

6 week
Sessions

Caregiver Yoga

With Kayti

*Our goal is to help
you be more present
and attuned to your
child!*

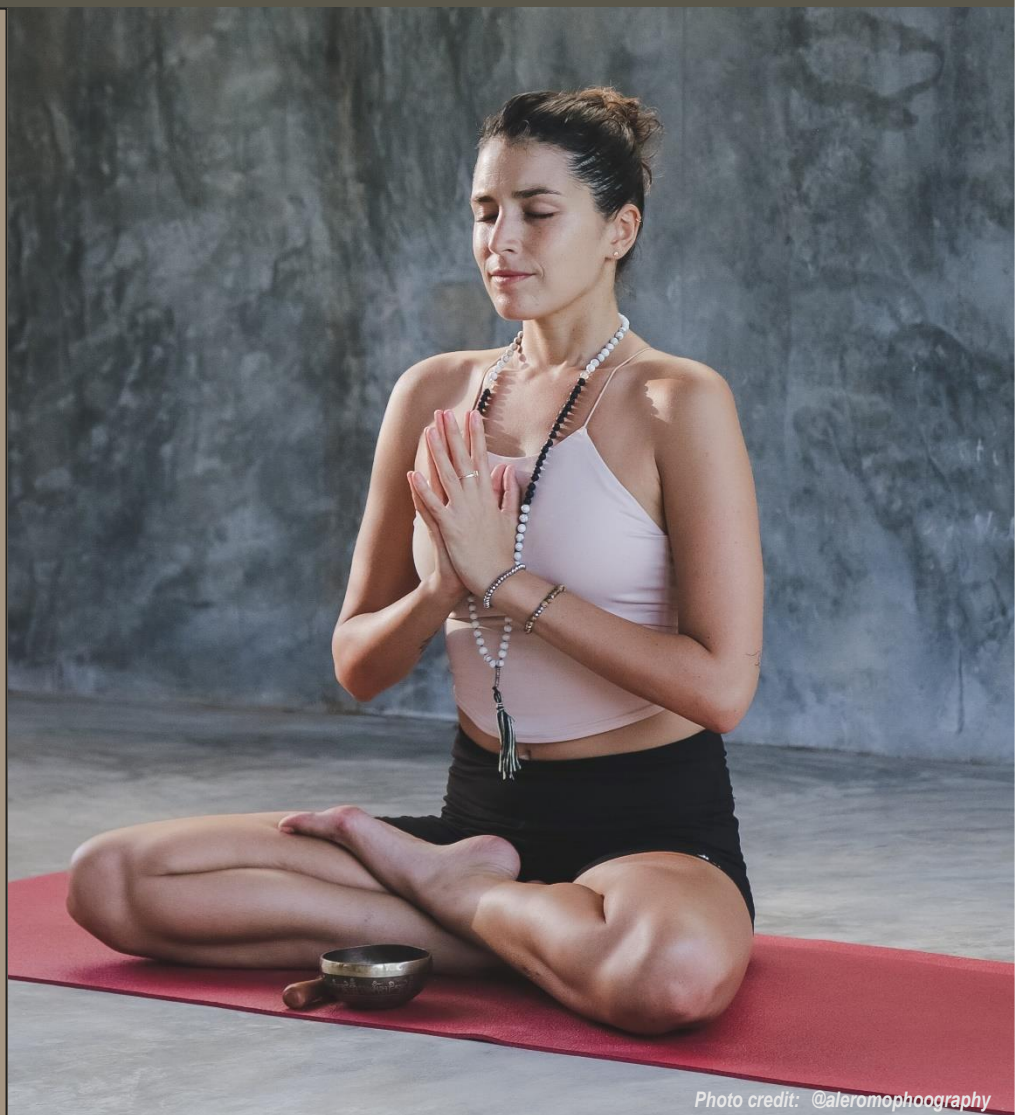


Photo credit: @aleromophography

*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

www.Healingutahfamilies.com