

Survivor-Centered

YOGA

Accessible and empowering yoga classes for survivors of domestic violence, sexual assault, human trafficking, and stalking

Classes are free and suitable for beginners! Open to people of all gender identities, age 18+

Beginning May 23:
Wednesdays, 2-3pm
Fridays, 4-5pm

Classes held at the YWCA:
225 SW 12th St.
Topeka, KS 66612

Call 785-354-7927 with
questions

