

*Evidence-based yoga techniques  
empowering young women to manage the pressures of  
high-school, adolescence and modern life*

# YOGA FOR YOUNG WOMEN

A workshop series by Anna Balston BEd BBehavSci RYT

MANAGE FEELINGS  
OF ANXIETY, WORRY  
& SADNESS

ENHANCE  
SELF-ESTEEM AND  
BODY IMAGE

IMPROVE SLEEP  
ROUTINE & ABILITY TO  
"SWITCH OFF"


Over five weeks we explore...

- breathing techniques for managing anxiety
- restorative yoga postures for relaxation
- meditation techniques for personal practice
- yoga postures for core/upper body strengthening
- stretches to release hip, back and neck tension
- techniques for optimising routine for better sleep
- personalised affirmations for self-care
- self-enquiry and journaling

## *About Anna*

Working as a high school teacher, I soon discovered that there was a desperate need to provide students with the tools to not only pursue academic success but to better understand and maintain their own psychological and emotional wellbeing. Having faced my own challenges with overwhelm, insecurity and low self-esteem, I know that yoga is a profoundly helpful tool for overcoming the difficulties we face growing up today. I integrate my knowledge as a teacher and behavioural scientist, as well as my personal experiences and training in mental health and suicide prevention.

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

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