

UPCOMING *Workshops*



Women's Self Defence

Build more confidence and awareness, develop resilience, avoid panic attacks, explore self-defence tactics with Japan certified Master Karate instructor.

2 class program - 2nd class
Thursday 6 March 6.30pm - 8.00pm

Cost: \$80 registration fee, fully refundable upon class attendance

Sat

1

MARCH
1.00PM-
2.30PM



Hinamatsuri - Japanese Spring Cuisine Cooking Masterclass

During IWD week, celebrate Hinamatsuri - an annual Japanese festival which celebrates the healthy growth and happiness of all girls.

Cook sushi rolls, Hina-arare rice cakes and Clam soup in this hands on class.

Cost: \$85

Mon

3

MARCH
6.00PM -
8.00PM



Yoga - Reflection and Grounding through change

Join us for a session of yoga and it's restorative practices. This gathering will provide an opportunity to connect, share experiences, and celebrate International Women's Day.

No prior yoga experience is necessary.

Cost: \$50

Sun

16

MARCH
2.00PM -
4.30PM



Sri Lankan Cooking

Experience the wonderful tastes, smells and sounds of Sri Lankan cooking. In this class you will learn how to make a beef curry with potato and beans, Brinjal pahie and yellow rice as well as a Chicken curry with potato theldala (fried) brinjal moju. Afterwards, you'll sit down and enjoy a Sri Lankan feast!

Cost: \$ 90

Mon

17

MARCH
6.00PM -
8.30PM



Yoga - Nourish your light within

We invite you to join us for a peaceful few hours where we will explore yoga and its nurturing practices. Offering a space to chat, connect and share in our experiences and wisdom and honour our resilience and inner strength.

No previous yoga experience is required.

Cost: \$50

Sun

15

JUNE
2.00PM -
4.30PM



Japanese Southern Cuisine Cooking Masterclass

Kyushu (Japan's southern most island) is a treasure trove of natural ingredients. In this hands on class you will cook Chicken Nanban, Corn Rice and Miso Soup

Cost: \$85

Sat

28

JUNE
11.00AM -
1.00PM

SECURE
YOUR
PLACE

SCAN ME!



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