

# Wellness Workshop HQ 2018 Event Calendar

| Date   | Workshop  | Details   | Time & Venue   | Cost   |
|--|---|---|--|--|
| Every Wednesdays                                     | Gentle Yoga   | Fun & Flow, all ages & abilities  | 7-8.15 pm<br>At: WWHQ, Radium Plaza                              | By Donation  |
| May 31 <sup>st</sup> Thursday                        | Trauma-at-Ease Tools to Heal                                      | Victim & Survivors of Crime event by Family Dynamix   | 11 am to 12 pm<br>At: Legion, Invermere                          | Free Workshop & Lunch  |
| Sunday June 3 <sup>rd</sup> & August 5 <sup>th</sup> | Yoga, Meditation & Lunch  | Ayurvedic Lunch: Rice & moong daal Khichadi, with tomato/dates chutney, rice pudding.   | 11 am to 2 pm<br>At: WWHQ, Radium Plaza                          | \$ 35 by May 31 <sup>st</sup><br>\$45 thereafter   |
| June 19 <sup>th</sup> Tuesday                        | Laughter Yoga   | Happiest workout to remedy fatigue, depression, loneliness, anxieties, aches and pains  | 7-8 pm<br>At: Rockies College, Invermere                         | \$20 + GST   |
| June 28 <sup>th</sup> Thursday                       | Creating a Personalized Vision Board                              | Bring clarity and focus on specific life goals, and attract what you want in life   | 7-8 pm<br>At: Rockies College, Invermere                         | \$49 + GST   |
| Choose Your Start Date                               | Mind-Body Balance & Cleanse<br>The Ayurvedic Way. 8 Weeks Program | Find your Dosha type & foods to eat (breakfast, lunch dinner recipes provided) to heal your gut, gain radiant skin & energy. 1 hr/week session. Private 1-on-1 & Small groups           | Flexi times to suit your availability.<br>At: WWHQ, Radium Plaza | Private: \$75/week<br>Or \$480 upfront (Saving \$120)<br>Book as a group of 4+ \$45/week/person or \$300 upfront (Saving extra \$60) |
| Sunday July 8 <sup>th</sup> & Sept 2 <sup>th</sup>   | Yoga, Meditation & Lunch  | Ayurvedic Lunch: Idli- Small savoury cakes (rice+ white lentil batter fermented, and steamed), Sambar (toor daal cooked with vegetables & tamarind), fresh coconut & coriander chutney. | 11 am to 2 pm<br>At: WWHQ, Radium Plaza                          | \$ 35 by June 30 <sup>th</sup><br>\$45 thereafter  |
| Aug 23 <sup>rd</sup> Thursday                        | Laughter Yoga   | Happiest workout to remedy fatigue, depression, loneliness, anxieties, aches and pains  | 7-8 pm, Rockies College, Invermere                               | \$20 + GST   |

## Questions? Booking?

**Call/text: (778) 316 – 6371**

**Facilitator: Purnima**

**Email: [purnima@wellnessworkshophq.com](mailto:purnima@wellnessworkshophq.com)**

**[www.wellnessworkshophq.com](http://www.wellnessworkshophq.com)**