

# RESET intro

## FOR YOUTH & ADULTS

Experience and learn some simple and effective wellbeing strategies to enhance physical, mental and emotional health.

### SESSION 1: RESET & Relax Class - 45mins

- During this session you will experience the benefits of the RESET body-breath-mind foundation strategies
- Suitable to anyone who can sit in a chair or lay on the floor

### SESSION 2: RESET Workshop - 45mins

- During this session you will practice and share the RESET body-breath-mind foundation strategies
- Suitable to anyone who can sit in a chair

\* Session A & B can be scheduled together or on different days.

- \$33.00 pp
- Min. 20 participants
- BYO yoga mat or large beach towel

**Bookings at:** [hello@youthreset.com.au](mailto:hello@youthreset.com.au)

**The RESET Framework provides wellbeing programs that are**

- Simple
- Effective
- Inclusive
- Accessible
- Affordable
- Empowering

As a social enterprise all proceeds from our work supports and educates our next generation and the adults that support them.

- 'Thank you for the RESET classes! Just the ones I've done have changed my life! I use the breathing and stretches often and my anxiety has eased so much. It's been so awesome to find something so simple that stops the loop my brain goes into when it comes to anxious feelings. Amazing stuff! – **Angie**
- 'RESET calms me down and feels peaceful after a loud noisy day at school. I like feeling relaxed and I enjoy the meditation and stretching.' – **Cooper**
- 'Each RESET & Relax session is a lovely retreat that I look forward to. Sessions are gently and joyfully led creating a positive and supportive environment. There are no expectations, we come as we are, participate or rest according to what suits us. Teachings and explanations alongside the demonstrations are encouraging and helpful. Repetition gives opportunities to practice and builds confidence and familiarity with the specific techniques. These RESET sequences can also be readily incorporated into everyday life for a quick energy reset. This program provides empowering strategies that relax and reset the nervous system and I have fallen asleep at the end of many sessions. As a registered psychologist I wholeheartedly endorse this exceptional program. – **Di**
- 'I have seen many therapists but none of them taught me practical skills to overcome strong emotions like these RESET & Relax classes have. They would simply say "do meditation or try breathing techniques" but they would never teach me how. I was prescribed a lot of different medications, but nothing has helped me more than the mindfulness, breathing and meditation techniques in this course. Thank you again for your support! – **Tahlea**



Youth RESET is a social enterprise delivering wellness programs and resources to youth and adults.

[youthreset.com.au](http://youthreset.com.au)

