



# TRAUMA-INFORMED YOGA

## Yoga for Survivors

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**WILD SPIRIT SANCTUARY | SAFE OF COLUMBIA COUNTY**  
ARE PARTNERING TO PROVIDE SPECIALIZED YOGA  
INSTRUCTION FOR SAFE PARTICIPANTS

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Wild Spirit Sanctuary provides trauma-informed movement and mindfulness in both class and individualized settings.

SAFE of Columbia County provides services to those that have experienced domestic or sexual violence.

Contact your SAFE advocate for more information.

