



# y gentle yoga

## TRAUMA-SENSITIVE YOGA FOR SURVIVORS OF DOMESTIC VIOLENCE

*PERFECT FOR  
BEGINNERS*

*NO NEED TO BE  
FLEXIBLE OR FIT*

*WELCOME TO  
ALL BODY TYPES*

## A safe & confidential yoga class for survivors of intimate partner domestic abuse.

- When:** Wednesday & Friday 1:15pm-2:15pm
- Where:** YWCA Spokane, Comstock Room, 1st Floor  
930 N Monroe St, Spokane, WA 99201
- Cost:** Free of charge
- Who:** Women survivors of domestic violence
- Instructor:** Rinzen, trauma-sensitive yoga facilitator
- Get Started:** Call 509-789-9287 to learn more
- Note:** Yoga mats are provided free of charge  
Free childcare available on Wednesdays  
Time to share is provided after each  
class for those interested

eliminating racism  
empowering women  
**ywca**  
SPOKANE

ywcaspokane.org | 930 N Monroe St  
24hr help for domestic violence survivors:  
509-326-CALL (2255) | help@ywcaspokane.org