



## Well-being and relaxation

### Videos and pamphlet in your language

When you have suffered traumatic experiences, memories often trigger uncontrollable emotional and physical reactions. Practicing trauma-sensitive yoga, your body helps you to change emotions, perceptions and thoughts that hinder you from fully living your new life. The link below offers two videos and an accompanying pamphlet with background information on trauma-sensitive yoga. The videos and pamphlet can be watched and read in German, Arabic, Dari, Farsi, Tigrinya, English, French and Pashto. <http://bit.ly/tsy-videos>

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