

Adult Wellness Retreat



Join us for adult yoga and mindfulness!

Our adaptive yoga and mindfulness group focuses on emotional and sensory regulation, social skills, team work and movement. The group will include tasks that develop emotional awareness of others and ourselves, followed by breathing exercises, calming yoga, mindfulness and art activities to assist with regulation.

Why should I attend?

- Developing emotional awareness of their peers and themselves
- Learning self regulation strategies that include; postures, movement, mindset and breath to incorporate in everyday life.
- Ability to express self and connect with other creatively.
- Development of social skills and ability to work with others.

Who is this group for?

Young adults aged 17 - 22 years old who can

- Follow instructions with moderate support from facilitators
- Communicate through verbal language, key word sign or AAC device
- Ability to stand
- All abilities welcome

Group Details

Dates: 4 and 11 July 2022

Time: 9:00am - 12:00pm

Cost: \$452.62 paid privately or charged to NDIS

Venue: Therapy Focus Mirrabooka
3/77 Honeywell Boulevard

Facilitators:



Maddison Balk

Adv. Occupational Therapist



Eva McFarland

Counselor

Register your interest by 27 June 2022!

Contact us on **1300 135 373** or email
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