TRAUMA INFORMED

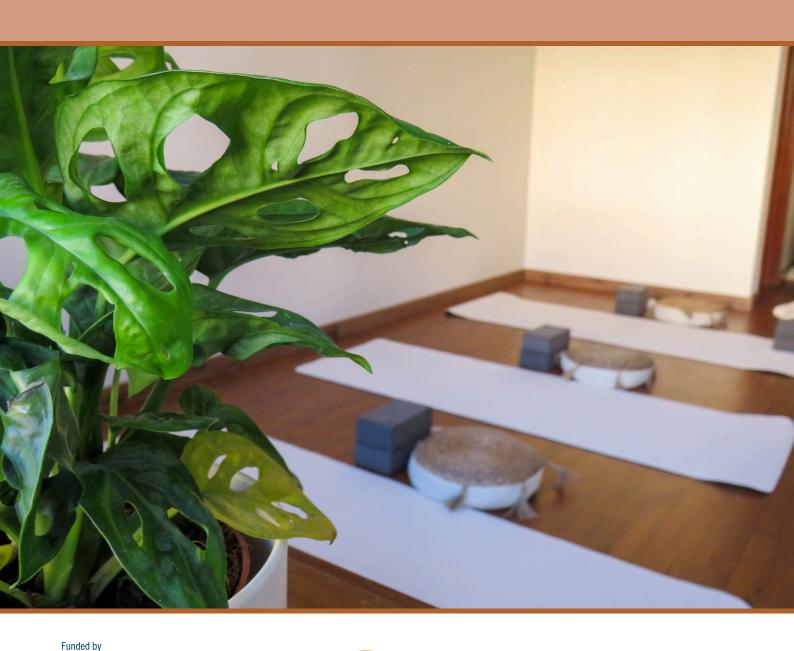
YOGA PROGRAM

AT BONDI JUNCTION

8 WEEKS STARTING FROM

29

JULY 2024







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



FREEFor eligible participants

RSVP & MORE INFO



Gus: 0480 431 341

YOUR SPACE

Eligibility criteria:

TO SECURE

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.co m.au/#!/referral/create

