

# WORKSHOPS

| <b>DAY/DATE</b>   | <b>TIME</b>               | <b>WORKSHOP</b>                          | <b>COST</b>                       | <b>BOOK YOUR MAT</b>     |
|---|---------------------------|--|-----------------------------------|--------------------------|
| SUNDAY 14<br>March 2021                                       | 9.30 - 1.30PM             | Autumn Wellness<br>Workshop              | \$95                              | <a href="#">book now</a> |
|   |                           |  |                                   |                          |
| Thursday 25<br>February<br>Last Thursday<br>of every<br>month | 6.30pm                    | Restorative<br>Sound Healing<br>Workshop | \$40<br>(\$50 with<br>live music) | <a href="#">book now</a> |
|   |                           |  |                                   |                          |
| Join online<br>ZOOM   | any of above<br>workshops |  |                                   | <a href="#">book now</a> |