

Class Timetable

**** BOOKINGS ESSENTIAL ****

Do you have something to offer the community and would like to hire the hall to run your very own class or workshop?

Contact Helen 0409 682 429 or info@mundaringwellnesscentre.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Morning	<p>Hatha Yoga 9.30 – 11.00am \$18 per class \$15 concession Harishakti (Helen) 9295 2754 or 0402 552 373</p>			<p>Beginners Yoga 10.00 – 11.00am \$18 per class \$15 concession Harishakti (Helen) 9295 2754 or 0402 552 373</p>		<p>The Metaphor Studio Last Saturday of the month All day info@themetaphorstudio.com.au</p>
	<p>Tai Chi for Arthritis & Osteoporosis 11.30am – 12.30pm www.arthritiswa.org.au 9388 2199</p>					
Afternoon	<p>Children's Mindfulness Meditation 5-8 years – 4.00 - 4.40pm 9-12 years – 4.45 - 5.30pm JoAnne 0411 131 262</p>		<p>Connect to Your Guardians 1st or 3rd Wed each month 1.00 - 2.10pm Lilly Pilly Cottage Raven 0422 328 677 * Saturday Class also available</p>			
Evening	<p>Kundalini Yoga Beginners to Advanced 6.30 – 8.00pm \$16 per class Elke (Gururaj Kaur) 9295 4442</p>	<p>Tribal Belly Dance Beginners and Intermediate Christine Paskett 0422 328 677 christine.tribalspirit@gmail.com</p>	<p>Hatha Yoga 6.30 – 8.00pm \$18 per class \$15 concession Harishakti (Helen) 9295 2754 or 0402 552 373</p>		<p>Sound Meditation Third Friday of the month 6.00 – 8.00pm Szilvia 0415 351 006</p>	

Practitioner List

<p>Clinical Hypnotherapy, Reiki Master Helen Hart Centre Owner 0409 682 429 helen@helenhart.com.au</p>	<p>Massage, Naturopathy Sue Bartoll 0404 453 702 sue@suebartoll.com.au</p>	<p>Cancer Counselling Service An Initiative of the Cancer Council of W.A. Jane Bushby For further information or to book an appointment please phone the Cancer Council on 13 11 20</p>
<p>Counselling, Theta Healing, Inner Child, Sand Tray Therapy, Laughter Yoga Joyce De Haas 0401 348 213 joyce.dh@artlover.com</p>	<p>Integrative Bodywork Sarah Hammond 0406 527 776</p>	<p>Psychic Readings, Reconnective Healing and Mediumship Catherine Finch 0404 071 172 lensofspirit@gmail.com</p>
<p>Gestalt Therapy, Counselling - Psychotherapy - Creative Therapy Toni Jackson 0439 995 302 toni@tonijacksoncounselling.com</p>	<p>Emmett Technique, Sound Massage, Sound Meditation, Coaching, Mindfulness, Reconnective Healing Sandra Junckerstorff 0408 955 929 sandraj@urbanpausitivity.com.au</p>	<p>Bowen Therapy, Reflexology Massage, Reiki, Ear Candling Charlotte Maisey 0417 619 536 whitedovehorizons@gmail.com</p>
<p>Counsellor, Psychotherapist and Play Therapy Practitioner Carley Morrell 0478 218 498 carley.morrell@iinet.net.au</p>	<p>Healing Touch Tara Herbert 0428 122 634 taraherberthealingtouch@gmail.com</p>	<p>Network Chiropractic Care Dr. Michelle Passmore 0432 058 853 dr.consciouschiro@gmail.com</p>
<p>Shamanic Healing and Energy Release Classes: Connect to Your Guardians Raven BA(Psych/Soc); Grad Dip Ed; Grad Dip Counselling 0422 328 677 www.shamanichealing.net.au</p>	<p>Osteopathy Dr. Christopher Rickson 0404 001 172 info@perthapinclinic.com</p>	<p>Integrative Energy Healer: Colour & Crystal Therapy, Reiki, EFT, Chakra Balancing Kellie Turtu 0405 211 223 kellie@halyconlifehealing.com.au</p>

<p>Holistic Counsellor Danielle Passmore 0401 540 407 daniellepassmore@gmail.com</p>		
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For more information and to make your booking, please contact the practitioner of your choice.