

Estelle is a certified health and life coach, yoga teacher and energy healer, her meditation workshops aim to bring relaxation to the mind, body and soul



Meditation - Wednesdays at the Centre
4 week workshop 4 - 25 June 2025

10.15am to 11.00am, Members \$52

**All bookings & enquires please call
9730 2887 or email ygdllc@bigpond.com
www.yarraglen.com/livingandlearning**

