

# Moving Through Sexual Trauma

Using movement-based therapies to address sexual violence



Presented By

Friday, April 9, 2021

10:00 am - 1:30 pm

Via Zoom

Single Ticket: \$50

LCPC/LCSW Ticket: \$100



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R-DMT



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Yoga Teacher

While sexual trauma can significantly impact one's relationship to the body, therapeutic movement practices can offer pathways towards restoration and healing. Join Resilience trainers for an experiential exploration of trauma-informed approaches to yoga, breath-work, meditation, and dance/movement therapy.



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