



Free Trauma Informed Yoga & iRest Meditation Classes for Fire Survivors

- Weekly Trauma Informed Yoga & iRest classes start April 3rd & 7th, 2018
- Location: YogaOne, 416 B St Suite D, Santa Rosa, loveyogaone.com
- Tuesdays: 3:30 pm - 4:25 pm Trauma Informed Yoga
- Tuesdays: 4:30 pm - 5:15 pm iRest/Guided Meditation
- Saturdays: 12:30 pm - 1:15 pm Trauma Informed Yoga
- Saturdays: 1:20 pm - 2 pm iRest/Guided Meditation

iRest/Yoga Nidra was developed by psychologist Richard Miller, PhD, and is a proven effective method for the release of trauma based on extensive research. For more information, contact [Hannah Caratti, LMFT](mailto:Hannah.Caratti.LMFT), 707-494-7470, therapy@recamft.org. Please share flyer, and find out more online at <http://recamft.org>. Click on “Current events” to see all offerings for fire survivors, including weekly support groups.



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Redwood Empire Chapter

of California Association of Marriage and Family Therapists