

# CONTEMPLATIVE ARTS at Virtue Medicine Studio

221 E. College St. Suite 212, Iowa City

## Gentle Yoga to Heal Trauma

*for Trauma Survivors, Non-offending Family Members, and Support Personnel*

*No Experience Necessary*  
*Small Classes, Safe Space for All*

**On Tuesdays, 4:00-5:15pm, January 22 – May**



**Julie Jack, has an MA in Counseling Psychology with a certification in Focusing Therapy for Complex Trauma. A registered yoga teacher with Yoga Alliance, she is deepening her studies in the Inner Peace Yoga Therapy Program. She is a Mobile Crisis Counselor with multicultural experience in trauma and transitions.**

***Virtue Medicine is very proud to support  
The Exhale Project***

*A grant-funded endeavor that coordinates free yoga classes in counties around Iowa for victims of sexual assault, domestic violence, human trafficking and non-offending family members.*



***For information, please contact Julie  
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***VirtueMedicine.com***

***ExhaleProject.org***