

E-NEWS

ALL ABILITY YOGA
NEWS AND UPDATES

VOL. 1



ALL ABILITY
Y O G A

SEPTEMBER 2021



A WELCOME FROM JULES

Hello and welcome to wellbeing for everyBODY.

We are delighted you found us, as we dedicate our work and a lifetime of research to bring you a range of programs to add to what we call a lifestyle toolkit. Behind the scenes we are planning new programs designed just for YOU, unique weekly outings, specialised groups offerings and the opportunity to take part in retreats which will take you to places you may have only dreamed of.

With a lived experience I know how important it is to be included in lifestyle activities, whether by the ocean or in the countryside, we all deserve access and inclusion.

We source high end quality venues to include good wholesome food, outdoor activities with all expected inclusions of a well rounded wellbeing program. So join us, and be part of an accessible wellbeing service designed by people living with Disability for everyBODY.

Jules x

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Central Coast Neuro Rehab's goals are to get more recovery for more people, with one-to-one training, empowering people to do home practice, and advising on assistive technology, so people can reach their full potential

RETRAIN THE BRAIN, EXERCISE THE BODY

Skills and coordination are often affected in people with Multiple Sclerosis, Parkinson's Disease or any other neurological condition, which makes it difficult for them to use their arm and hand, stand up and walk and do other physical activities. Physiotherapists can help using many techniques suited to you and your needs. It is possible to gain improvements in motor skills, even years after a stroke has occurred.

If you need neurological rehabilitation after a stroke or brain injury, or to help with the effects of these conditions, we can assist you. Central Coast Neuro Rehab is a registered NDIS provider.

NeuroRehab
1/215 Albany Street
Gosford 2250



CENTRAL COAST
NEURO REHAB



CREATED WITH INTENT. MADE TO EMPOWER.

The brand was founded in 1993 by Farida Irani in Sydney, Australia as a clinic of natural therapies. The clinic was designed to address a complex range of health concerns with a variety of modalities offered.

During her many trips to India, in the early 90s she came across essential oils not heard of in Western Aromatherapy nor used anymore by Ayurveda Doctors. With these unique oils and an introduction to many artisan distillers across India, came her research into what is now termed Ayurveda Aromatherapy.

Subtle Energies is one of the first to work with these rare aromatic oils, on a clinical level in the early 90s, with a high reputation amongst the complimentary medicine, spa and wellness worlds, of sourcing the finest active ingredients and delivering powerful treatment programs.

Adding Ayurveda Aromatherapy by Subtle Energies to your Yoga offering and as part of your program will aid to further your practices, help with the asanas and balance the body, mind and spirit.

Enquire within via info@allabilityyoga.com. A list of products is available and we can discuss your wellness product solutions.

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Results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. Order your products with us.



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It is love alone that leads to right action. What brings order in the world is to love and let love do what it will - Jiddu Krishnamurti

ALLAHNA JANE COSGRIFF, BSC

Allahna Jane Cosgriff, is an NDIS Yoga Therapist, Behavioural Specialist and Music Therapist. She compassionately helps people build strength, health and wellness in their body, mind, emotions and spirit.

Joining the All Ability Yoga team with a world of experience, we are excited to have Allahna on board. A lifelong learner, she has obtained a Bachelor of Behavioural Science with a Major in Counselling. Allahna is also YTI GCYT, Certified Forrest Yoga Teacher, Certified Childrens Yoga Teacher, IICT Certified Member, Reiki Master and Kinesiologist... is there anything she cant do?!

Reach out to us today to enquire about how Allahna may be able to help you heal. She currently is available for services in North Sydney areas and surrounds.



COMING UP....CREATING CALM RETREAT

Is it time to fill your senses? Discover our handmade organic menu filled with goodies and surprises all geared to calm and relax your total wellbeing. Over 3 days, 2 nights you will stay at voco Kirkton Park, Pokolbin, Hunter Valley NSW. Relax, rewind, taste and savour beautiful food, join in morning yoga, experience different styles of meditation, and take some valued time out that you know you are so desperately needing. Bookings are limited, so we encourage you to jump in quick.....

Date: postponed due to Covid19.... we will be in touch with new date in 2022



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*The All Ability
Yoga network is a
powerful
community of
professionals who
care about
helping others.*



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lets connect! Come along to our brand new studio opening!

IT'S TIME TO SPRING FORWARD

Join us for yoga, meditation or a mindfulness class head to the website to get in touch. Expressions of interest are open now for anyone looking to address their wellbeing needs.

Newsflash! Our brand new studio, based in Somersby on the Central Coast opens in Spring and you are all invited to the opening. If you would like to come along meet like-minded individuals, please get in touch for the details.



@all_ability_yoga



@AllAbilityYoga108

Jules x