

creative art therapy

counselling

youth work

yoga

yoga therapy

expressive therapy

positive psychology

INSPIRE / SUPPORT / EMPOWER

CREATING CHANGE

I design and facilitate workshops
programs, groups and individual
sessions for children,
young people, youth and elders
that encourage exploration,
insight and discovery for positive
change and enhance
health & well being

I work with

!:

couples

families

small & large groups



Andrea Lynch

For enquiries/bookings

www.empowermylife.com.au

andrea@empowermylife.com.au

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INSPIRE SUPPORT EMPOWER

CREATING
CHANGE

My programs and workshops inspire, support and empower you to be the best YOU can be - whatever that is for YOU!

I work with a combination of yoga, art & expressive therapies to discover, encourage and enhance self worth, confidence and motivation, develop and discover insight, personal strengths and abilities to create goals, sustainable skills and strategies to support throughout every day life and its challenges

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sessions 60 mins or 90 mins

10-15 mins

engage/connect/share

15 mins warm up/build

15-20 mins move/play/express

15 mins cool down/calm/slow

10-15 mins

mediation/visualisation/relaxation

we will explore + discover using yoga creativity art

movement stillness expressive music symbols

imagery imagination curiosity

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