

Awareness Through Movement

— PUBLIC WORKSHOP —

Reclaiming Your Inner Calm



Discover How to Embody a Calmer State of Being.

Explore simple, gentle, mindful movements designed to help you slow down, tune into your body, and reconnect with a sense of ease and calm.

Rather than forcing relaxation, you'll learn to notice how small changes in movement, attention, and breathing can support a more settled state.

Come as you are, move at your own pace, and discover new pathways to reclaiming calmness—one gentle movement at a time.

When Saturday 21st November

Time 12.30 - 4.30 pm

Where Southern Yoga & Health Centre
24 Station St, Moorabbin VIC

Cost \$90 per person

*** SPECIAL OFFER *** \$45 per person when you bring a friend

Contact Tamara Diner (03) 9531 4769 dinegold@hotmail.com

