

# Trauma Informed Yoga Class

TCTSY is equally accessible to all people regardless of age gender identity, race, ethnicity, body type and physical ability

**Wednesdays 10am-11am  
Heartspace Healing Collaborative  
515 Bay Street St Johnsbury Vermont**

**No touch/no assists  
Can be practiced on chair or mat**

**Helpful for anyone experiencing stress, depression, anxiety, grief or trauma.**



**Michele Authier LICSW, RYT 200, Trauma Center  
Trauma Sensitive Yoga Facilitator**

**For more information contact:  
[micheleauthier@gmail.com](mailto:micheleauthier@gmail.com)**

**Drop in (healing through trauma fee \$5 or pay what you can) or register at [www.heartspaceyogacenter.com](http://www.heartspaceyogacenter.com)**