

# Being In Your Body

## Trauma Sensitive Yoga & Mindful Movement Groups

FUNDED BY ACC ISSC

Inviting the body into therapy can support participants to discover new possibilities for inhabiting their body and their lives. 'Being In Your Body' uses gentle movement, reflectivity and mindfulness based techniques to invite participants into a relationship with their bodies at a pace that feels helpful to them.

Facilitated by Louise von Maltitz and Jessica Devi

6 week courses.

Wednesdays 11am-1pm Jul 22, 29, Aug 5, 19, 26, Sept 2

Wednesdays 11am-1pm Sept 9, 16, 30 Oct 7, 14, 21

Wednesdays 11am-1pm Oct 28, Nov 3, 11, 18, 25, Dec 2

Contact Louise 027 441 0361

