

Domestic and Family Violence Community Support Groups

Trauma-informed Yoga classes



Why practice yoga?

Join a weekly **trauma-informed YOGA** class with Yoga on the Inside and engage in a practice that will aid and promote:

- *Reduced stress and anxiety*
- *Increased mental clarity*
- *Relief from pain*
- *Improved mobility*
- *Better sleep*
- *Less anger, more inner peace*
- *Greater self-awareness and self-acceptance*
- *Impulse control*

What to expect from a yoga practice

This practice combines yoga postures, movement and breathing techniques with focused awareness of the body. We balance strengthening and relaxing poses to help discharge blocked energy while building resilience to stress. We incorporate mindfulness to help to free the mind from anxiety and confusion.

Principles of yoga are introduced and practices as a means for developing increased mental, emotional, and physical awareness.

The practice also promotes a commitment to self-discipline and fosters empathy and compassion for self and others. You'll learn skills for self-regulation and impulse control, useful for working with pain for emotions such as anger, depression, and despair, and as an aid to addiction recovery.



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