

Understanding Trauma & Trauma-Sensitive Yoga

6 Week Course
Starting 8 July, 2025

Looking for a supportive space to explore trauma and reconnect with your body?

What to Expect

Trauma Psychoeducation

Understand the psychological and physical effects of trauma.

Trauma-Sensitive Yoga (TCTSY)

Gentle yoga practices to build self-awareness and body connection.

Who is this for?

Anyone seeking to deepen their understanding of trauma and fostering a mindful connection with their body. Yoga is suitable for every-body.

Course Details

Location:

Psychological Health Centre,
Suite 501/7 Oaks Avenue
Dee Why, 2099

Session Times:

Tuesday evenings 5-6.30pm

Cost \$450 (6 sessions,
medicare rebate available)

Facilitators

Bec - Clinical psychologist, facilitator
(TCTSY-F)

Georgia - Provisional psychologist

Phone: 0481 308 742

psychologicalhealthcentre.com.au

SCAN ME!

