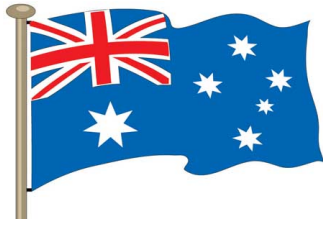


Okido Yoga & Healing



Australia Day Workshop

生命長寿申

Friday 26th January 2018

*You can have fresh energy to begin the new year - 2018.
We would like to share Okido special teaching method with you.
Welcome trial for students who have had a break from Okido &
regular students.*

Cost :\$125 Full day

9-11am Basic Asana with relation points \$35

Our body movement becomes comfortable with Shiatsu/Massage.

Method is. Don't over stress our body.

Eg, Shiatsu press palm- becomes easy to stretch abdomen.

11:30am-1:30pm Summer Cooking \$65

Basic macrobiotic cooking for a comfortable body in Summer.

2-4pm Beginning of Year Healing. \$35

Make a pledge for 2018, with meditation.

Healing: look after own self. Learn (growth) own technique for healing ability.

Learn oriental therapy (Traditional eastern health practices).

Bring comfortable clothes, hand towel and notebook. Cooking class; Apron, notebook & slippers.

Booking with 20% non-refundable deposit. by Wed. 17th Jan

Gassho (Meaning: balance of energy/respect & gratitude everything)

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