'Being In Your Body' is a 6 week course that supports anyone who may have suffered from adversity at any time in their life and feels a body centred approach may be helpful. The course uses gentle movement, yoga, reflectivity and mindfulness based techniques to invite you into relationship with your body at a pace that feels helpful, life affirming and healing for you.

Facilitated by Jessica Devi (Yoga Therapy, Somatic Movement Therapy, Restorative Movement Psychotherapy) and Louise von Maltitz (Registered Therapist MNZAC and Comprehensive Nurse RCpN).

6 week courses. $150 per course.

Wednesdays 11am - Jul 22, 29, Aug 5, 19, 26, Sept 2
Wednesdays 11am - Sept 9, 16, 30 Oct 7, 14, 21
Wednesdays 11am - Oct 28, Nov 3, 11, 18, 25, Dec 2

Contact Jessica 021884518 or jessica@yogawithin.co.nz