



## Overcoming trauma with yoga with Dawn Burhoe, Occupational Therapist

Enjoy gentle, restorative yoga to help calm the mind and body and create a healthy mind-body connection. Let go of old habits and patterns of holding on to stress.

These sessions will ease tensions, decrease flight, fight or freeze response and create a space for healing. No yoga experience is needed and beginners are welcome.

Dawn Burhoe, BSC. O.T. is a registered occupational therapist with over 15 years of experience. She is also a certified yoga instructor (Amana Institute) and has completed additional training in the field of occupational therapy and trauma.

These are group sessions for adults 19+

### When and where:

There will be six sessions on Fridays at 9:00 am. Each class is 35 minutes of yoga followed by 10 minutes of quiet restoration time. November 10, 17, 24 and December 1, 8, 15, 2017

**Location:** Yamaji Dojo Martial Arts & Fitness  
20 Millennium Dr., Quispamsis, New Brunswick

### What to wear and bring:

Comfortable clothing. Bring your own yoga mat as well as blocks and a blanket if you have them. Yoga mats and blocks will be supplied if you don't.

### Cost and coverage:

**Cost:** \$190 \*No HST\* (Occupational therapy is HST exempt). Receipts for "Occupational Therapy" will be provided

- Ask if your extended health insurance covers occupational therapy.
- Occupational therapy is also a tax-deductible medical expense.
- If you have a social worker, case manager or advocate, ask for their help with funding like social programs, federal programs (e.g. Veterans Affairs, DND), EAP or other organizations.
- Space is limited and spots are reserved only once payment has been received.

### To register:

tel: 506-847-0677 or  
email: [totalability@lifemark.ca](mailto:totalability@lifemark.ca)