

RESET

COMMUNITY CLASSES 2025

FOR ADULTS & YOUTH

RESET WEDNESDAYS

RESET & Relax
5.30pm – 6.30pm
(5.45pm start online)

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

SERIES DATES:

- February 19, 26 March 5, 12, 19.
- May 7, 14, 21, 28 June 4.

LOCATION:

selectability Health Hub
134 Denham Street, Townsville City

selectability

REGISTER: youthreset.com.au/register

JOIN US: online or in-person (Townsville)

AGE: In-person attendance: 10+ yrs to adults

COST: \$45+gst - per series OR register via donation

BYO yoga mat and a large towel.

Check our website for next series dates and more information about RESET training and education.

youthreset.com.au

RESET SATURDAYS

RESET yoga
9am – 10am (9am start online)
Experience the full RESET series of specific body-breath-mind wellbeing strategies and yoga sequences.

RESET & Relax
10.15am – 11.15am
(10.30am start online)

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

SERIES DATES:

- March 8, 15, 22, 29 April 5.
- May 10, 17, 24, 31 June 7.



LOCATION:

CQUniversity - 538 Flinders Street, Townsville City

“
It's awesome to find something so simple that stops the loop my brain goes into with anxious feelings. Amazing stuff!
- Ang

“
I taught a RESET sequence to some colleagues, and they all absolutely loved it!
- Sara

“
I feel great after RESET and my boys get the best version of me as a parent!
- Ricky

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