

TRAUMA INFORMED

# YOGA PROGRAM

AT BONDI JUNCTION

8 WEEKS  
STARTING  
FROM

29

JULY 2024



Funded by

**phn**  
CENTRAL AND  
EASTERN SYDNEY

An Australian Government Initiative



LILLY PILLY  
*counselling*

## ABOUT THIS GROUP

Lilly Pilly Counselling is running an 8 week program of trauma informed yoga classes, specifically catering for people with mental health concerns. Look after your body and your mental health and join us!

Classes are run by Lisa Parker, Clinical Psychologist and accredited Trauma Sensitive Yoga Facilitator, and supported by Lilly Pilly's friendly Provisional Psychologist Gus Dunworth.

### All sessions are:

- Trauma informed
- Mental health friendly
- Mental health positive
- Body positive
- All fitness levels

*No yoga experience or equipment needed, mats are provided.*

## MEET THE GROUP FACILITATORS



Lisa is a Clinical Psychologist and Trauma Centre Trauma Sensitive Yoga Facilitator. She has trained in the western model of psychology, though her work is informed by her studies in Shiatsu Therapy, Buddhist psychology and queer theory.



Gus is a qualified provisional psychologist with a holistic approach to mental health and wellbeing that emphasises each individual's capacity for growth and change.

## THE DETAILS



**11:30am - 12:30pm Mondays**  
8 weeks starting July 29 2024



**Flying Yogis**  
Shop 1/356-360 Oxford St  
Bondi Junction



**FREE**  
For eligible participants

## RSVP & MORE INFO



**Gus:** 0480 431 341



**Gus:** [g.dunworth@lilypillycounselling.com.au](mailto:g.dunworth@lilypillycounselling.com.au)

## TO SECURE YOUR SPACE

### Eligibility criteria:

Severe and persistent mental illness (not currently receiving NDIS funding).

**This group is open to self referral or referral by clinician or support person using the link below:**

<https://phncesws.redicase.com.au/#!/referral/create>