



Introduction to Spiritual Awareness and Healing

1 Day Workshop

with Stavroula Armatas

Sat 10th July 2010
from 10 am to 4 pm



at the Neighborhood House and Community Centre
531 Elizabeth Dve, Sunbury

Embark on a healing journey of discovery, whilst exploring a range of tools and mediums to help achieve balance in Mind, Body and Spirit.

- **Meditation**
- **Drum Circle**
- **Tibetan Bowls, Toning and Chanting**
- **Dancing for Peace**
- **Affirmations**
- **Self-Healing Techniques**
- **Oracle Card Interpretations**

Please bring a shared lunch. Wear comfortable clothing

Cost: \$45 (members) Non members: \$65

For bookings and enquiries:

Contact the Cancer and Natural Therapy Foundation on 9740 3977
or Sandra Maqueda on 0411 100 947