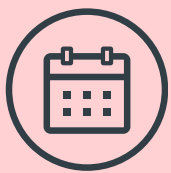


# Yoga and Meditation



Trauma informed **Yoga and Meditation** for survivors of domestic abuse living in Barnet up to 6 sessions.



Every **Monday** between 1-2pm and **Thursday** between 4-5pm online.



To self-refer or make a referral, please contact:

[barnet.advocacy@solacewomensaid.org](mailto:barnet.advocacy@solacewomensaid.org)



solace