

# 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](mailto:info@mundaringwellnesscentre.com.au)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>Morning</b>	<p><b>Hatha Yoga</b> 9.30 – 11.00am \$18 per class \$15 concession Harishakti (Helen) 9295 2754 or 0402 552 373</p>	Available to Hire	Available to Hire	<p><b>Beginners Yoga</b> 10.00 – 11.00am \$18 per class \$15 concession Harishakti (Helen) 9295 2754 or 0402 552 373</p>	Available to Hire	<p><b>The Metaphor Studio</b> Last Saturday of the month All day <a href="mailto:info@themetaphorstudio.com.au">info@themetaphorstudio.com.au</a></p>
	<p><b>Tai Chi for Arthritis &amp; Osteoporosis</b> 11.30am – 12.30pm <a href="http://www.arthritiswa.org.au">www.arthritiswa.org.au</a> 9388 2199</p>	Available to Hire	Available to Hire	Available to Hire	Available to Hire	Available to Hire
<b>Afternoon</b>	Available to Hire	Available to Hire	<p><b>Connect to Your Guardians</b> 1st or 3rd Wed each month 1.00 - 2.10pm Lilly Pilly Cottage Raven 0422 328 677 * Saturday Class also available</p>	Available to Hire	Available to Hire	Available to Hire
<b>Evening</b>	<p><b>Kundalini Yoga</b> Beginners to Advanced 6.30 – 8.00pm \$16 per class Elke (Gururaj Kaur) 9295 4442</p>	<p><b>Tribal Belly Dance</b> Beginners and Intermediate Christine Paskett 0422 328 677 <a href="mailto:christine.tribalspirit@gmail.com">christine.tribalspirit@gmail.com</a></p>	<p><b>Hatha Yoga</b> 6.30 – 8.00pm \$18 per class \$15 concession Harishakti (Helen) 9295 2754 or 0402 552 373</p>	<p><b>Meditation</b> Every Fourth Thursday 6.00 – 8.00pm Helen 0409682429</p>	<p><b>Sound Meditation</b> Third Friday of the month 6.00 – 8.00pm Szilvia 0415 351 006</p>	Available to Hire

# Practitioner List

<p><b>Clinical Hypnotherapy, Reiki Master</b> <b>Helen Hart</b> <b>Centre Owner</b> 0409 682 429 helen@helenhart.com.au</p>	<p><b>Massage, Naturopathy</b> <b>Sue Bartoll</b> 0404 453 702 sue@suebartoll.com.au</p>	<p><b>Cancer Counselling Service</b> <b>An Initiative of the Cancer Council of W.A.</b> <b>Jane Bushby</b> For further information or to book an appointment please phone the Cancer Council on 13 11 20</p>
<p><b>Counselling, Theta Healing, Inner Child, Sand Tray Therapy, Laughter Yoga</b> <b>Joyce De Haas</b> 0401 348 213 joyce.dh@artlover.com</p>	<p><b>Gestalt Therapy, Counselling - Psychotherapy - Creative Therapy</b> <b>Toni Jackson</b> 0439 995 302 toni@tonijacksoncounselling.com</p>	<p><b>Psychic Readings, Reconnective Healing and Mediumship</b> <b>Catherine Finch</b> 0404 071 172 lensofspirit@gmail.com</p>
<p><b>Integrative Energy Healer: Colour &amp; Crystal Therapy, Reiki, EFT, Chakra Balancing</b> <b>Kellie Turtu</b> 0405 211 223 kellie@halyconlifhealing.com.au</p>	<p><b>Bowen Therapy, Reflexology Massage, Reiki, Ear Candling</b> <b>Charlotte Maisey</b> 0417 619 536 whitedovehorizons@gmail.com</p>	<p><b>Counsellor, Psychotherapist and Play Therapy Practitioner</b> <b>Carley Morrell</b> 0478 218 498 carley.morrell@iinet.net.au</p>
<p><b>Healing Touch</b> <b>Tara Herbert</b> 0428 122 634 taraherberthealingtouch@gmail.com</p>	<p><b>Shamanic Healing and Energy Release Classes: Connect to Your Guardians</b> <b>Raven</b> BA(Psych/Soc); Grad Dip Ed; Grad Dip Counselling 0422 328 677 www.shamanichealing.net.au</p>	<p><b>Osteopathy</b> <b>Dr. Christopher Rickson</b> 0404 001 172 info@perthapinclinic.com</p>
<p><b>Nutritional Medicine Practitioner</b> <b>Jo Atkinson</b> <b>(BHSc Nut Med)</b> 0417 978 776 jo@wholefamilywellness.com.au</p>	<p><b>Lulinagh Earth</b> <b>Clinical Reflexology, Reiki/Intuitive Energy Healing, Indian Head Massage, Flower Essence Therapy</b> <b>Laura Gillett</b> 0430 723 545 laura@lulinaghearth.com.au</p>	<p><b>Health and Wellness Practitioners, we'd love you to join our amazing Centre.</b> <b>Contact Helen for details:</b> <b>info@mundaringwellnesscentre.com.au</b> <b>0409 682 429</b></p>

**For more information and to make your booking, please contact the practitioner of your choice.**