

## WORKSHOPS & SHORT COURSES

<b>DAY/DATE</b>	<b>TIME</b>	<b>WORKSHOP</b>	<b>COST</b>	<b>BOOK YOUR MAT</b>
Sunday 15 May 2022	9.00am - 2.00pm	Autumn/Winter Wellness Workshop	\$150 each	<a href="#">book now</a>
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	\$50 (\$60 with live music)	<a href="#">book now</a>
Tuesday every second month from March 2022	7 - 8pm	Meditation & Pranayama 4 week course	\$120	<a href="#">book now</a>
Join online ZOOM	any of above workshops			<a href="#">book now</a>