

MINNAWARRA HOUSE

Women's Empowerment

Come along and address what is holding you back from being more empowered.

Start getting what you want, build your now and future life, deal with past issues that unconsciously keep you fixed in patterns of behaviour that can make you feel 'stuck'. Don't be alone.



This is your time to build your confidence and resilience, make new friends and have a good time working with Ruby-Sandra Leeder on Mondays at 9.30am to 11.30am.

Followed by free Yoga Meditation session from 12noon-1pm.

VENUE: Minnowarra House, 24 Numulgi St
DATE: Mondays, 17th February - 16th March
TIME: 9.30-11.30 am
COST: \$40 - Full Course

PH: 9497 1413