



Frontline Yoga is Australia's first and only National Program for first responders, emergency services and military veterans.

Operating since 2016, our vision is to see Frontline Professionals have FREE access to Trauma Aware Yoga classes in every region of Australia. Frontline Yoga delivers accessible classes that are taught with an awareness of trauma and are suitable for anyone with chronic stress, depression, anxiety or PTSD.

Through our network of skilled teachers, we offer a suite of Yoga services that cater to the needs and abilities of all members within the community. Classes are FREE to all Frontline Professionals and are taught in a trauma aware style.

Frontline Professionals include current and ex-serving Police, Fire, Ambulance, Military, Healthcare workers, Lifesavers, RFS/SES & Volunteer Paramedics.

The classes focus on developing Resilience, Strength and Connection.

Resilience – both emotional and psychological to deal with the ongoing challenges and uncertainty of service on the front line.

Strength – developing both physical and mental strength, to continue facing the rigours of service on the front line or return to full function after injury or illness.

Connection – reinforcing connection between breath and movement, body and mind, Frontline Professional and the community within which they serve.

Classes are suitable for all ages and ability levels.

Our teachers are experienced in providing accessible yoga that is perfect for beginners. Students can participate as much or as little as they feel comfortable or within their own physical limitations.

In addition to providing free weekly yoga classes to our target demographic, we also are able to provide a suite of paid workshops and classes. These can include paid corporate classes, workshops on subjects such as trauma awareness, individual stress management, strategies for workplace social engagement, group mindfulness and/or group breathwork. All workshops or classes delivered are taught by well trained and experienced teachers.



We are a registered charity with ACNC. As an incorporated association, the organisation is also governed by the Department of Fair Trading. We rely 100% on donations, both monetary and time to keep running. All monetary donations are tax deductible.