

**Disclaimer for Psychology Trauma Education and  
Trauma Centre Trauma Sensitive Yoga Group**

In the group, we explore the impacts of trauma and practice yoga. Participation in the psycho-educational group and yoga practices is voluntary,

Please consult with a qualified healthcare professional before engaging in any new physical or psychological practices. Please seek medical assistance if you have any injuries or changes in your health status. Please also notify the facilitators of any injuries, ongoing medical conditions or relevant health concerns or changes, recent surgery, or medication EVERY time you attend group.

If you experience distress or require support beyond the scope of this group, we strongly encourage you to seek assistance from a licensed mental health professional or appropriate crisis services.

By participating, you acknowledge your responsibility for your own well-being and agree that facilitators are not liable for any physical, emotional, or psychological effects that may arise.