



TRAUMA SENSITIVE YOGA

LEARN WAYS TO MANAGE AND COPE

WITH EMOTIONS THROUGH YOGA



* Lisa Boldin, MBA, TCTSY-F, is the Coordinator of the Trauma Sensitive Yoga (TCTSY) Certification program based at the Justice Resource Institute in Boston. Additionally, she supervises students pursuing certification and offers TCTSY in clinical and small group settings. Lisa's client base includes those whose lives have been affected by sexual assault, domestic violence, childhood trauma and traumatic loss. In 2017 Lisa completed the Certificate Program in Traumatic Stress Studies through the Trauma Center. Prior to training in yoga, Lisa received more than 1,000 hours of education in the science of Ayurveda. Lisa is a graduate student in Social Work at the University of New England. She owns Sama Tal Ayurveda & Yoga, based in North Hampton, NH. www.Samatalcenter.com

Wednesday, January 9th 6:00-7:30

Room 221

295 Mammoth Road, Londonderry, NH

Sponsored by the LMS Guidance Department

