



NDIS REGISTERED PROVIDER

## ONLINE & IN-PERSON COUNSELLING

## PRIVATE YOGA / SOMATIC THERAPY FOR TRAUMA RECOVERY & MENTAL HEALTH

### LOCATED IN THE INNER NORTHERN SUBURBS OF MELBOURNE

COVID-19 currently providing online  
& in-person sessions.

Eleni is a qualified and experienced social worker and family constellation facilitator. She has experience providing therapeutic counselling for people with depression, anxiety, trauma and complex childhood experiences. She can provide support to women, men and families.

As a senior yoga teacher, Eleni is also able to teach skills for managing anxiety & depression and trauma recovery. She incorporates therapeutic somatic techniques, breathing and relaxation for self-regulation and mindfulness for managing difficult thoughts and emotions.

NDIS participants can access services under 'Therapeutic Supports' & 'Innovative Community Participation'. You can speak with Eleni before booking, to see if working with her is a good fit for you.

She offers a *FREE* 30 minute phone chat.

Contact Eleni on:

0403 774 410

[yogaharihealing.com](http://yogaharihealing.com)

