

*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, November 21 at 10 a.m.**  
**Wednesday, December 16 at 6 p.m.**

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

*To register, contact Monica Huerta at 703.746.3134 or [monica.huerta@alexandriava.gov](mailto:monica.huerta@alexandriava.gov).*