



Yoga for Survivors

Join us for a trauma-informed practice over the lunch hour on Wednesday April 12. We will begin at 12P and practice for approximately 1 hour. Light refreshments and community time will be available until 1:30. Some mats will be provided, though we encourage you to bring your own mats and props if you have them.

This yoga class is open to DU community members who identify as survivors of gender-based violence, as well as friends, family, and loved ones of survivors. 25 spots are available.

Once the class is at capacity, we will form a waitlist.

Email andrea.thyrring@du.edu with questions or for more info.

Thank you for your interest in our event as part of **Sexual Assault Awareness Month**

When: Wednesday April 12, 12-1 PM

refreshments and community until 1:30 PM

Where: Colorado Women's College Garden Room

at the corner of Asbury and High streets

Locate the link to register at du.edu/SAAM



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While pursuing her graduate degree in social work, Jalisa had the opportunity to become a certified yoga instructor in 2016. She then began teaching trauma-informed yoga to victims of crime in the city of Denver. As a trained psychotherapist, she combines somatic therapy skills with her passion for yogic thought.

Jalisa considers her yoga practice yoga for your soul. By combining an Erykah Badu-esque neo soul vibe, melanin, and the need for space to love on yourself, **Soulflower Denver**, Jalisa's community based yoga brand was born.

Jalisa approaches yoga in a uniquely authentic and human way in hopes to create a "safe space" for clients to indulge in all of the magic they hold. Jalisa is currently the Violence Prevention Program Manager at Regis University.