

WORKSHOPS & SHORT COURSES

DAY/DATE	TIME	WORKSHOP	COST	BOOK YOUR MAT
Sunday 22 May 2022	9.00am - 2.00pm	Autumn/Winter Wellness Workshop	\$150 each	book now
Sunday 25 Sept 2022		Spring Wellness Workshop		
Sunday 4 December 2022		Summer Wellness Workshop		
Last Thursday of each Month	6.30 - 8.30pm	Restorative Sound Healing Workshop	\$60	book now next date 28 April 2022
Tuesday every second month from March 2022	6.30 - 7.30pm	Meditation & Mindfulness 4 week course	\$120	book now next date 10 - 31 May 2022
Thursday evenings	6.30 - 7.30pm	Beginners Yoga 4 week course	\$120	book now next date 02 - 23 June 2022
Join online ZOOM	any of above workshops			book now