



Yoga for Trauma Recovery

Restore your strength & resiliency: A 10-week group that supports recovery, rhythmic strength and connection to self

Research shows that the body stores trauma in muscle tissue and the brain. The effects of stored trauma can include nightmares, anxiety, panic attacks, depression, insomnia, fear and a compromised immune system. Stored trauma can also lead to negative self-defeating behaviour patterns, substance abuse and addiction.

This specialised yoga program addresses the underlying cause of trauma and helps you to restore and renew your rhythmic strength and reconnect with your original self.

The classes are a combination of powerful physical and mental exercises, breathwork and meditations that were put together to target the areas of stored trauma and dis-regulation

What can I expect from the course?

The course runs in a progressive style, slowly building up the practice and your confidence over the duration of the course. This course is a very individual experience so there is no group sharing required.

If you feel that you would like a family member or friend to attend the course with you for support, they are most welcome and can attend at the cost of \$190.

No prior yoga experience is necessary.

Who should attend this course?

Anyone who feels that they experienced stress and trauma in their younger years
Doctors, Psychologists, Counsellors & Therapists also welcome. The classes will be supported by a member of the ConnectGround counselling team.

General Information

Venue/ The Gestalt Centre, 622-624 Lygon Street North Carlton

Times/ Friday mornings@ 10.00 – 11.30am

Dates/ 13 September – 15 November 2019

Cost/ 10 sessions @ \$25 (\$23 concession) per session

Total/ \$250/\$230 conc & Kundalini House members.

Pre-registration is required prior to the first class.

Book & Pay/ <https://www.trybooking.com/BCTHM>

Disclaimer: Please be advised that there is a cancellation policy that applies to this course. Please read the following carefully to ensure you understand the policy.

- A cancellation of the full course, at any point, incurs a definite 30% administration fee of the entire course cost that is non-refundable
- Cancellations that occur more than 48 hours before the beginning of the upcoming session will only incur the administration fee of 30% per remaining scheduled class(es). Past sessions of the course will not be refunded.
- If you cancel your course with only 24 hours notice you will be refunded 50% of the cost of the course (outstanding classes only), minus past sessions.
- No-shows and same day cancellations of sessions are not refunded. There are strictly no cash refunds.

Yoga Teacher

Rhonda Weatherby is a certified Trauma-informed Yoga Teacher of Kundalini Yoga (Level 1) and Hatha Yoga (E-RYT500). She has been practicing and teaching Yoga for the past 7 years. Completing her studies in 'Foundations of Kundalini Yoga Therapy' and 'Kundalini Yoga for the Support of Trauma Recovery' in 2017. She has a passion for Mental Health and Trauma recovery. Rhonda intends to inspire and facilitate a safe and non-judgmental space in which to offer the practice of Kundalini Yoga for the support of PTSD.

How to apply:

Download and complete the pre-course self-evaluation form at www.connectground.com.au and return to info@connectground.com.au

For more information:

W: www.connectground.com.au

E: info@connectground.com.au

P: 03 9489 6300