

**TRAUMA CENTER**  
**TRAUMA-SENSITIVE YOGA**  
**10 WEEK PROGRAM FOR WOMEN**

**When:** Tuesdays 24 Jan 2017 - 28 Mar 2017

**Time:** 9.30am-10.30am

**Investment:** \$200/\$180 concession payment plans available

**Where:** Zen Space @ the Lifestyle Centre, 225 Mount  
Glorious Rd, Samford Valley

**FREE INFO SESSIONS @ Zen Space**

Friday 13 Jan 5.30-6.30pm & Tuesday 17 Jan 9.30-10.30am

**Learn more about TCTSY. Participants & referring  
psychologists, counsellors, doctors etc. all welcome.**

Facilitated by Trauma Center training faculty member,  
trauma sensitive yoga facilitator, and social worker Edwina  
Kempe, this program is an **evidence-based adjunctive  
treatment for women experiencing PTSD or complex trauma**  
who are engaged in treatment or therapy. Spaces are limited  
to offer the practice in a small group, in a safe and non-  
judgmental environment. **No previous yoga experience is  
necessary.** Trauma Center Trauma Sensitive Yoga can help to:

- Safely begin to connect to the body & the breath
- Learn to be present and create rhythms
- Practice making choices & experience taking effective action



Edwina Kempe Yoga

**To register & for more information:**

[www.tctsyaustralia.com](http://www.tctsyaustralia.com)

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