



Meditation Sisters

Mindfulness Workshop for Secondary Trauma

Set Boundaries

Learn from the body

Learn to Release Trauma



Improve Sleep

Calm the Mind

Align the Heart

- *Learn about the mechanics of stress*
- *Go from survival mode to rest and digest*

When working with traumatized people, this course teaches you to protect yourself while remaining empathetic.



- *Lower your risk of experiencing secondary trauma*
- *Build a foundation of mindfulness*
- *Learn about yourself, your mind and your body's reactions.*

