

Understanding Trauma & Trauma-Sensitive Yoga

6 Week Course

31st January 2026 - 7th March 2026

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

What to Expect

Trauma Psychoeducation Trauma Sensitive Yoga (TCTSY)

Understand the psychological and physical effects of trauma.

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 everybody.

Course Details

Location:

Psychologica IHealth Centre,
Suite 501/7 Oaks Avenue

Dee Why, 2099

Session Times:

Saturday Afternoon 2.30-4pm

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

Facilitators

Bec - Clinical psychologist, trauma sensitive yoga facilitator (TCTSY-F)

Phone: 0481 308 742
psychologicalhealthcentre.com.au

SCAN ME!

