

GI Yoga Program

Calm your mind, reduce your gut symptoms and improve your physical and emotional wellbeing..

Join Us

WHO CAN BENEFIT

Anyone with an existing gastrointestinal condition, such as Irritable Bowel Syndrome (IBS), reflux, diarrhoea, bloating, constipation, abdominal pain, nausea or other gut disorders.

WHAT'S INVOLVED

- 8-week live online group sessions via the Zoom platform, conducted by a Registered Psychologist and qualified Yoga Teacher / Trainer
- Each session runs for 2 hours and consists of a GI specific yoga practice, behavioural and cognitive strategies and education
- Access to resources consisting of videos and literature to help learn, build, adapt, and practice skills

theGutCentre

CALL OUR FRIENDLY TEAM ON 1300 488 287 OR
EMAIL INFO@THEGUTCENTRE.COM

Living Well with IBD



The Gut Centre's 6-week online group program for people living with inflammatory bowel disease (IBD).

WHAT'S INVOLVED

- 6 weekly sessions delivered by a clinical psychologist
- Education about IBD and Acceptance and Commitment Therapy (ACT)
- Coping skills training (mindfulness, acceptance, and letting go)
- Clarification of values and what really matters in your life
- Strategies for pacing, sleep hygiene and flare-up management

ARE YOU SUITABLE?

- You have IBD (e.g. Crohn's Disease or Ulcerative Colitis).
- You experience stress, anxiety or low mood
- You are over 18 years of age



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Pelvic floor Physiotherapy



The Gut Centre now offers Pelvic floor Physiotherapy to help treat Functional Gut disorders.

PELVIC FLOOR DYSFUNCTION

Functional gut disorders, such as Irritable Bowel Syndrome (IBS), can be exacerbated by pelvic floor dysfunction. Pelvic Floor Physiotherapy offers intervention that educates the patient, examines what issues are present, and in turn, helps reduce common symptoms of such disorders.

PHYSIO MAY HELP WITH...

- Pain in lower abdomen and pelvis
- Constipation
- Irritable bowel syndrome
- Urgency (bladder and/or bowel)
- Prolapse (vaginal and rectal)
- Urinary/stress/urge incontinence
- Difficulty with emptying the bowel
- Faecal urgency and incontinence
- Inflammatory bowel disease
- Pain with sexual intercourse
- Pelvic girdle pain (musculoskeletal)

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