



Group by Julia Carpenter Yoga & Reiki



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# Shala - Yoga for Survivors

Private group · 2 members

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## About This Group

Welcome to the Peace Shala™ - your home for peace withing. Hi, I am Julia and I help survivors of trauma by showing you yoga techniques to relea... **See More**

■ **Private**

Only members can see who's in the group and what they post

■ **Visible**

Anyone can find this group.

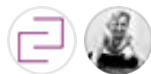
■ **Los Angeles, California**

■ **General Group**

■ **History**

Group created on August 4, 2020 **See More**

## Members · 2



Julia and Julia Carpenter Yoga & Reiki are admins.

There are Pages in this group. Pages may be managed by multiple people who can see all group members and content.

[Learn More](#)

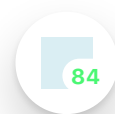
## Activity

■ No new posts today

1 in the last month

■ 2 total members

No new members in the last week/month



## Group Rules from the Admins

### 1 **Be Kind and Courteous**

We're all in this together to create a welcoming environment. Let's treat everyone with respect. Healthy debates are natural, but kindness is required.

### 2 **No Hate Speech or Bullying**

Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender or identity will not be tolerated.

### 3 **No Promotions or Spam**

Give more than you take to this group. Self-promotion, spam and irrelevant links aren't allowed.

### 4 **Respect Everyone's Privacy**

Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.