

SMALL GROUP

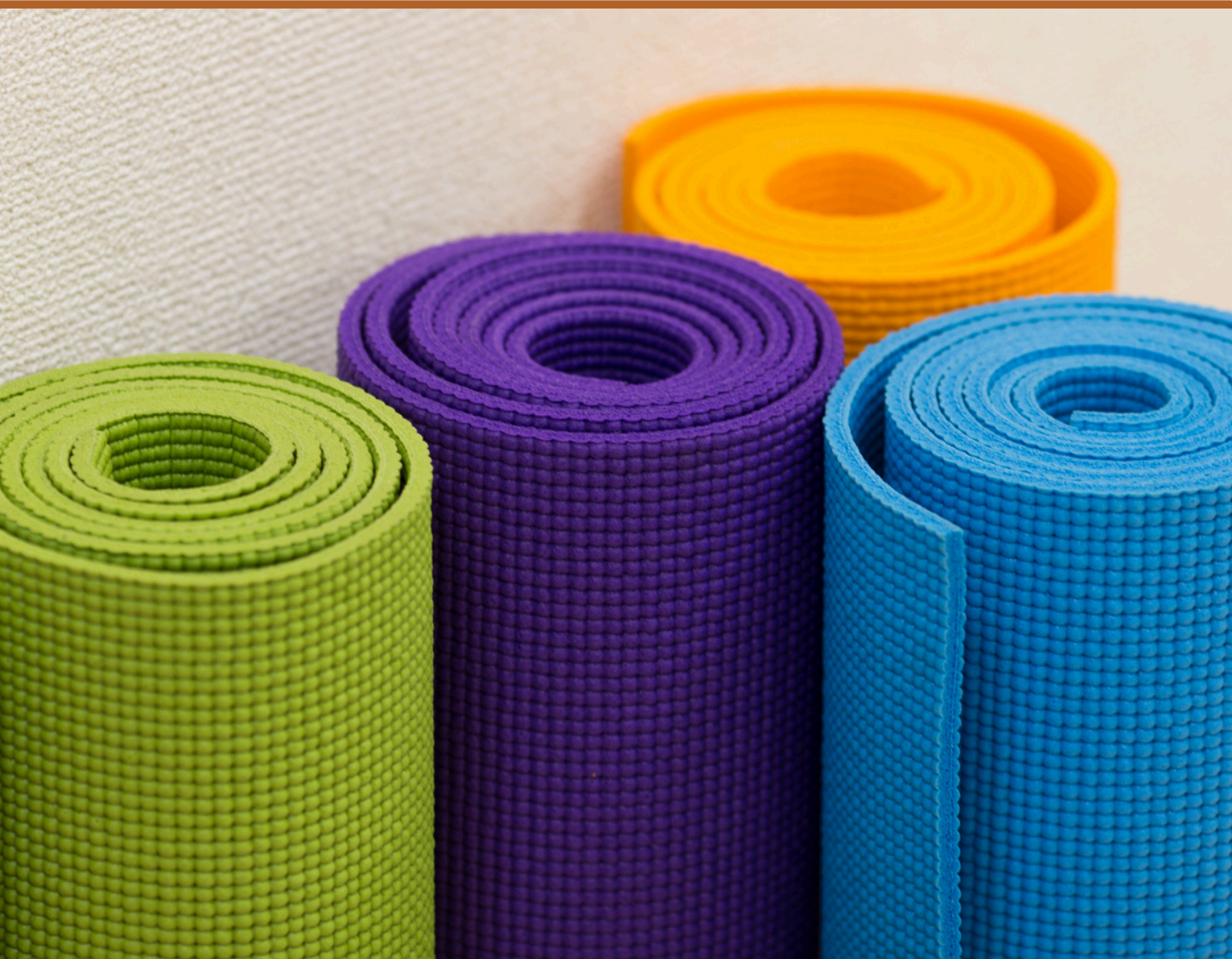
PILATES

AT BONDI JUNCTION

ONGOING
FROM

07

JAN 2025



Funded by

phn
CENTRAL AND
EASTERN SYDNEY

An Australian Government Initiative



LILLY PILLY
counselling

ABOUT THIS GROUP

Lilly Pilly Counselling is running weekly small group pilates classes specifically catering for people with mental health concerns. Look after your body and your mental health and join us!

Classes are run by warm, welcoming and highly skilled trauma informed pilates instructor and personal trainer, Prudence Murphy and are supported by Lilly Pilly's friendly provisional psychologists.

All sessions are:

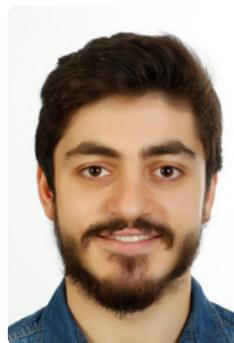
- Trauma informed
- Mental health friendly
- Mental health positive
- Body positive
- All fitness levels

No equipment needed, mats are provided.

MEET THE GROUP FACILITATORS



Prudence has been practising Pilates for 15 years. She views Pilates as a continuous journey of self-discovery and is motivated to inspire her students while giving them a challenging and satisfying workout.



Muaz is a qualified provisional psychologist with a unique approach that will empower you to transform your life. Drawing upon his extensive background in sport psychology, Muaz seamlessly integrates Acceptance Commitment Therapy (ACT) techniques, alongside cutting-edge physical exercise and movement.

THE DETAILS



12:30pm - 1:30pm **Tuesdays**
3:45pm - 4:45pm **Wednesdays**
3:00pm - 4:00pm **Thursdays**



Bondi Fitness Studios
Suite 8 & 10, 51-53 Spring Street
Bondi Junction



FREE
For eligible participants

RSVP & MORE INFO



Muaz: 0405 690 869



Muaz: psymuazsozen@gmail.com

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>