



Workshops

Autumn 2011 Program

To encourage and inspire your journey to better health, we are holding the following workshops during Autumn 2011

Acupressure and Yoga for Fertility

Experienced in natural fertility, practitioners Natasja Sproat and Clare Pyers present a full day workshop to explore the common reasons for fertility issues and acupressure treatments and yoga sequences that will promote the restoration of normal fertility.

Acupressure for Wellbeing

Learn correct acupressure technique, and the accurate location of acupressure points. Point combinations will be covered for a range of conditions including headaches and migraines, back, neck and shoulder pain, digestion problems, fatigue, skin conditions, insomnia, depression and anxiety, stress and anti-aging.

Food Therapy in Chinese Medicine

Chinese Medicine has always understood that the foods we eat are potent medicines. Food is just like any other medicine, if you eat the wrong type of food for your constitution, you can become very unwell as your body struggles to find harmony. Learn the fundamentals of Chinese Medicine Food Therapy so that you can know how to increase your health and vitality by choosing the right foods for you.

To book your place at any of our workshops, complete the form opposite, or phone 03 9013 1777. More information can be found at www.discovertcm.com.au

Please reserve _____ places

Acupressure and Yoga for Fertility
Sat 9th April 2011 10am-5pm \$160

Acupressure for Wellbeing
Sat 26th March 2011 9am-5pm \$160

Food Therapy in Chinese Medicine
Sun 27th March 2011 1pm-3pm \$50

Total due \$ _____

Name(s) of Workshop Participants

Cheque Enclosed

Please Charge My Credit Card

Cardholder Name _____

Card Number _____

Expiry _____ Visa/MC Amex

Signature _____

Please return this form to 3/193a Lennox St, Richmond VIC 3121 to book your place, or phone 03 9013 1777.