

FOCUS ON HAPPY HABITS



Yoga- Child + Family Practitioner

**GIRLS GROUP
Teen Girls
(Ages 12-17)**



Vision boarding

6-week program blends yoga, creative expression, self-reflection, and well-being education to help young people build confidence, emotional-regulation, and positive self-image tools. Each session includes movement, mindfulness, and group connection activities.



*Evening routines with our beauty
therapist*



Location

Dates: Wednesday's starting 29th April

Time: 4pm to 5:30pm

Location: Jacaranda Womens Hub

Cost: FREE

**Bookings are essential please email :
theshack@benevolent.org.au**

FOCUS ON HAPPY HABITS



Meditation + Journaling

Pick ups and drop offs AV if you live in Randwick and Botany LGAs



Self Identity + relationships



Dance therapy with Zeke

Program Benefits

- Develop practical coping tools
- Build resilience and self-belief
- Movement and vagus nerve toning
- Connection
- Explore identity in a safe, inclusive environment
- Nutrition education
- Focus on habit stacking



Nutrition with Alanna



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