

TRAUMA INFORMED
**YOGA
PROGRAM**
AT SUTHERLAND

8 WEEKS
STARTING
FROM

29

APRIL 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 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 Larisa Zilenkov, Psychologist and accredited Yoga Facilitator.

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.

THE DETAILS



Tuesdays 11.30am- 12.30pm
8 weeks starting 29 April, 2025



Ascension Yoga
Suite 10-12, Eton Arcade, Eton St,
Sutherland



FREE
For eligible participants

RSVP & MORE INFO



Larisa: 0414 405 019



Larisa: larisazilenkov@live.com.au

MEET THE GROUP FACILITATOR



Larisa has an interest in trauma, how the body carries unprocessed life experiences, as well as the role of body-centred therapeutic practices and expressive therapeutic approaches in healing.

Her approach focuses on increasing self-awareness to our inner sensory and emotional world that contains the essence of our responses to life challenges.

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>