

Restorative Yoga Therapy Group:

Healing one breath at a time



The Cord partners with Ginger Rosenthal, Experienced Registered Yoga Teacher (E-RYT-200) of BlueYoga, to bring this trauma centered yoga therapy group to men and women seeking healing through the mind-body connection. The therapy group will be facilitated by licensed clinicians who will provide trauma focused psychoeducation followed by yoga sessions led by Ginger. Join us to explore your healing!

Contact us or talk to your therapist for group dates.

- 12 Week Therapy Group
- \$60 Per Session Self Pay
- Most Insurances Accepted
- Registration Required
- Attendance at all 12 sessions is encouraged, but not required

500 Willow Avenue, Suite 402-407, Council Bluffs, IA 51501



— THE CORD —
WHERE SCIENCE MEETS CONNECTION

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Women's Group: Tuesdays 3pm
Men's Group: Tuesdays 4pm

REGISTER TODAY
www.thecordco.com

