

The Healing Arts

Sound Journey

with

Nicole Lloyd

Sound Birth

Singing

Crystal Bowls

Day One - Sunday, 29th March at Waterwheel Gallery, Bedfordale.

Day Two - Saturday, 4th April at Minnowarra House, 24 Numulgi Street, Armadale.

The programme at Minnowarra House is designed to suit individuals and families.

Session 1.	Trendy, Healthy Pancakes with Jillian Betts	10 - 11 am
Session 2.	Jembe Drumming with Eugene McGrath	11.15am - 12.15pm
Session 3.	Creative Seeds Painting with Julie Ferns-Pheasant	12.30 - 1.30pm
Session 4.	Art of Breathing and Relaxation with Liz Reed	2 - 3pm
Session 5.	Sound Journey. Crystal Bowls with Nicole Lloyd. Sound Birth	3.15 - 4.15pm

Please arrive 15 minutes prior to Minnowarra House sessions to fill out registration form.

Sunday
March 29th
10am to 5.30pm
Waterwheel Gallery
Bedfordale

Saturday
April 4th
10am to 4.15pm
Minnowarra House
Armadale

Free event.
Book at [eventbrite.com.au](https://www.eventbrite.com.au)