



# Trauma-Sensitive Yoga Group Therapy

## An 8-week structured group modality integrating Mindfulness, Experiential Learning, Somatic Skills, and Body-Based Healing

*Healing for Body,  
Mind, and Spirit*

*This is a gentle, supportive yoga practice for EVERY-body.  
No experience required.  
All body shapes, sizes and abilities are welcome!*

### 2020 8-week Series:

Jan 8 – Feb 26  
March 18 – May 6  
May 27 – July 15  
Aug 5 – Sept 23  
Oct 14 – Dec 2

Class is held on Wednesdays.  
Choice of DAY or EVENING  
12:30pm-2pm OR 6:30pm-8pm

### Location:

Three Little Birds Counseling  
5808 S. Rapp Street, Suite 102  
Littleton, CO 80120

### Cost Options:

- \$35 per group
- \$240 for 8 weeks (\$30/group)
- OR - Use your HEALTH INSURANCE PLAN (Aetna, Cigna, United, Triwest, Medicare, Medicaid, etc)

### Registration/More Info:

Contact Elena Davis, LCSW at  
720-988-5620 or via website:  
[www.elenadavislcsw.com](http://www.elenadavislcsw.com)

Yoga practices help to activate and balance the body's autonomic (parasympathetic) nervous system, reduces blood pressure, improves neuroendocrine and hormonal activity, and decreases symptoms of PTSD, depression, anxiety, and chronic illness.

Our Trauma-Sensitive Yoga practice focuses on breathing, gentle yoga postures, personal choice, and mindful awareness, as developed by David Emerson of the Kripalu Center for Yoga and Health.

Sessions are designed to help participants overcome the somatic effects of trauma and develop a more positive relationship with the body in a safe and comfortable environment. All group sessions are facilitated by an experienced trauma sensitive yoga instructor and/or a licensed trauma-informed psychotherapist.



Lakshmi Nair, RYT  
Leading TSY Groups  
in the Denver area  
since 2011



Elena Davis, LCSW, RYT  
Co-leading TSY Groups  
since 2016; RYT-200  
completed June 2019