

FRIDAY 6 MAY 2022

# MOTHERS' DAY WELLNESS MORNING

Join **WIZO MALKA** for their **MOTHERS DAY launch** event, come and join us for a "wellness morning" featuring a workout session, a Yoga Nidra, an aromatherapist specialising in sleep followed by indulging in delicious, yet nutritious treats.

## NATALIE SHOSTAK

Nat has enjoyed fitness and recreational running for over 10 years. She has recently turned that passion into a career, gaining a Cert 3 and Cert 4 in PT at the AIF. Get ready for an energising 20 minute workout! Nat is also a Malka WIZO member.

## TANYA LEVY

Welcome to Tanya's sublime rejuvenation and restoration session. Indulge your body, mind and spirit with 15 minutes of gentle yoga to centre and ground yourself for the day ahead. This will be followed by 10 minutes of Yoga Nidra to enhance integration of the morning's activities as well as resting your mind, body and soul. This guided meditation will promote the flow of energy and calm the emotions.

## SIMONE REITBERGER

Simmi, an aromatherapist has over 30 years experience as a qualified Clinical Aromatherapist and Educator. Her aromatherapy lifestyle masterclasses are engaging and fun, offering practical ways to learn more about how to use aromatherapy and essential oils safely and effectively. With her unique style, Simmi will concentrate on blends to help with sleep.

## DELIA BARON AND RONNIT HOPPE

Delia and Ronnit from "Better Together Kitchen" are thrilled to be making some yummy treats for you for Mother's Day



<b>DATE</b>	Friday 6th May
<b>TIME</b>	10:30am - 12:30am
<b>VENUE</b>	To Be confirmed upon booking
<b>RSVP</b>	<a href="https://wizovic.secure.force.com/U/600000000KJAV">https://wizovic.secure.force.com/U/600000000KJAV</a>
<b>COST</b>	WIZO Members free - Non Members \$55 which entitles you to a 1 year WIZO membership

Don't forget to bring  
your yoga mat and bottle  
of water



All money raised goes towards disadvantaged people in Israel under WIZO's care

Transforming lives, together.



WOMEN'S INTERNATIONAL  
ZIONIST ORGANISATION

Stay connected

  @WIZOVicMalka

[wizovic.org.au](https://wizovic.org.au)