South Eastern Sydney
Recovery & Wellbeing College

**Course Information Sheet**

# Yoga for Recovery
# Blended Face to Face / Online

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| **Date:** | **Friday 13 November 2026** |
| | **Friday 20 November 2026** |
| | **Friday 27 November 2026** |
| | **Friday 4 December 2026** |
| **Time:** | **10:00am – 11:30am (1.5 Hours X 4 Weeks)** |
| **Venue:** | **Recovery & Wellbeing College** |
| | **Unit 2, Ground Floor, Kirk Place** |
| | **15 Kensington Street Kogarah 2217** |

Relaxation and gentle yoga exercises are helpful for people to maintain balance and mental wellbeing.

During this introductory course students will learn relaxation techniques, simple yoga postures and have the opportunity to explore the benefits of these approaches to recovery.

*We recommend students wear comfortable clothing to this course.*

**To enrol please visit our website: www.seslhd.health.nsw.gov.au/recovery-wellbeing-college**




Photo by Jared Rice on Unsplash






For more information please contact the Recovery & Wellbeing College Team

9113 2981

SESLHD-RecoveryCollege @health.nsw.gov.au