



Trauma Informed Yoga


with Nat.

6 Week Recovery Group
1 hour sessions

Every Friday (8:00am - 9:00am)

Starts Friday 1st November 2019

With an opportunity to stay after for tea and chats.



The group course aims to help people to gently reconnect with their bodies in a safe environment, giving people the opportunity to practice together.

For more information on the group and what trauma informed yoga is, check out the EDQ website.

To register your interest...

✉ admin@edq.org.au

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