



TRAUMA SENSITIVE YOGA

Thursdays

FREE yoga session.

Donations welcome

No prior yoga experience needed

This class is an invitation for women who have experienced stress, anxiety or any trauma to begin the process of reconnection - to your body and who you are.

Where: Women's Centre - 645 Olive St, Albury

Time: 1:30 – 2:30pm, Thursdays

Limited places available, booking essential

If you are interested please phone the

Women's Centre on 02) 6041 1977



Supporting
healing and
balance

Yoga is based
on a deep
understanding
of the
interconnect-
edness of all
body systems

Beneficial for
times when
experiencing
stress, anxiety
and depression