



free yoga for mental health

Curious about what yoga is all about?

Rachel is a yoga teacher in training from Wisdom Yoga Institute, and as a passionate advocate for mental health, she is keen to share mindfulness, breath, yoga philosophy and gentle movement practices with you!

This yoga series will have plenty of opportunities for you to connect with how you're feeling in your physical body, tune into your emotions and slowly start to build a toolkit of wellbeing practices that you can take into your everyday life.

Each class will have options for everybody and no prior knowledge or experience is required - so don't hesitate to come along and check it out.

In partnership with:



Who

12 – 25 year olds

When

Saturdays 11am-12pm
Starting 30th October 2021

Where

headspace Joondalup
22 Reid Promenade, Joondalup

Contact us

Call (08) 9301 8900 or
E-mail info@headspacejoondalup.com.au

Sign-up here

<https://bit.ly/361FyXY>



headspace Joondalup is on Whadjuk Noongar land.
We acknowledge the Traditional Owners of this Country,
and we pay our respects to their Elders past, present and emerging.

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