



Healing Wave Wellness Series

T r a u m a - I n f o r m e d

YOGA

By the BAY!

Nervous System Regulation & Renewal

Friday, October 24, 2025

5:30 - 6:30 PM



Healing Wave Wellness Series:

Trauma-Informed Yoga by the Bay!

October 24th, 2025 @ 5:30 pm - 6:30 pm

Mission Bay Park - Playa II

We're excited to invite you to the second installment of the Healing Wave Wellness Series!

This month's free event, Trauma-Informed Yoga by the Bay: Nervous System Regulation & Renewal, will be led by [Kaitlynn Hardy](#) of [OG Yoga](#). Kaitlynn is a Navy veteran, mom, and certified trauma-informed yoga teacher. After eight years of active duty, she discovered the power of mindful movement and breathwork to reconnect with her body, regulate her nervous system, and approach healing with self-compassion. Now, through her work with OG Yoga, she shares these practices with fellow veterans, first responders, caregivers, and community members seeking resilience and balance.

OG Yoga is a San Diego-based nonprofit dedicated to making trauma-informed yoga accessible to communities that need it most. Their mission is to empower people to become their own greatest healers, creating safe, inclusive spaces where movement, breath, and mindfulness support true healing.

Join us **Friday, October 24th, at 5:30 pm** in the grass at Mission Bay Park - Playa II with comfortable clothes and a yoga mat or blanket to sit on!

[RSVP Today](#)



Support Healing Through Water

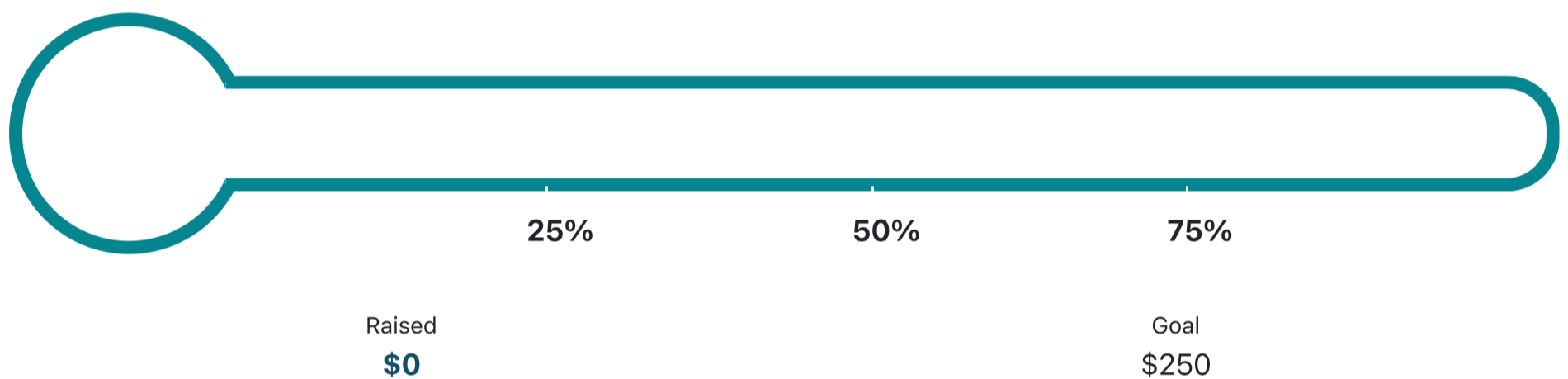
At Healing Wave Aquatics, every session helps veterans, first responders, and caregivers find relief from the weight of trauma. Your gift directly fuels this healing, creating safe spaces for nervous system regulation, emotional balance, and hope.

- * \$20 Provides supplies for a single wellness session.
- * \$50 Provides quality program reporting.
- * \$100 Provides two orientations.
- * \$300 Provides 1 weekly session.
- * \$1200 Provides 4 weekly sessions.
- * \$2400 Provides full 8-week program.

Donate now:

\$20	\$50	\$100	\$300	\$1,200	\$2,400
\$	Your Amount *	.00	Donate!		

Our Fundraising Goal



Contact Us:

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