

Holistic Studies – Effective October 2017

Location at which classes are held

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

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

	October	November	December
Shiatsu at home			
3 Week course	Thursday 12 th , 19 th & 26 th		
Dates: Sept. 12, 19 & 26 \$100 for course or \$35 per class.	6:10 - 8pm		
Sotai – gentle corrective movement			
3 Week course		Thursday 9 th , 16 th & 23 rd	
Dates: Nov. 9, 16 & 23 \$100 for course or \$35 per class.		6:10 - 8pm	
Oki-do diet			
3 Week course			Thursday 7 th , 14 th & 21 st
Dates: Dec. 7, 14 & 21 \$110 for course			6:10 - 8pm
Cooking Classes			
TBA			