



# Gentle Yoga and Mindful Movement

**Mondays 10am - 11am**



In this class you will practice a gentle, mindful style yoga using a combination of movements and flows, breathwork and guided meditation to soothe the nervous system and support both emotional and physical wellbeing.

Appropriate for all abilities.

You may choose to follow the class on a mat or chair. You can also use this class, as an opportunity to take an hour to yourself, to visualise the movements and practice the meditation

## **What is required**

Wear comfortable clothing and bring along a water bottle.  
Option to bring an eye pillow and blanket for the meditation.  
Intake assessment required prior to starting.  
Yoga mats, blocks and bolsters are provided.

## **To book please contact:**

Wellness Centre Program Coordinator  
P: **5445 2426**

Email **[wellnesscentreprogram@erh.org.au](mailto:wellnesscentreprogram@erh.org.au)**

**For consumers during cancer treatment and 12 months post treatment.**

