

Free Trauma-Sensitive Yoga Classes

The Mental Health Association of Monmouth County

Every
Wednesday
at 4pm, 5pm
and 6 pm



Classes will
be held at
Phoenix
Productions,
59 Chestnut
Street,
Red Bank

Traumatic events happen to everyone and can range from many different distressing experiences, including loss of a loved one, divorce, childhood trauma, crime and natural disasters.

These events often leave us with feelings of hopelessness, anxiety, sadness and depression, which can very easily manifest into somatic feelings to include chronic pain, insomnia and an overall disconnect between mind and body.

Trauma-Sensitive Yoga and meditation encourages the reconnection of the mind and body, allowing participants to heal by introducing coping skills and helping to connect to the present moment.

For more information call:

732.542.6422

