



HEALTHY LIFESTYLE WORKSHOPS & SHORT COURSES - 2021 DRY SEASON

Helping you make the most of the Dry Season!

Running Skills ^{6 sessions, consecutive weeks}

Wednesdays
07 April - 12 May
4:45-5:30pm (under 10yr olds), 5:30-6:45 (10yr olds and above, incl. adults)

Marrara Running Track
Abala Road, Marrara

Lucy - 0405 604 112 or
eo@nt.triathlon.org.au

\$5

Cardio Tennis^{**} ^{6 sessions, consecutive weeks}

Wednesdays
5:30-6:30pm
07 April - 12 May

Gardens Tennis Club
Gilruth Avenue,
The Gardens

Simon - 0417 812 732
or slavers@tennis.com.au

\$5

Learn Meditation Workshops^{**} ^{2 sessions}

Saturdays
1:30-4:00pm
10 April, 10 July

Casuarina Library Meeting
Room, Bradshaw Terrace,
Casuarina

Kalindi - 0421 710 983
or darwin@asmy.org.au

Gold
coin

^{**}These sessions have limited places. Contact the instructor to book your spot!

Breathwork Meditation Short Course^{**} ^{6 sessions, consecutive weeks}

Wednesdays
6:30-7:30pm
21 April - 26 May

Cullen Bay or online
(details upon booking)

Carole - 0412 543 205 or
info@balanceforlife.com.au

\$10

Walk & Talk All Things Food^{**} ^{6 sessions, last Friday of each month}

Fridays
9:00-10:00am
30 April, 28 May, 25 June, 30 July, 27 August, 24 September

Jingili Regional Playground
Jingili Water Gardens

Julie - 0417 865 854 or
health4lifewm@bigpond.com

\$5

Laughter Wellness Workshops ^{5 sessions, first Wed. of each month May-Sept}

Wednesdays
5:15-6:00pm
05 May, 02 June, 07 July, 04 August, 01 September

Sunset Park,
Nightcliff Foreshore

Stacie - 0416 532 445 or
stacie@hyperclown.com

Free

HIT Cricket^{**} ^{6 sessions, consecutive weeks}

Wednesdays
5:00-5:45pm
05 May - 09 June

DXC Arena
(Marrara Cricket Ground)
Abala Road, Marrara

Simon - 0417 812 732
or info@pintcc.com.au

\$5

All fees are per person, per session

Try fun new activities & learn new skills