

# R.E.S.E.T

for Youth  
11-17yrs

YOGA \* MEDITATION \* RELAXATION

1. **R**eframe
2. **E**nergy
3. **S**implicity
4. **E**mpower
5. **T**ime In

**R.E.S.E.T** is a five week empowerment program built around the mindfulness practice of yoga. Each week teaches how to release stress, balance the body and calm the mind.

**COST: FREE**

Donations are welcome to help bring this program to more youth in Townsville.

**LOCATIONS & DATES:**

<b>Term 2:</b> Heatley Cyclone Shelter Fulham Rd, Heatley	Wednesday - 3:30pm - 4:30pm May 1, 8, 15, 22, 29
<b>Term 3:</b> YogaHealth, Currajong Woolcock Centre, Currajong	Monday - 4:00pm - 5:00pm August 5, 12, 19, 26. Sept. 2
<b>Term 4:</b> Heatley Cyclone Shelter Fulham Rd, Heatley	Wednesday - 3:30pm - 4:30pm October 16, 23, 30. Nov. 4, 11

**ABOUT YOUR TEACHER:**

**Jasmine Healy-Pagán** BEEd, EYT500, MBSR-T

Jasmine is known for her passion and commitment to helping people lead healthy and fulfilled lives. As a teacher of all ages for more than 25 years, Jasmine is especially passionate about supporting youth with life skills that foster healthy choices, self-acceptance, emotional resilience and intuition.

As a writer and facilitator, she has developed and tested strategies that enhance individual health and wellness for over a decade.

Jasmine created Sundalah CommUNITY in 2008 to help more people discover local health and healing options via community events, an online directory and the Sundalah Magazine.

Jasmine also works with and volunteers for Yoga Tools For Schools Inc. - a local not-for-profit which supports schools with wellbeing programs to manage stress, enhance focus, improve engagement and teach self-regulation.

Visit [sundalah.com.au](http://sundalah.com.au) to learn more about Jasmine and her many other offerings.

[www.sundalah.com.au](http://www.sundalah.com.au)

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