

Interoceptive Yoga

mindful movement for
first responders

with Certified Yoga Teacher Dianne Birt

Interoception refers to the awareness of internal / physiological states of the body; higher interoceptive ability is associated with improved self-regulation (Van Der Kolk, 2014). Interoceptive yoga is guided differently than traditional yoga, and people experiencing stress may be more comfortable practising yoga this way.

Wednesdays, starting December 6th

7:15-8 pm special intro rate - \$7

Charlottetown Yoga Space

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Instructor has 100 hours of trauma-training, including a two day seminar on trauma-sensitive yoga

