TRAUMA-INFORMED YOGA
Gentle Yoga For Survivors of Sexual Violence
Identifying as Women, Including Trans* Individuals
Led by Natalie Benway, LISW, RYT
Wednesdays, 4:00pm-5:15pm, Feb 3rd to March 9th

CONNECT MIND and BODY
A safe space to explore a loving, empowered relationship with body and mind.
All materials provided.
Pre-registration required with RVAP staff. For location disclosure or to secure a

Persons with disabilities are encouraged to attend all University of Iowa sponsored events.
If you are a person with a disability requiring an accommodation or a non-English speaker
requiring interpretation in order to participate in this program, please contact RVAP in advance at (319)335-6001.