



TEACHER'S  
*wellness*  
CONVENTION

*A day to celebrate all our unsung heroes*

WORKSHOPS WILL INCLUDE:



YOGA AND DANCE



HEALTH, NUTRITION  
& DIET



MEDITATION AND  
STRESS MANAGEMENT



HEALING MASSAGE  
TREATMENTS

BENEFITS WILL INCLUDE:

**PRACTICAL** tools to manage stress. **KNOWLEDGE** on how to improve health & well-being. **FEELING** relaxed, revitalised and inspired.

EVENT DETAILS:

**DATE:** Saturday 27th May 2017 **TIME:** 9am – 4pm

**VENUE:** Observatory Community Centre **COST:** R150

**TICKETS INCLUDE:** Workshops, Massage, Lunch, Snacks & Goodie bags.

*THERE WILL ALSO BE A MARKET AREA WITH WELLNESS GOODS FOR SALE.*

For more information please contact [info@earthchildproject.org](mailto:info@earthchildproject.org) / 0828498230



INVOLVED

TRUWORTHS