



# Rediscovering the Power Within

**Life can get hard sometimes. Distress can sometimes make us feel powerless and we turn to behaviours to make us feel better. But, these very same behaviours may harm or hurt us.**

*This is a Yoga therapy group to support young women (age 12-21) who have experienced all forms of violence and abuse. This can include emotional states of anxiety, depression and grief.*

## **Our yoga therapy group involves:**

- Yoga to soothe stress, trauma and emotional pain
- Simple breathing techniques to help calm yourself
- Develop relaxation and regulation skills
- Learning how your body, mind and breath are connected
- Helping you to trust your internal guidance

## **Each Session Includes:**

- Short discussion
- Yoga practice
- Relaxation

*Awarded Certificate of High Commendation in NSW Mental Health awards, 2020.*

**Term 4, 2023**

**Thursdays 4:00 - 5:30 pm**

**12th October- 14th December (10 weeks)**

**Location: Barnardos, 23-27 Shepherd Street, Marrickville**

## **Facilitators**

Kylie Hennessy, Yoga Therapist

Alana Martin, Caracare Trauma Therapist

**Enquires and registrations: [alana.martin@caracare.org.au](mailto:alana.martin@caracare.org.au) | 0423 599 952**



**Caracare**