

Richard Gee

From: Philippa Sturt [psturt@centurian.net]
Sent: 10 July 2006 23:44
To: Philippa Sturt
Subject: winter wellbeing workshop
Attachments: Registration for interactive wellbeing workshops.doc

Hi all

I have nearly finalised the three winter wellbeing workshops; but thought I'd best get the essence out or it would not give you a chance to book. The details are set out below. Do take advantage of the discounts where you can. Please pass the details on to anyone you feel would be interested

Registration for the workshops is attached.

10% of the takings will be donated to Heart Children NZ.

If you have any queries, please don't hesitate to call me.

Looking forward to seeing you.

Waipu - Surf Lifesaving Club – Saturday July 29th

Tai Chi with Trudy Ryan

Exercise to create balance for energising and relaxing.

Nutrition with Sandra Bogart

Learn the basics to store in the pantry. Breakfast - How to kick start your day for optimum energy

Personal Development with Philippa Sturt of Cherish Wellbeing

Add Value and self esteem to your life.

Homoeopathy with Corrine O'Connor

Learn the basics to create your own first aid kit.

Traditional Chinese Medicine to be confirmed

Learn the basics of Feng Shui or Numerology

Mangawhai – Surf Lifesaving Club – Saturday August 26th

Bodyworks with Nick O'Connor of Reichian Therapy & Bioenergetic Bodywork

Discover how your body talks to reveal your needs.

Nutrition with Sandra Bogart

Preparing quick healthy snacks and lunch boxes.

Personal Development with Philippa Sturt of Cherish Wellbeing

Creating a positive attitude to ensure your thinking patterns allow you to achieve your full potential.

Massage with Kiri Neumann of The Outer Layer

Learn how to release tension for yourself and your partner.

Herbs to be confirmed

Basics for medicinal and culinary needs.

Ruakaka Surf Lifesaving Club – Saturday September 23rd or 30th

Yoga with Trudy Ryan

Create balance within the body for optimum health to feel both energised and relaxed.

Nutrition with Sandra Bogart

Creating a balanced nutritious evening meal which is both quick and easy – a necessary mix for the end of the day.

Personal Development with Philippa Sturt of Cherish wellbeing

Creating a sense of balance in your life so you can master your destiny.

Ayurveda to be confirmed

Traditional Indian approach to health

Dream analysis with Nick O'Connor of Reichian Therapy & Bioenergetic Bodywork

Unravel the messages held in your dreams.

Morning (2 sessions) -		\$30
Afternoon (3 sessions) -	\$40	
All day (5 sessions – bring your own lunch - Waipu)		\$65

All day (5 sessions – lunch provided Mangawhai & Ruakaka) \$75

Discounts:

Two venues	10%
Three venues	15%
Referrals (up to 3)	10%
Referrals (3 to 10)	15%

Kind regards
Philippa Sturt
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