



FRONTLINE WELLNESS



FREE WEEKLY YOGA CLASSES FOR FIRST RESPONDERS

COME AND JOIN US!

Frontline Wellness and the 000 Foundation are excited to offer the frontline community free yoga classes.

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

Classes are delivered by teachers who have lived experience of frontline work.

Free to participants, smaller class size. Mats and props are supplied.

BRIGHTON BEACH BOWLS CLUB

Day: **THURSDAY**

Time: **9.30-10.30AM**

FRANKSTON YACHT CLUB

Day: **WEDNESDAY**

Time: **10-11AM**



Scan to
book your mat!

What can yoga do for you?

- Build self-awareness & self-acceptance
- Reduce stress and anxiety
- Increase mental clarity
- Provide relief from pain
- Improve mobility
- Better sleep

WHAT TO EXPECT FROM OUR CLASSES:

Our classes combine postures, movement and breathing techniques with a focused awareness of the body. Our classes are restorative and trauma-aware, incorporating a balance of strengthening and relaxing poses to help build resilience to stress. Mindfulness is included to help free the mind from tension and busyness. Classes are suitable for beginners and are particularly suitable for people that may be experiencing stress, depression, anxiety or post-traumatic stress.

