



Dec. 11, 2022

Aishwarya Padmanabhan has completed 20 hours of training in Trauma Center Trauma-Sensitive Yoga (TCTSY) with Keri Sawyer. The program took place online through The Center for Trauma and Embodiment.

*Keri Sawyer*

Keri Sawyer, RYT 500 TCTSY-F

*Licensed Trainer*

*Center for Trauma and Embodiment*