

INTO TO TRAUMA SENSITIVE YOGA

MENTAL HEALTH WEEK
FREE OPEN DAY

9:30 - 11 AM THURSDAY 24TH OCT

LEARN MORE ABOUT WHY AND HOW WE USE YOGA AND
EMBODIMENT THERAPIES TO HEAL FROM OUR TRAUMA
- & PRACTISE YOGA!

FOR PROFESSIONALS, PEERS & CONSUMERS

Ujjayi Yoga tasmania
26 Bourke Street Launceston
spaces limited bookings recommended
contact Sarah: 0478 279 943 /
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