

HEALTHY DARWIN

Healthy Lifestyle Workshops & Short Courses 2026 Dry Season

Women's Wellness Workshop

Join us for a nurturing Women's Wellness Day, designed to support women through every life stage.

Come for a single session, or stay and enjoy the full day of connection, learning, and care.

Saturday 13 June 9:45am - 3:15pm

9:45am	Welcome
10:00am	Yin Yoga
11:15am	Women's Hormone Yarn
12:30pm	Food For Health
1:45pm	Sound Healing & Deep Rest
3:00pm	Closing and Social Time



Casuarina Aquatic & Leisure Centre - Community Room
17 Gsell Street, Casuarina

★ **Bookings required! Scan QR Code**

Contact: Kristy - Everlasting Health

P - 0411 378 997

E - kristy@everlasting-health.com.au



**\$10 per activity session
or \$40 for the full day!**

To find out more about this workshop,
contact the facilitator directly.



To find out more about Healthy Darwin:

Follow us on [Facebook](#)

Visit our [webpage](#)

or 08 8930 0300

