

Holistic Studies – Effective August 2017

Location at which classes are held

St. Kilda	<i>20a Neptune st, St. Kilda</i>
Carlton Neighbourhood Learning Centre Inc	<i>20 Princes St, Carlton North</i>
Castlemaine	<i>Sprout Bakery, Halford Street, Castlemaine</i>

*Booking are required for events with 20% deposit at least 4 days prior.

	August	September	October
<p>Healing and Diet course</p> <p>Learn how to take care of your body and mind (your self). Includes: circulation, release tension & pain in the body. Week 1-2: Different bath styles Week 3: Ginger compress</p> <p>Dates: Aug. 17, 24 & 31 \$100 for course or \$35 per class.</p>	<p>Thursday 17th, 24th & 31st 6:10 - 8pm</p>		
<p>What is Oki-do Healing</p> <p>Understanding your own condition. Dates: Sept. 14, 21 & 28 \$100 for course or \$35 per class.</p>		<p>Thursday 14th, 21st & 28th 6:10 - 8pm</p>	
<p>Shiatsu at Home</p> <p>Dates: To be announced</p>			TBA
<p>Cooking Classes</p> <p>Japanese Hot Pot - \$65</p> <p>Miso-pickles - \$35</p> <p>Hot-plate (table grill) okonomi-yaki - \$65</p>	<p>5th, 12:30 – 2:30pm</p> <p>5th, 3-4pm</p> <p>26th, 12-2pm</p>		