

Trauma-Sensitive Yoga

A wide-angle photograph of a beach at sunset or sunrise. The sky is a deep blue with wispy white clouds, and the sun is low on the horizon, casting a warm glow. The wet sand in the foreground is highly reflective, mirroring the colors of the sky and the clouds. In the distance, the ocean meets the shore, and a dark, forested cliff is visible on the left side of the frame.

A close-up photograph of a bright yellow sunflower with a dark brown center, set against a clear blue sky. The sunflower is the central focus, with other sunflowers blurred in the background. The text "Safe Relationships" is overlaid in white, centered on the flower.

Safe Relationships



Choice Making



Shared Authentic Experience



Interoception



Practicing interoception in the
context of safe relationships