

MEDITATION WORKSHOP

MON 19TH JULY

@ SOMA PILATES & YOGA STUDIO WITH

\$ 40⁰⁰ [CASH ONLY]

🕒 7-9 PM

MINDFULNESS MEDITATION TECHNIQUES EXPLAINED
IN SIMPLE, UNPRETENTIOUS WAY

INCLUDES TAKE HOME MATERIAL
PLEASE BRING A PILLOW AND BLANKET
WEAR COMFORTABLE CLOTHING

ELISE WATTS, BBSC. PSYCH.
PILATES & YOGA PRACTITIONER, PT
HOLISTIC WELLNESS INTUITIVE & SPIRITUAL COUNSELLOR

Elise is an intuitive healer and psychic specialising in holistic wellness and mind-body-soul vitality. Elise has training in pilates, yoga, psychology and hypnosis, kinesiology, meditation and personal training. A former athlete, Elise owns Soma Pilates & Yoga Studio in St Kilda and is the author and presenter of Pilates for Weight Loss Book and DVD, released internationally July 2010.

