

Family Intervention Program's

Trauma-Informed Yoga Workshop

with Hannah Roberts, 300 E-RYT



Offered once a month

A trauma-informed space to check in with your emotions, practice mindfulness, and move through a gentle yoga practice.

In person class at the Family Safety Center
610 Murfreesboro Pike
Nashville, TN 37210



Call (615) 862-7773 for more information

