

# February 2026

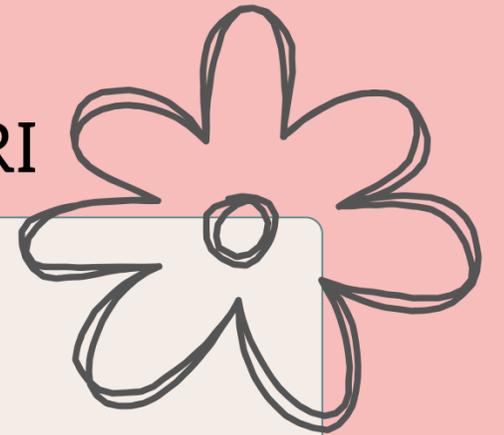
MON

TUE

WED

THU

FRI



Trauma Informed **2**  
Yoga  
9.30am-11.00am

**3**

**4**

**5**

Trauma Informed Yoga **9**  
9.30am-11.00am  
**Embrace Me**  
**11am - 1.30pm**

**10**

**11**

**12**

**13**

Trauma Informed **16**  
Yoga  
9.30am-11.00am

**17**

**18**

**Understanding 19**  
**Trauma**  
**10am-12.30pm**

**20**

Trauma Informed **23**  
Yoga  
9.30am-11.00am

**24**

**25**

**26**

**27**

