

### MONDAY

#### Breath and Mindfulness

15-minute breath checkup where we will practice deep breathing and connection with self, along with exploring mindfulness practices we can incorporate to stay in the moment as we move through our day. Engaging in this practice daily is a wonderful gift of self-care. **12 noon**

### TUESDAY

#### Trauma Informed Yoga, Stretch, & Movement

A 30 minute session to introduce the principles of gentle yoga & stretching as another practice to help the body move, process emotions, emotional blocks, and trauma. **11:00 am**

#### Breath and Mindfulness

15-minute breath checkup. **12 noon**

#### Principles of Acting, Improvisation and Voice

A 30 minute exploration of concepts of improvisation and acting as well as incorporating breath work and voice to further grow and nurture our expressive tool box as a pathway to healing and self-discovery. **5:00 pm**

### WEDNESDAY

#### Breath and Mindfulness

15-minute breath checkup. **12 noon**

#### Creative Arts Exploration for the Inner Artist

A 30-minute workshop where we will explore and nurture our creativity through different mediums of the visual arts, as another means of using our voice to express, advocate and heal. **5:00 pm**

#### Dance with Me

A 30-minute workshop where we put on some music and dance together. Bring your favorite music and dance style to share. A chance to move, connect, express and feel empowered. **6:00 pm**

### THURSDAY

#### Trauma Informed Yoga, Stretch, & Movement

A 30-minute session to introduce the principles of gentle yoga & stretching as another practice for the body to help move & process emotions & emotional blocks and trauma. **11:00 am**

#### Breath and Mindfulness

15-minute breath checkup. **12 noon**

#### Art Discussion Gathering

A 30 minute session where we will come together and share our art journey's. Peer-led, and facilitated by Lisa Jason, we will set artistic goals together and help each other work through blocks to achieve them. **7:30 pm**

**"LET YOUR LIGHT SHINE" Survivor Virtual Coffee House: August 27<sup>th</sup> 6 - 8:00 pm**

### FRIDAY

#### Laugh with me for 5

An opportunity to take a moment and laugh, safely, while bringing oxygen to the body and expressing emotions the body may be holding on to. This workshop is not about jokes or humor, it is about taking a moment to allow yourself to let go and connect with others in a supported space. **12 noon**

Contact your healingSPACE clinician for more information.

Any survivors not getting services through healingSPACE should contact Alysa at [aluna@ywcannj.org](mailto:aluna@ywcannj.org) and include their contact information.

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