



National Alliance on Mental Illness

NAMI Sonoma County

Trauma-Informed Yoga (Free for Sonoma County Fire Survivors) Summer 2018

What: Trauma-Informed Yoga and iRest Meditation

When: Tuesdays, 3:30 – 4:45 pm and Saturdays, 12:30 – 1:45 pm, through June 2018

Where: YogaOne, 416 B Street, **Santa Rosa** (corner 5th and B Streets)

Register: www.recamft.org

Contact: Hannah Caratti, LMFT, E-RYT, hanayoga@sonic.net

What: Trauma-Informed Yoga

When: Sundays, 1:00 – 2:15 pm, beginning July 1, 2018, ongoing

Where: Yoga On Center, 401-C Center Street, **Healdsburg**

Register: 707-892-3215 or www.yogaoncenter.com

Contact: Siri Gobind Khalsa, sirigobindkhalsa@gmail.com

What: Trauma-Informed Yoga & iRest/Yoga Nidra Meditation

When: Thursdays, July 5, 12, 19, 26, 2018, 5-6 pm (4-week series)

Where: At: P.O.S.T. Wellness by Design, 224a Weller St., **Petaluma**

Register: helpmerhondanow@sbcglobal.net

Contact: Rhonda Gerhard, LMFT & Certified Yoga Instructor, helpmerhondanow@sbcglobal.net

What: Yoga for Trauma Release

When: Tuesdays, 3:30 – 4:45 pm and Saturdays, 12:30 – 1:45 pm, beginning July 2018

Where: Solstice Dance & Yoga Studio, 2450 W. Third Street Fulton in The Big Oak Plaza, **Santa Rosa**

Register: www.srsolsticestudio.com; www.recamft.org

Contact: Hannah Caratti; hanayoga@sonic.net

What: Trauma-Informed Yoga for Fire Survivors

When: Thursdays, 1:15 – 2:30 pm, Beginning August 9, 2018

Where: Tone Fitness, 545 Ross Street, **Santa Rosa**

Register: jenna@jennagriffith.com, www.jennagriffith.com

Contact: Jenna Griffith, jenna@jennagriffith.com, 707-477-1797

What: Trauma-Sensitive Yoga

When: Fridays, Noon to 1:15 pm (ongoing)

Where: Soul Yoga & Wellness, 2700 Yulupa Ave #15, **Santa Rosa**

Contact: Therese Smith, MFT, livingyoga55@gmail.com, 707-529-6965, sonomayogatherapy.org