

Inner Phoenix is a series of short, trauma-informed yoga practice videos with the intention of facilitating grounding and a connection with oneself, building a sense of empowerment and resilience.

How is yoga beneficial as part of my healing from traumatic stress?

- Yoga unifies mind and body, as trauma creates a split between mind and body.
- Yoga helps control emotions by connecting with breath, increasing body awareness, being present, and balancing the nervous system to reduce the impact of stress responses.
- Yoga helps improve mood by increasing endorphins in the brain potentially decreasing anxiety and depression.

What are Inner Phoenix practices like?

Inner Phoenix practices:

- move at a slower pace
- offer variations and choices for different bodies
- are 10-15 minutes in length so that they can fit into any part of the day

What could some of the benefits be in doing Inner Phoenix yoga practices?

Benefits of Inner Phoenix practices may include:

- feeling more calm
- feeling less tension in the body
- feeling physically stronger
- feeling more centered
- increased ability to concentrate and focus
- improved sleep

I am intimidated by yoga. Is Inner Phoenix for me?

Inner Phoenix is for every level of experience, every body type, and every person.

- no need for prior yoga experience
- no need to be flexible
- no special clothes are needed; just clothes that are comfortable that you can move in freely

Access Inner Phoenix at the link or QR code below:

<https://movingtoendsexualassault.org/inner-phoenix/>

