

*Sexual Assault Center*

# *Resiliency Yoga*

*Virtual Yoga Event*



*Hosted by Kyra Davenport*

*The Sexual Assault Center invites survivors and co-survivors to join us for yoga. We welcome all survivors at any place in their journey to reclaim their resiliency through the practice of gentle and mindful yoga.*

**Virtual Yoga Events**  
**Saturday, January 23 at 10 a.m.**  
**Saturday, February 20 at 10 a.m.**

***Must register to receive link.***

*To register, contact Julia Taylor at [julia.taylor@alexandriava.gov](mailto:julia.taylor@alexandriava.gov)*