

# HEALTH & WELLNESS WEEKEND



Enjoy personal development workshops, massage, yoga, meditation, natural products, healthy food and more!

**Saturday 25<sup>th</sup> & Sunday 26<sup>th</sup> February 2012**  
**Liberty Towers, Glenelg SA**

## PRESENTER LINE-UP

**Irene Elias** – Achieving Your Dreams in 2012

**Eris Watkins** – Healthy Homes

**Sandra Scalzi** – Raw/Super food Demo

**Rebecca Dettman** – Meditation

**Helen Carmichael** – Abundance

**Heather Jolly** – Feng Shui

**Sunset Lorentzon** – BreastLogic (Breast Awareness)

**Raelene Ng** – Aromatherapy for Holistic Wellbeing

**Gail Glastonbury** – Hooked on a feeling

**Massage** – Tobias Kelly

**Yoga** – Silvia Hefti

## PACKAGE DETAILS

**1 Day package (Sat or Sun) - \$175**

**Includes:** All workshops and group sessions, morning tea, lunch, afternoon tea, drinks, coffee & tea + gift bag. \*

**Weekend package - \$320**

**Includes:** All workshops, yoga, meditation and massage, morning tea, lunch, afternoon tea, drinks, coffee & tea + gift bag.

*\*Saturday includes mini-massage, Sunday includes yoga session*

For more info contact Melissa 0421 996 983 or [contact@soul-enterprises.com](mailto:contact@soul-enterprises.com)  
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