivors of Sexual Violence

Identifying as Women, Including Trans* Individuals

Led by Natalie Benway, LISW, RYT

Wednesdays, 4:00pm-5:15pm, Feb 3rd to March 9th



A safe space to explore a loving, empowered relationship with body and mind.
All materials provided.

Pre-registration required with RVAP staff. For location disclosure or to secure a



Persons with disabilities are encouraged to attend all University of Iowa sponsored events.
If you are a person with a disability requiring an accommodation or a non-English speaker
requiring interpretation in order to participate in this program, please contact RVAP in
advance at (319)335-6001.

