



FRONTLINE WELLNESS

# FREE FIRST RESPONDER YOGA CLASSES

## JOIN US ON THE MAT!

**DESIGNED AND DELIVERED BY FIRST RESPONDERS, FOR FIRST RESPONDERS**

Our classes are aimed at current and former first responders (emergency services workers and volunteers) incl. Police, PSO, PCO, FRV, AV, 000Vic and SES.

We recognise the importance of creating a welcoming space that promotes safety. Whether you're a seasoned practitioner, new to yoga, or experiencing any form of stress, depression or anxiety, our approach ensures that our classes are accessible and supportive.

All resources are provided to allow you to explore your practice, your way, in your body. Choose Rest. Choose Movement. It's up to you. Come as you are.

Scan the QR code below to book your mat and for more information.

✉ [info@frontlinewellness.com.au](mailto:info@frontlinewellness.com.au) 🌐 [frontlinewellness.com.au](http://frontlinewellness.com.au) 📷 [@frontline\\_wellness\\_aus](https://www.instagram.com/frontline_wellness_aus)



### WHAT TO EXPECT FROM OUR CLASSES:

Our classes are restorative and trauma-informed, incorporating a balance of movement, breath and rest practices to help build resilience to stress. Mindfulness is also included to help free the mind from tension and busyness.

### WHAT CAN YOGA DO FOR YOU?

Strengthen capacity for rest and relaxation, reduction in stress, improve mobility, improve mental health and wellness, increase resilience and adaptability, build self-acceptance and self-awareness, assist with nervous system regulation, provide an opportunity to connect with community.



**FRANKSTON  
YACHT CLUB  
WEDNESDAYS 10-11AM**



**BEAUMARIS  
LIFE SAVING CLUB  
THURSDAYS 9.30-10.30AM**