



Trauma Informed Yoga

Emphasis on, building back body awareness & helping the nervous system to calm and relax.



This is a MAT only exercise.

All postures are either sitting or lying down.

Mallow Community Health Project: Is offering a free Taster Workshop, on Tuesday 9th July

Venue: Mercy Centre, Mallow.

Time: 1 pm – 2 pm

Tutor: Wendy Griffin.



To Register: Contact Pauline O'Grady Noonan, Mallow Community Health Worker, at: Phone: 087-4335047

Email: chp@lecheilefrc.ie

