

## Holistic Studies – Autumn/Winter 2018

### 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.

	April	May	June
<b>Healing &amp; Diet</b> <b>(Back Problems)</b>  3 Week course – learn why we have back problems & how to maintain your body.  <b>Dates:</b> 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> of May. <b>\$100 for course or \$35 per class.</b>		Thursday 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup>  6:10 - 8pm	
<b>Healing &amp; Diet</b> <b>(Chinese Medicine &amp; Macrobiotic healing)</b>  3 Week course  <b>Dates:</b> 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> of May. <b>\$100 for course or \$35 per class.</b>			Thursdays, TBA
<b>Cooking Classes</b>			
<b>Japanese Cooking Class</b>  • Noodle Food		<b>Dates TBA.</b>	