

Trauma-Aware Yoga for Anxiety and Depression

Participant Information Sheet

About the Programme -

This is an 8-week closed group yoga course for 10–15 participants. No prior yoga experience is required. This course is open to anyone curious about yoga as a tool to support mental health. It is not a promise of transformation, but an invitation for self-exploration.

The course is grounded in four core principles of trauma-aware practice:

- Experiencing the present moment
- Choice making and self-advocacy
- Taking effective action
- Creating rhythm

About Chloë (she/her)

I am a senior yoga teacher and high school educator with over 20 years of experience practising and sharing yoga across studios, teacher trainings, and community organisations. I am a passionate student of yoga, committed to sharing it as a resource to support the complexities of being human. Outside of yoga, I love being in nature, cooking, dancing, and reading.

What to Expect

Over 8 weeks, we will work together and independently to explore core principles of yoga including yoga shapes (asana), breath (pranayama), and aspects of yogic philosophy.

Course outline:

- Week 1 – Group agreements, establishing safety through trauma-aware principles, grounding practices, movement and breath
- Weeks 2 & 3 – Moving shapes and breath for up-regulation
- Weeks 4 & 5 – Moving shapes and breath for down-regulation
- Week 6 – Moving shapes and breath for rest
- Week 7 – Establishing self-practice
- Week 8 – Moving shapes, breath and community

Session Details

Sessions will run weekly on Wednesdays for 80 minutes from 4pm - 5.20pm commencing July 29th - September 16th.

Location

Sessions are held at YogaBodyWorks, King St, Awabakal Country. The studio is a welcoming space with yoga props including mats available for use. Please note the studio is upstairs (stair access only) and has mirrored walls on one side. If you have any concerns about the space, please reach out prior to commencing — I will do my best to make the environment feel safe and supportive for everyone.

Investment

The following pricing covers all 8 sessions. Choose the price point that reflects your capacity:

- Community rate \$160
- Sustainer rate \$180
- Supporter rate \$200

Health & Safety

Whilst yoga is low risk, you are responsible for your own safety and wellbeing throughout the course. You will be asked to complete a confidential medical and health questionnaire prior to commencing. Participation is on the expectation that you are medically stable and physically able to take part.

Please note: I am not a therapist. This programme is designed to broaden your toolkit for self-enquiry and is not a substitute for therapy or medication. Please continue with all other support modalities. A resource list will be available throughout the course for any additional support needed.

How to Sign Up

To register your interest, please email your name and pronouns to:

staryoga37@gmail.com

Registration information, a medical and health questionnaire, and payment details will be sent upon receipt of your email. If you have questions or would like to chat before signing up, please request a phone call in your email.

I very much look forward to hearing from you.

Chloë