



HEALTHY LIFESTYLE WORKSHOPS & SHORT COURSES - 2021 DRY SEASON

Helping you make the most of the Dry Season!

*These sessions

have limited places.

Contact the

your spot!

Running Skills 6 sessions, consecutive weeks

Lucy - 0405 604 112 or Marrara Running Track eo@nt.triathlon.org.au Wednesdays Abala Road, Marrara 4:45-5:30pm (under 10yr olds), 5:30-6:45 (10yr olds and above, incl. adults) 07 April - 12 May

Cardio Tennis* 6 sessions, consecutive weeks

Simon - 0417 812 732 Gardens Tennis Club or slavers@tennis.com.au Wednesdays Gilruth Avenue, 5:30-6:30pm The Gardens 07 April - 12 May

Learn Meditation Workshops* 2 sessions

Kalindi - 0421 710 983 Casuarina Library Meeting or darwin@asmy.org.au Saturdays Room, Bradshaw Terrace, 1:30-4:00pm Casuarina 10 April, 10 July

Breathwork Meditation Short Course* 6 sessions, consecutive weeks

Carole - 0412 543 205 or Cullen Bay or online info@balanceforlife.com.au Wednesdays (details upon booking) 6:30-7:30pm

21 April - 26 May Walk & Talk All Things Food* 6 sessions, last Friday of each month

\$5 Jingili Regional Playground Julie - 0417 865 854 or health4lifewm@bigpond.com Fridays Jingili Water Gardens 30 April, 28 May, 25 June, 30 July, 27 August, 24 September 9:00-10:00am

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

Free Sunset Park, stacie@hyperclown.com Wednesdays Nightcliff Foreshore 05 May, 02 June, 07 July, 04 August, 01 September

HIT Cricket* 6 sessions, consecutive weeks

Simon - 0417 812 732 **DXC** Arena or info@pintcc.com.au Wednesdays (Marrara Cricket Ground) 5:00-5:45pm Abala Road, Marrara 05 May - 09 June

All fees are per person, per session

Try fun new activities & learn new skills





\$5

\$5

\$5

Gold coin

> instructor to book \$10