



THURSDAYS
5:00 PM - 6:00 PM
SKYLIGHT WAYVILLE

TRAUMA-SENSITIVE YOGA

**RECONNECT WITH YOUR BODY
THROUGH GENTLE MOVEMENT**



TRAUMA CENTER
TRAUMA SENSITIVE YOGA

Trauma-Sensitive Yoga is an evidence-based, adjunctive treatment developed specifically for complex trauma and PTSD. You do not need any previous experience to join and the program is open to all genders and physical abilities. The sessions will be facilitated by Merel, a registered TCTSY-facilitator.

This group runs for 6 weeks, starting Thursday 4/02/21 - 11/03/21

For more information, or to register please email crt@skylight.org.au or phone the Customer Relations Team on 8378 4100.