



In Honor of Crime Victims' Rights Week we would like to invite
you to

YOGA FOR HEALING,

a free yoga workshop instructed by **Melissa Mitchell, CYT**, for
victims of crime.

Whether you are the survivor of long-term abuse or one traumatic event, trauma settles in our bodies. Yoga can mitigate health effects by healing us physically and emotionally to feel stronger, safer and more sure of ourselves. Yoga meets you where you are. In a safe environment you can learn to reconnect with the you hidden deeply away. You can practice making choices without consequences and feel empowered.

When: Monday, April 9th, 2018
6:30pm –8:00pm.

Where: Rodrock Chiropractic
1440 Wakarusa Dr. Suite 400
Lawrence, KS

Spots will be provided on a first come first serve basis.

This victim-centered event is brought to you in collaboration by the following organizations:



Snacks and Beverages donated by Optimal Living