

Embodied with Kelsey

ONLINE, WEEKLY MINDFUL MOVEMENT CLASSES
TO SUPPORT PEOPLE WHO IDENTIFY AS WOMEN,
TRANS, AND NON-BINARY

ROOTS: TRAUMA- INFORMED YOGA CLASS FOR HEALING

This slow flow yoga class will provide a safer space for each participant to connect with their body in the present moment, to feel supported in their choices, and to build feelings of safety, strength, and resilience.

EXPLORATIONS: MINDFUL MOVEMENT CLASS FOR BETTER SEX

Blending gentle yoga forms and intuitive movement, this class will support folks in connecting mindfully to their whole bodies - including their genitals - and in building their capacity to have better sex.

-\$12 FOR SINGLE CLASS, WITH
OPTION FOR PAY AS YOU WISH
-REPLAYS AVAILABLE

ABOUT KELSEY

Kelsey Britt (she/they) has over ten years of experience supporting folks in their sexual wellness journeys. They are an [EDSE](#) certified sexuality educator and a 200-hour registered yoga teacher, with an additional training in trauma-informed yoga instruction. She is passionate about helping people to feel safer and more expansive in their bodies. Visit www.kelseybritt.com to learn more.

