

# Program



**First 100 people to register their details with us at Reception, receive a goody bag**

- From 9am Yoga demonstration with Kate (B) - you are welcome to join in with the lesson!
- From 9.30am Official opening with Mayor Palmer & Mark McDougall (D)
- From 10am Join Benjie and his band Earthen Rhythms for an upbeat and inspiring African drumming demo and lesson (C)
- From 11am Tai Chi demonstration with Gloria (D) - you are welcome to join in with the lesson!

## **Healthy & nutritious food available by Real Food Culture**

- From noon Joanne will be providing nutrition advice and Kefir and Kombucha tasting (E)
- From 1pm Yoga demonstration with Nicole (B) - you are welcome to join in with the lesson

## **Other activities available throughout the day include**

- Live music
- Complimentary art workshops with Fiona Scope and Jennifer Sanders (B)
- Tours of our Treatment Rooms and facilities (A)
- Complimentary 20 min Zen Shiatsu sessions with Fiona Scope (A)
- Complimentary psychic mediumship readings with Nadine Russell (A)
- Learn about upcoming retreats and workshops (D)
- Meet 'Team Wellness': our dedicated staff and holistic practitioners (C)



# GRAND OPENING

Saturday, 7th October 9am-2pm

5 Koala Place, One Mile 2316

Parking available along Koala Place