

WHILE THE BODY BREATHES, THE MIND RESTS
& THE BRAIN HEALS WITH



YOGA MATTERS



SUPPORT FROM THE
ROBERT CONNOR DAWES FOUNDATION

YOGA THERAPY

Yoga therapy uses a combination of yogic practices such as postures and movements, breath awareness and techniques, relaxation, meditation and self-development guidance. Yoga therapy can increase alpha brain wave activity and lower blood pressure, pulse, respiration rate, metabolic rate, oxygen consumption and anxiety levels, helping produce a greater overall sense of wellbeing. With practice, the ability to shift into a more relaxed state during stressful situations is developed to restore peace, balance and harmony.



Pippa, 9, balancing in pair tree pose with yoga therapist Patricia Alger.



Connor hanging out in the great outdoors on a family holiday.

YOGA MATTERS GRANT

We would like to offer you a 'Yoga Therapy Grant': 10 fully funded, private yoga therapy sessions, in your home, with a Registered Yoga Therapist specialised in working with children and young adults.

Inspired by a big heart and brain, the Robert Connor Dawes Foundation was created in June 2013 in the memory of Robert Connor Dawes. During Connor's treatment for a brain tumour, he had weekly sessions of yoga therapy.

The gentle power of yoga to connect movement, mindfulness and deep relaxation quietly strengthened Connor's weakened body, relaxed his beautiful mind and nourished his strong spirit.



Supporting brain matters in the areas
of Research, Care and Development.

rcdfoundation.org



To register your interest and find out more,
please contact Una Miller.

una@rcdfoundation.org
0407 312 913

THE ROBERT CONNOR DAWES FOUNDATION



YOGA MATTERS



GRANT INFORMATION

YOGA MATTERS GRANT

The Robert Connor Dawes Foundation's grant is available for children and young adults, aged 25 years and under, who have been diagnosed with a brain tumour:

- 10 fully funded private yoga therapy sessions in the young person's home
- Registered Yoga Therapist matched specifically to the needs and location of the young person
- Straightforward and confidential referral process



Do you know of a young person with a brain tumour diagnosis, who would like to benefit from yoga therapy following their hospital treatment?

WE'D LIKE TO HELP

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For more information about Yoga Therapy visit the Australian Association of Yoga Therapy at yogatherapy.org.au



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