

RADIANT SPINE & QUIET MIND

WITH KAT CLAYTON



Awaken your spine, detoxify & quiet the mind. Explore dynamic movement that will help you tone your body and nervous system, improve your posture, strengthen your core and unlock your shoulders, neck and back.



SURRY HILLS 5 MARCH | 1:30PM-3:30PM



MEMBERS: FREE | NON MEMBERS: \$55



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Book your spot at bodymindlife.com/workshops



INTRODUCTION TO ANIMAL FLOW

WITH NORMA NELSON

Explore the world of primal movements. Animal flow is a ground based practice that focuses on strength, flexibility, mobility and continuous, fluid multi-planar movement whilst staying coordinated!



SURRY HILLS 30 APRIL | 1:30PM-3:30PM



MEMBERS: FREE | NON MEMBERS: \$55



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