



Family Yoga

A free program promoting trauma recovery through yoga

Family Yoga is for women and children aged between 4-10 who have experienced family violence. Doing yoga together can help to:

- rebuild physical and emotional safety
- learn to relax and have fun together
- enhance parent/child connections
- increase self confidence
- meet others with lived experience of family violence

Fun themes each week include:

- animals
- travel
- fantasy
- slow, slow, slow
- lets dance
- circus

***No yoga experience necessary**

- DATES:** Wednesdays (6 weeks) during school terms - contact us for dates
- TIME:** 4.30pm - 5.30pm
- WHERE:** Box Hill - location to be provided upon registration
- CONTACT:** TRAK Forward on 03 9896 6395 or email us at trakeast@anglicarevic.org.au to find out more

Family Yoga is a partnership between:

each

