



RESTORATIVE YOGA @ STEPPING OUT

Welcome to our new Restorative Yoga series of classes.

Restorative Yoga is a healing physical practice. Lynnette Dickinson from [Splendour Yoga](#) will guide you through relaxation and gentle stretches and movement.

Restorative Yoga is a permission-based practice, where a safe space is created for participants to take part in whatever feels comfortable.

This series of 4 classes will help you to:

- Learn to sit, stand and move in balance
- Gain flexibility
- Increase emotional awareness
- Gain impulse regulation
- Learn relaxation techniques

Restorative Yoga is suitable for the management of stress and anxiety, improved sleep hygiene, pain management and deep relaxation. You will feel lighter, calmer and freer in your body.

Our classes are suitable for all levels of experience, wellness and fitness, and are open to women and men.

All you need to do is **BOOK NOW** to **reserve your place for the series of 4 classes - our classes are limited to 10 people.**

We suggest you commit to all 4 classes for the most benefit.

Cost

\$20 per class or \$75 for the block of 4 classes

\$15 per class for concession holders.

** 50% deposit required on booking and the balance due in the second week of the series

When

6.30pm 27 October

6.30pm 3 November

6.30pm 17 November

6.30pm 24 November

Where

Classes are held at Ground Floor, **453 Parramatta Rd, Leichhardt.**

Please contact Stepping Out on **9550 9398** or complete the contact form at www.steppingout.org.au.



Lynnette Dickinson is an experienced yoga teacher, specialising in teaching survivors of trauma, people with chronic and mental health condition.

"Learn to release what's happened in the past and open for a new, healthy, fresh day."