TRAUMA REGULATION AND EDUCATION EXPERIENCE 2—CONTINUED PRACTICE WITH MINDFULNESS AND YOGA

The Veterans Health and Trauma Clinic is introducing a follow-on group to our mindfulness based TREE — TREE 2 will offer opportunities for you to grow your mindfulness and yoga practices. This group is designed for those who have completed TREE, and would like more opportunity to practice yoga, yoga breathing, and mindfulness meditation. It is ideal for individuals who would like to learn non-traditional ways of managing stress, anxiety, and pain. The group will be held weekly for 90 minutes. Hope you can join us!

Specifically designed to help individuals who are dealing with:

- Feelings of stress or anxiety
- A history of Trauma
- Poor sleep
- Want to learn effective stress management skills

The group will meet on Monday afternoons. Please call Lisa Barker for more information.

Veterans Health and Trauma Clinic
719-255-8003