SKYWAY
BEHAVIORAL HEALTH

A Whole-Person Approach to Healing

Led by certified yoga therapists

Trauma-Informed Yoga Therapy and Building Resilience

Skyway's treatment philosophy includes a robust somatic (body-based) curriculum that pairs trauma-based yoga therapy practices with psychoeducation, helping clients feel grounded, connected and present in their recovery.

What to Expect:

- Grounding support: diaphragmatic breathing, micro-movements and visualized movement, contraction and release techniques
- 3-4 groups per week in PHP
- Optional individual Somatic Experiencing sessions
- All certified yoga therapists trained in Somatic Experiencing

The Benefits:

- Reduced anxiety, distress, and physical tension
- Regained sense of agency in the body after trauma
- Increased resilience and emotional regulation
- Expanded capacity to be with stress/activation
- Combination yoga therapy and didactic groups for increasing confidence in the work

Scan to visit our website for more information

Admissions Line 224-970-2226