

**THE VIRGINIA TECH  
WOMEN'S CENTER PRESENTS**

**FRIDAY, APRIL 26, 4-5:30 PM**

**TUESDAY, APRIL 30, 2-3:30 PM**

**206 WASHINGTON STREET**



**COMING  
HOME TO  
YOUR  
BODY**

**STAFF FROM THE WOMEN'S CENTER, ALONG WITH ELLE MILLER, A YOGA THERAPIST, WILL LEAD A THERAPEUTIC, TRAUMA-INFORMED EVENT CENTERED ON HEALING MOVEMENT AND BREATHING THROUGH YOGA. DURING THE EVENT, WE WILL ENGAGE IN THERAPEUTIC YOGA POSES AND MINDFULNESS, FOSTERING A HEALTHY CONNECTION BETWEEN THE MIND AND BODY.**

**THIS EVENT IS CLOSED TO INDIVIDUALS WHO HAVE EXPERIENCED SEXUAL OR INTERPERSONAL VIOLENCE.**

**REGISTER HERE: [HTTP://TINYURL.COM/SAAMYOGA](http://tinyurl.com/saamyoga)**