

Holistic Studies – Effective January 2018

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.

	January	February	March
<p>Healing & Diet</p> <p>3 Week course – understand how your body works, correct physical imbalances.</p> <p>Dates: 1st, 8th & 15th of February. \$100 for course or \$35 per class.</p> <p>Digestive Organs</p> <p>3 Week course</p> <p>Dates: 1st, 8th & 15th of March. \$100 for course or \$35 per class.</p>		<p>Thursday 1st, 8th & 15th 6:10 - 8pm</p>	
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Cooking Classes			
<p>Japanese Cooking Class</p> <p>Japanese/Macrobiotic</p> <p>28th Jan – Summer food. 18th Feb – Noodle dishes</p> <ul style="list-style-type: none"> • Please bring an apron, knife, slippers and notebook. • \$65 per class 	<p>Sunday, 28th 9:45am – 11:45 am</p>	<p>Sunday, 18th 9:45am – 11:45 am</p>	