

TRAUMA- INFORMED YOGA

REGISTER
NOW!
SPOTS ARE
LIMITED!

Encourage yourself to stay present and feel your emotions in this yoga class which can help regulate your nervous system.

 **THURSDAY, AUGUST 8TH &
TUESDAY, AUGUST 27TH**

 **6:00 PM - 7:00 PM**

 **CENTER FOR BLACK WOMEN'S WELLNESS
477 WINDSOR STREET SW SUITE 305
ATLANTA, GA 30312**

LED BY

**SHAR GOOLSBY
M. ED., NCC**

**YOGA INSTRUCTOR &
CLINICAL MENTAL
HEALTH THERAPIST
WITH A FOCUS IN
TRAUMATIC STRESS**



**SCAN TO
REGISTER**



**OR VISIT
CBWW.ORG/EVENTS**



Center for Black Women's
Wellness