



RESTORATIVE YOGA @ STEPPING OUT

*"LEARN TO RELEASE WHAT'S HAPPENED IN THE PAST,
AND OPEN FOR A NEW, HEALTHY, FRESH DAY."*

As a survivor of trauma you may experience anxiety and depression, poor physical health, chronic pain, insomnia or feeling like you are stuck in your head.

Trauma arrives in our bodies from childhood abuse, domestic and family violence, or PTSD.

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 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

You will feel lighter, calmer and freer in your body.

Our classes are suitable for all levels of experience, wellness and fitness.

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

Stepping Out clients - \$32 for 4 weeks

Non Stepping Out clients - \$40 for 4 weeks

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

When

11am 27 October

11am 3 November

11am 17 November

11am 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 conditions.