

# Trauma Sensitive Yoga

IN PARTNERSHIP WITH MOLLY DONLAN & SARSSM

## What is Trauma Sensitive Yoga?

- ◆ Safe, supportive and non judgmental
- ◆ Learning how to breathe to regulate emotions
- ◆ Feeling empowered by choosing what's right for you and your body
- ◆ Releasing past trauma gracefully
- ◆ Calming your mind
- ◆ Not a religion
- ◆ No prior experience necessary

## ABOUT THE CLASS

A gentle class in a safe environment of compassion and acceptance. This specialized class will help you regulate emotions of fear, grief and anger through breathing and movement. The classes will be lead by our partnering yoga instructor, Molly Donlan RYT-200hr and SARSSM Advocate.

Molly Donlan teaches from a trauma-informed lens and aims to create a safer space for students so that yoga and meditation can be a soothing and healing resource for all. Molly believes that yoga is a practice for improving life off the mat: using the practice to recognize and renegotiate one's inner relationship, cultivate loving-kindness towards the self, and extend that same compassion to others.

## WHEN

10 Week Session starting August 26th  
Mondays at 2:00pm – 3:15pm

## WHERE

Biddeford, ME

## WHO

To register or to get more information  
Call Whitney: 207-828-1035 x 107

Or

Email Natasha: [natasha@sarsonline.org](mailto:natasha@sarsonline.org)

## COST

Classes are free of charge

**SARSSM**

SEXUAL ASSAULT  
RESPONSE SERVICES  
OF SOUTHERN MAINE

