

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



CONNECT
MIND
and
BODY

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 spot contact

Mary: 319-335-6001, mary-perdomo@uiowa.edu

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.