

TRAUMA INFORMED
MOVEMENT
& YOGA
PROGRAM
AT BONDI JUNCTION

8 WEEKS
STARTING
FROM

10

FEB 2025



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 movement and 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 Feb 10 2025



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

TO SECURE YOUR SPACE

Eligibility criteria:

Participants must meet all eligibility criteria (including not currently assisted by the NDIS).

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>