

Trauma & Your Body

Date: Thursday 24 October 2024
Time: 10:00am – 3:30pm
Venue: Recovery & Wellbeing College
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah 2217

Trauma impacts on the mind, body and brain. We know from the latest neuroscience that the body holds memories of trauma that might not be accessible in narrative form. In this exciting new course, students will explore the role of embodiment practices such as yoga in healing from these experiences.

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



Unsplash



For more information
please contact the
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