



YOGA-BALANCING MIND & BODY

Gentle Slow Flow Yoga suitable for every-body

Phone: 0402426288
www.illawarrapsychology.com
esther@illawarrapsychology.com.au

SESSION TIMES

TUESDAYS 10:30 - 11:20am

LOCATION

Dapto Ribbonwood Centre - Kurrajong Hall 2

WHY YOGA?

The mind and body are profoundly connected and nurturing both supports our mental and physical health. We aim to support anybody who is hoping to improve their health, be it physical or mental. Our yoga practice will be run by a registered psychologist and will be designed to support autonomic nervous system regulation. It aims to help you deeply connect with your mind and body to promote healing, resilience and vitality.

BENEFITS

1. A Peaceful Mind

Learn to tame and calm your mind with mindfulness and acceptance based exercises.

2. A Relaxed Body

Improve your flexibility and circulatory health with the gentle practice suitable for all bodies, genders and ages.

3. Enhanced Vitality

Decrease your stress, activate your vagus nerve and learn to connect your mind and body to reap an overall sense of wellbeing and vitality.



AT A GLANCE

COST

- First 2 classes, only \$10 each
- \$23 for drop in classes
- \$21, \$19 or \$17 per class on a 5, 10 or 20 class pass

BRING A FRIEND FOR FREE

- Caring is sharing and what better gift to give a friend than the ability to practice yoga with you for free.



ESTHER CREAGH

Yoga Instructor and Psychologist

AHPRA registered Psychologist and 200 hour trained Yoga instructor, Esther is excited to help you on your yoga journey to deeply nurture your mind and body.