

6 week  
Sessions

# Caregiver Yoga

## Leni & Kayti

### *My name is Leni*

*Yoga found me 5 years ago when a friend showed me some online classes. At first, I started doing yoga as a way of giving back to my body and it started becoming a way to also give back to my mind. From there I fell in love. I've been teaching yoga for 4 years now in hopes of passing on the passion it has ignited within me to others. My motivation is to help others find comfort and beauty in themselves and in all the moments life offers us.*



*Yoga is being proven to be a revolutionary companionship to therapy!*

*“In our studies we keep seeing how difficult it is for traumatized people to feel completely relaxed and physically safe in their bodies... Yoga turned out to be a terrific way to (re)gain a relationship with the interior world and with it a caring, loving, sensual relationship to the self.” Bessel Van Der Kolk, M.D. Author of “The Body Keeps The Score”*

*Let us get you in a better place so you can help your kids!*



Hope and Healing Child and Family  
Counseling

**385-215-9084**

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