



DISCOVER HOW YOGA CAN HELP YOU EAT MINDFULLY,
BUILD RESILIENCE, AND FEEL BETTER IN YOUR BODY.



EXPLORE YOGA

Discover mindful movement practices that support body awareness, emotional wellbeing, and physical vitality.



BUILD RESILIENCE

Learn to make meaning of mental health challenges, and use this insight to make positive changes in how you eat, move, and build your life.



EAT MINDFULLY

Explore practices to help you tap into hunger and fullness signals and eat according to your body's unique needs.

EAT BREATHE THRIVE SERIES

DATES & TIMES: Thursday 1pm-3pm
TERM 3: 28 JULY - 17 SEPT
TERM 4: 15 OCTOBER - 10 DEC

LOCATION: This course will take place online via the video conference software, Zoom.

CONTACT: steppingstonesyoga.therapy@gmail.com

LEARN MORE: www.eatbreathethrive.org/series

Apply now to join us!



Jen Holmes-Beamer



Hayley Guinness

MEET YOUR GROUP FACILITATORS: