

Yoga & Interpreters

Open the interpreters' Gates



This class is yoga like you've never seen it before! Led by a qualified Deaf teacher, this class is aimed at the specific health needs of Auslan interpreters. Prone to injury from repetitive use of arm and wrist movements, interpreters can benefit greatly from what yoga has to offer. This class will demonstrate joint rotations, stretches and warm ups, proper spinal posture, as well as breathing and relaxation techniques.

Overall, Yoga is an empowering way to feel more sattvic (balanced) in body, mind and spirit. Come along and put some time into looking after yourself during ANC. No special clothes necessary!



Bio -

Karli Dettman, Deaf certified hatha yoga teacher and counsellor, provides wellness services in Auslan (Australian Sign Language). She has an Advanced Diploma in Yogic Teaching and is a member of the Yoga Teachers Association of Australia (YTAA). Karli also has degree in both psychology and counselling. She finds that practising yoga regularly helps still her mind, reduces physical pain and enhances her spiritual health.

Cost: FREE!!

When: Saturday 22nd August

Venue: Rydges on Swanston, Carlton

Time: 7.00am – 8.00am

Access: Auslan only

