

# Milestones Resilience Care

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## Yoga Therapy

**Yoga has a variety of benefits that can assist individuals who have experienced trauma, such as reducing physical tension and pain, promoting mindfulness, empowering self-care, and enhancing the mind-body connection. Each of these benefits can increase resilience and aid in recovery from trauma.**



### **Sharon Wheeler, Certified Yoga Instructor**

Sharon Wheeler is trauma-informed yoga instructor who has been working in the field of health and wellness for 20 years. Her yoga classes are therapeutic and provide an opportunity for clients to gain relief in mind, body, and spirit. This approach is ideal for trauma survivors and provides a way to re-center during recovery. As a yoga instructor, Sharon has worked with numerous individuals who have experienced a variety of different types of trauma.

Sharon aspires to bring yoga to all, regardless of physical limitation. She believes that yoga is a fantastic way to bring about both physical and emotional healing. Her practices help clients to reclaim their strength, energy, and courage, and provide a way to recharge, refresh, and re-energize.

As a highly respected yoga instructor working in the Denver-metro area since 2012, Sharon's goal is to help people through the practice of yoga by meeting them right where they are in life. She is a 200 HR YTT (Yoga Teacher Training) certified instructor and is also certified in the instruction of Trauma-informed Yoga, Yin and Restorative Yoga, Nidra Yoga, Chair Yoga, Yoga for First Responders, and Yoga for Veterans.

**To learn more about yoga, better understand how yoga can play a role in your healing journey, or to schedule an appointment, you can contact Milestones Resilience Care at 719-255-6453.**