



# Trauma-informed Yoga class for Women

## Tuesdays, 11.30am

A safe, predictable and non-judgmental space where you can learn calming and centering techniques with a qualified yoga instructor.

In this yoga class, you will be supported to develop a more positive relationship with your body in a safe and supported way. Classes are suitable for those who are new to Yoga or those who have been practicing for some time.

Classes follow a practice that aim to soothe the nervous system and bring you back into connection with the breath and your body.

Please wear comfortable clothing.

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Classes start at 11.30am.

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All yoga equipment supplied.

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No prior Yoga experience is needed.

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**Venue** - Studio Sukha Yoga & Pilates,  
Pynsent Street Horsham

Commencing **Tuesday 11 October at 11.30am**, the term runs for nine weeks:

- Tuesday 11 October
- Tuesday 18 October
- Tuesday 25 October
- *\*No class Tuesday 1 November due to Melbourne Cup Public Holiday*
- Tuesday 8 November
- Tuesday 15 November
- Tuesday 22 November
- Tuesday 29 November
- Tuesday 6 December
- Tuesday 13 December

All bookings available by contacting us on **5381 1211** or [wimmera@safvcentre.org.au](mailto:wimmera@safvcentre.org.au)

The  
**Sexual Assault  
& Family Violence  
Centre**