



## Elemental Focusing Wheel

An unfolding movement medicine wheel that reconnects to the body's capacity for healing, growth and delight

### 1.25 HR COME-AND-TRY SESSIONS

casual class \$20, four-sessions \$75

### FRIDAY MORNINGS @ THE GAP

Studio Lunar (location given with booking)

Bookings essential

Babes-in-arms welcome

16 OCT 9:30am

30 OCT 9:30am

20 NOV 9:30am

4 DEC 9:30am

### FRIDAY EVENINGS @ BARDON

Bardon Counselling Centre (downstairs)

151 Boundary Road, Bardon

Bookings requested

9 OCT 6:30pm + 8:15pm

23 OCT 6:30pm + 8:15pm

27 NOV 6:30pm + 8:15pm

11 DEC 7:30pm

A delicious inner-directed movement practise with breathwork and deep listening.

*This is the first time I've felt present in my body... in my self...for a long time. I was able to accept all parts of myself more'. Kirsten (participant)*

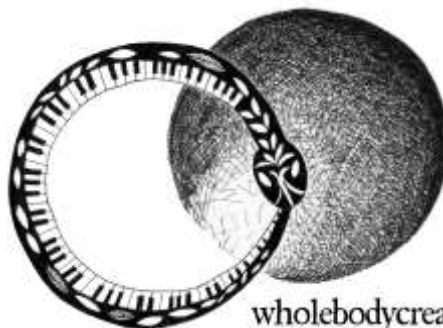
Come home to your Whole Being.  
Nurture, restore and play.

Led by Lynette Lancini of  
Wholebody Creative Change

### CONTACT

0401 401 502

[lynette@wholebodycreativechange.com](mailto:lynette@wholebodycreativechange.com)



[wholebodycreativechange.com](http://wholebodycreativechange.com)