

Yoga Group: Healing the Heart, Healing the Body

Why Yoga ?

Sexual assault affects the body in many ways. This group helps survivors understand how their bodies have been affected by their trauma. Yoga has been proven to reduce some of the effects of trauma on the body, and to help survivors engage with their bodies in a healthy way.

What is the Yoga Group?

The goal of this group is to help you learn how yoga may help you cope with your body's reaction to trauma.

The group incorporates both talk therapy and yoga to create a safe space where survivors can feel comfortable in experiencing yoga. All of the classes will be led by a BARCC rape crisis clinician and a specially trained yoga instructor. The yoga that is taught is [Vinyasa](#) flow yoga.

What does the group do each week?

The group meets for 10 weeks, 7 of the groups are yoga-focused and 3 are talk-focused. The talk-focused groups are at the beginning, middle and end of the 10 weeks. The talk-focused groups will focus on the effects of trauma, the benefits of yoga, and ways of healing. The yoga-focused groups will include a short beginning check-in and discussion about a topic related to self-care and healing, and 45 minutes of yoga.

When is the group? Where do I go? Who is going to be there?

This group is a 10 week group, 1 hour and 15 minutes a week. It will be made up of 5-10 women with a wide range of sexual trauma experiences, (rape, sexual assault, stalking, incest, child sexual abuse, and sexual harassment). We welcome survivors older than 18, who have various levels of experience with yoga. Yoga equipment will be provided.

What do I have to do to be a part of the group? Call BARCC's offices at (617) 492-8306 and ask to fill out a group request form. A clinician will call you back to schedule an intake so that you can meet the group leaders and decide on a group that will best meet your needs.

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