

# RESET & Relax

## Testimonials

- *'It's the perfect mid-week reset giving me purposeful time to reset, re-focus and re-establish the importance of self-care. So grateful!' – Sharon*
- *'The breathing exercises help me relax after a full work day and clear the noise from my mind.' – Troy*
- *'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 participate or rest as needed. Teachings, explanations and demonstrations are encouraging and helpful. Repetition and familiarity with the specific techniques gives opportunity to practice and builds confidence. 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*



Youth RESET is a social enterprise delivering trauma informed wellness programs for youth and adults.

We aim to eliminate all barriers preventing people from accessing our programs which support the physical, mental-emotional and social health of youth, and the adults that support them.

Thank you to our host  
**selectability**

## Self-care Series Online or In-person

Enhance your self-care routine with this five-part series of specific body-breath-mind (aka yoga) strategies to reset your energy, and relax your body & mind.

### LOCATION:

selectability Health Hub  
134 Denham Street, Townsville City

### OPTIONS:

 Wednesdays

IN-PERSON 5.30pm – 6.30pm (youth & adults)  
ONLINE 5.45pm – 6.30pm (all ages)

### SERIES DATES:

- June 7, 14, 21, 28. July 5.
- August 2, 9, 16, 23, 30.
- September 20, 27. Oct 4, 11, 18.
- November 8, 15, 22, 29. Dec 6.
- January 17, 24, 31. Feb. 7, 14.
- March 6, 13, 20, 27. April 3.

**COST:** \$45+gst - per series  
or email us for free access

**REGISTER:** [youthreset.com.au/register](http://youthreset.com.au/register)

**Carer Support Funding** available through selectability. Contact Kathryn on 0459 909 237

Check our website for next series dates and more RESET program options for youth and adults.

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

