

# WELLNESS WEEKENDER

PRESENTED BY:  
DUNNART CENTRE & RAVENSTHORPE CRC

**MARCH 21 & 22, 2020**  
**RAVENSTHORPE COMMUNITY CENTRE**

A weekend of nourishment for the mind, body & soul



# PROGRAM FLOW

SATURDAY SOOTHER - MARCH 21, 2020

8.00

## Welcome & Registration

Ravensthorpe Town Hall

### Session 1

8.30

## Opening Flow

Rejuvenating yoga practice with The Swan Effect (no experience required)

Ravensthorpe Town Hall

### Session 2

9.30

## Loving Your Gut

Donna Dransfield and Debbie Pym, Two Birds in the Bush

Ravensthorpe Town Hall

## Your Wealth Wellness

Tamara Virgo, TV Financial

CRC Conference Room

### Session 3

11.15

**Taming the Yeast Beast:  
Ferment Coconut Yoghurt**

Debbie Pym, Naturopath  
Ravensthorpe Town Hall

**Photography for Fun:  
All Devices**

Lata Wright, Photographer  
Senior Citizens Building

**A Beginner's Guide to  
Environmental Wellness**

Donna Higgins, Hopetoun CRC  
CRC Conference Room

**A Taste of  
Ceramics**

Pottery with Cat Tink  
Dunnart Shudio

**Flora Rosa Sister Circle:  
Intention Setting**

Tanita Nagle  
Flora Rosa Room

12.30

## Pop Up Picnic in the Park by Gourmet Grazers

Jubilee Park

### Session 4

1.30

**Food as  
Medicine**

Donna Dransfield, Herbalist  
The Blue Room

**The Healing Power  
of Art**

Lata Wright, Art Therapist  
RCC Front Room

**Creative Writing  
Workshop**

Southern Scribes  
CRC Conference Room

**A Taste of  
Ceramics**

Pottery with Cat Tink  
Dunnart Shudio

**Highland Hustle:  
Scottish Dance Workout**

Lyndsey Unwin  
Ravensthorpe Town Hall

### Session 5

3.30

## Closing Meditation & Mindfulness

Stretching, pranayama & meditation with The Swan Effect

Ravensthorpe Town Hall

Activities in pink are available to full-weekender or full-day ticketholders only

## STRONG SUNDAY - MARCH 22, 2020

8.00 - 8.30

### Strong Sunday Registrations

Ravensthorpe Oval and Red Room

### Strong Sunday Starter Session

Select your intensity (low-high):

**Session 1**  
8.30

**Art & Motion**

Lata Wright

Senior Citizens Building

**Mobifit Tai Chi**

Alison Bell

REC Upstairs

**Highland Hustle**

Lyndsey Unwin

Netball Courts

**FarBar Fitness**

Sheryl Waters

Ravensthorpe Oval

**Mishion Fitness**

Michelle Langley

Ravensthorpe Oval

9.30

### Breathtaking Brunch by Dunnart Centre

The Red Room, Ravensthorpe Community Centre

**Session 2**  
11.00

**Happy Healthy  
Hormones**

Donna Dransfield and Debbie Pym, Two Birds in the Bush

The Blue Room, Ravensthorpe Community Centre

**Make & Take: Low Tox  
Cleaning Products**

Amy Serbert, Young Living

CRC Conference Room

**A Taste of  
Ceramics**

Pottery with Cat Tink

Dunnart Shudio

**Macrame Clutch  
Workshop**

(double session)

Tamara Kuiper

Apple Pie Homemade

**Session 3**  
12.30

**Managing  
Menopause**

Debbie Pym, Naturopath

The Blue Room

**MYO Detox  
Salt Scrubs**

Donna Dransfield, Herbalist

RCC Front Room

**Recognising & Reducing  
Stress**

Jeanette Denham

CRC Conference Room

**Flora Rosa Sister Circle:  
Crystal Mandala Creating**

Tanita Nagle

Flora Rosa Room

Ravensthorpe Town Hall

2.30

### Lavish Late Lunch by Gourmet Grazers

The Red Room, Ravensthorpe Community Centre

**Session 4**  
3.30

### Drumming for the Soul

Esperance Drumming Group

The Blue Room, Ravensthorpe Community Centre

## TICKET OPTIONS

WELLNESS WEEKENDER - \$200

SATURDAY SOOTHER - \$150

STRONG SUNDAY - \$125

INDIVIDUAL WORKSHOPS - VISIT

[HTTPS://EVENTS.HUMANITIX.COM.AU/TOURS/WELLNESS-WEEKENDER](https://events.humanitix.com.au/tours/wellness-weekender)

## FIND OUT MORE

Contact Ravensthorpe CRC:

[ravensthorpe@crc.net.au](mailto:ravensthorpe@crc.net.au)

(08) 9838 1340

[www.ravensthorpe.crc.net.au](http://www.ravensthorpe.crc.net.au)

## BOOK TICKETS

Search 'Wellness Weekender' at  
Humanitix

[https://events.humanitix.com.au/  
tours/wellness-weekender](https://events.humanitix.com.au/tours/wellness-weekender)

## SHARE THE LOVE

#wellnessweekender

Join & share the event on facebook  
Bring a friend



## TICKET INFO

### Wellness Weekender

\$200+bf on sale Feb 12

The full, 2-day program including:  
Up to 9 different presentations or workshops  
PLUS giftpack, smoothie station,  
morning & afternoon tea, Pop Up Picnic,  
Breathtaking Brunch and Lavish Late Lunch.

### Saturday Soother

\$150+bf on sale Feb 24

The full Saturday program including:  
Up to 5 different presentations or workshops  
PLUS giftpack, smoothie station, morning &  
afternoon tea & Pop Up Picnic.

### Strong Sunday

\$125+bf on sale Feb 24

The full Sunday program including:  
Up to 4 different presentations or workshops  
PLUS smoothie station, Breathtaking Brunch  
and Lavish Late Lunch.

### Individual Workshops & Presentations

Prices vary, on sale March 6

PENDING AVAILABILITY

Visit

<https://events.humanitix.com.au/tours/wellness-weekender>

## THANK YOU TO OUR SPONSORS



Ravensthorpe  
Community Resource Centre



RAVENSTHORPE REGIONAL ARTS COUNCIL



Ravensthorpe WA



RAVENSTHORPE  
COMMUNITY CENTRE



Good people to know.



Ravensthorpe  
Agricultural  
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