

Natural Health and Wellness Classes 2017 - Gold Coast

Confirm your attendance: Berit Munro 0431 312 090 mydoterra@bigpond.com

LOCATIONS: @HOME, Pimpama [address will be given on booking]
 QCWA Hall Oxenford, 161 Maudsland Road, Oxenford
 Nerang Bicentennial Community Centre, 833 Southport-Nerang Road, Nerang opp.

| Month | Date | Time | Location | Topic |
|-------|------|----------------|---------------------------------|---|
| May | 24 | 12.30 – 2.30pm | SoulCentre, Southport | This Year Best You – Get it right to be well – and it all starts in the GUT!! |
| May | 27 | 2 -4pm | Pimpama | Cooking with Essential Oils – gluten free and vegan |
| May | 31 | 4 – 5.30pm | Perth | Essentials Oils 101 |
| June | 5 | 11 – 12.30pm | | Medicine Cabinet Makeover https://tinyurl.com/lxxo486 |
| June | 5 | 6.30 – 8.30pm | Singapore doTERRA Office | A Good Gut workshop https://tinyurl.com/jvt5g4n |
| June | 6 | 11 – 12.30pm | Lavender and Frankincense Rooms | How to Get your Oils for Free https://tinyurl.com/mv3hrvs |
| June | 7 | 11.12.30pm | | Medicine Cabinet Makeover https://tinyurl.com/l8esg35 |
| June | 8 | 11 – 12.30pm | | Emotions, Moods and Cranky Bits https://tinyurl.com/lbls79u |
| June | 9 | 11 – 12.30pm | Singapore | Women's Health |
| June | 14 | 10 – 11.30am | Pimpama \$10 | Awesome Kids – how to help your spirited child enjoy life and create harmony for the family. Take home roller bottles for your kids 😊 |
| June | 14 | 6.30 – 8.30pm | Nerang \$5 | Boost your Immune System – Winter Wellness |
| June | 15 | 10 -11.30am | Pimpama | Essential Oils – Natural Solutions in the Modern World – Get Ready for Winter |
| June | 16 | 11 – 2pm | Pimpama \$25 Limited spaces | Let's do Lunch – using essential oils to flavour hack your food to luscious deliciousness |
| June | 17 | 2 – 5pm | Pimpama \$20 | Pamper Day – from head to toes – make & take and trials – essential oil beautification – DIY on Yourself |
| June | 20 | 7 – 8.30pm | Pimpama FREE | Essential Oils – Natural Solutions in the Modern World – the 'How To' for our Top 10 oils – perfect for beginners and as a refresher for those who've used oils for a while |
| June | 21 | 7 – 10pm | Beenleigh \$15 | John Overbeek Business Training |
| June | 24 | 2 – 5pm | Oxenford \$39 | GUT HEALTH – Get it right to be well – an amazing time of meditation, information, education, inspiration and cacao treats ☘ |
| June | 25 | 9.30 – 5pm | Oxenford \$180 | Aromatouch Certification Course – full day of instructions & Blissology; |

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| July | 12 | 6.30 - 8.30pm | Nerang |
| August | 9 | 6.30 - 8.30pm | Nerang |
| September | 13 | 6.30 - 8.30pm | Nerang |
| October | 11 | 6.30 – 8.30pm | Nerang |
| October | 28 | 10am – 12.30pm | Nerang |
| November | 8 | 6.30 – 8.30pm | Nerang \$TBA |
| December | 9 | 10am – 12.30pm | Nerang |

**course material and oil kit included.
No previous experience required.**

**Essential Oils and Reflexology –
Immune Strengthening
Rest and Manage Stress –
the importance of sleep
Get back your Flow with Aromatic
Chakra Balancing
Global Convention Recap**

**Discovery Day – browse our expo, get
your questions answered by our oil
experts, sample oil infused food,
mingle with other oil enthusiasts and
listen to great inspirational speakers
on a variety of topics.**

**Let's get ready for Christmas – gifts
to make & take, eat & drink
AromaBingo – last class for 2017;
Aromatic Games & Santa Fun**