

# Safe Space Yoga



vikara village®

TRANSFORMATION TAKES A VILLAGE

# Who We Are

## Mission

Vikara Village® uses the communal spirit of mind-body practices, like movement and the arts, to empower individuals to reach their full potential.

We want everyone to develop a healthy:  
Sense of Self, Sense of Community, Sense of Belonging.

## Vision

Vikara Village® is building more resilient citizens.

To us, this means youth graduate from high school, go on to enroll in college or a skilled trade and have lasting connections with trusted adults. We want everyone to have stable and healthy home lives and be valuable members of their community.



# Trauma-Informed Yoga

Trauma-informed yoga, the stress education framework used at Vikara Village®, integrates key components to healing, like mindfulness, into its core values. Trauma-informed yoga is an approach that recognizes the individuality and specific needs of a student who has experienced trauma in their life.

Trauma-informed yoga is a safe and effective way for individuals living with trauma to develop a mindful awareness of their bodies, which can lead to deeper healing and resilience.

We create a welcoming space that decreases environmental stress and promotes trust. This helps to prevent further harm and help your clients become more resilient citizens.



# Safe Space Yoga

## Mind-Body Discovery

Helping to Overcome toxic stress & obstacles

Safe Space Yoga is Vikara Village®'s signature trauma-informed intervention program. Safe Space Yoga gives individuals an opportunity to explore yoga and movement with specially trained yoga teachers. Our teachers work with those who have histories of poverty, being unhoused, trauma, addiction and behavioral challenges.



Mindful action, like yoga has been found to be a valuable tool in the healing process. There is evidence that yoga helps with overall well-being, depression and anxiety.

# Safe Space Yoga

## Clinician-Trained Yoga Facilitators

Vikara Village® yoga instructors, or as we call them “yoga facilitators,” go through an extensive training program designed specifically for our Safe Space Yoga program. Training focuses on properly teaching trauma informed yoga that facilitates mind-body discovery among participants. All trainees are guided and trained by Vikara Village®’s founder, and Safe Space Yoga creator, Hannah Davis.



**Hannah Davis** LMSW, LGSW, E-RYT-200

- Independent Licensed Social Worker
- Experienced Registered Yoga Teacher
- Yoga Alliance Continuing Education Provider

# Safe Space Yoga

## How to Bring Safe Space Yoga to Your Organization

1

Meet with a member of our team for a consultation to discuss your organization and how Safe Space Yoga could fit your needs and goals.

2

Match a Vikara Village® facilitator to your site depending on location, schedule, and goals.

3

Experience the transformational power of Safe Space Yoga at your organization.

We bring the  
yoga  
studio to you!

# Testimonials



"I feel tranquil and more together with myself."

Safe Space Yoga Participant

"Patients with a history of trauma or negative therapeutic experiences, as well as those of all backgrounds, are able to experience a sense of belonging through a non-threatening and adaptable approach that invites self-awareness and individual expression."

Safe Space Yoga Partner Organization

"Autumn came in saying that she did not feel pretty and good in her body. She left feeling relaxed and loose and said she really enjoyed the practice."

Safe Space Yoga Facilitator



"I was able to organize my mind."

Safe Space Yoga Participant





# Ready to Bring Safe Space Yoga to your organization?

[Click Here to Schedule a Consultation Call](#)



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