



RELAX & RESTORE @ STEPPING OUT

11 November, 10am – 4pm

453 Parramatta Rd, Leichhardt

“Deep relaxation is one of our most potent tools in managing stress, pain and anxiety, as well as promoting healing and wellbeing.”

Relax & Restore is presented by **Lynnette Dickinson from Splendour Yoga** to teach you how to relax your mind, body and spirit in the context of your busy and demanding life. You will experience:

- Restorative, gentle yoga postures, teaching you how to stretch every part of your body with mindfulness and gentleness;
- Gentle breathing practices to teach you how to breathe with your full lung capacity and use your breath to reduce stress and control pain; and
- Guided deep relaxations to help you deeply unwind your mind, body and spirit.

Relax & Restore is available to women and men, and suitable for all levels of experience, wellness and fitness, and is a permission-based practice, where a safe space is created to take part in whatever feels comfortable. You will feel lighter, calmer and freer in your body.

Workshop numbers are limited to 10 people to ensure participants have an opportunity to experience personal tuition in a safe setting.

For information or to reserve your place contact the Stepping Out Program on 9550 9398 or complete the contact form on our [website](#).

Cost Stepping Out clients - \$30 Non Stepping Out clients - \$50

Yoga mats, bolsters and blankets are provided, you will need to bring your lunch.

Lynnette Dickinson is a highly experienced yoga and meditation teacher in the Dru tradition, author of **A Journey to Peace through Yoga**, and is committed to teaching people how to find peace, regardless of their circumstances.