Trauma-Informed Yoga

For Survivors of Sexual Assault

Yoga as Healing is an empowering yoga practice that prioritizes the lived experience and healing of each survivor. Safety, trust, choice, and control are core components of the practice.

Open to all gender identities.

Pre-recorded Audio Classes
Go at Your Own Pace

To Receive the Link to the Courses
Please complete the interest form at:
https://tinyurl.com/CAREHealing

CARE
Campus Assault Resources & Education
Visit us at:
Careprogram.ucla.edu

CARE’s Alternative Healing Series