

HEALTHY DARWIN

Short Courses and Workshops 2023/24 Wet Season

Wellness Wednesday Workshop

**Icebath, Percussion, Acupressure,
Breathwork & Trigger Point**

04/10/2023 - 27/12/2023

Breathe, Awaken, Mobilise, Massage and Bodywork!

Come learn & experience the amazing benefits of percussion, acupressure, mobility, breathwork and Ice baths. You will be guided through each recovery strategy and feel great at the end

Bring a friend or partner to share the experience

Towels are provided!
BYO Water bottle & Swimmers

Wednesdays

5:30 pm - 6:30 pm

Lyons Community Centre

25 Damabila Dr Lyons NT 0810

Bookings required!

Contact Darwin Chill Recovery

P - 0481 311 987

E - DarwinChillRecovery@gmail.com

W - www.darwinchillrecovery.com

Only \$10 per session!

To find out more about the activity,
contact the instructor directly.

Follow [Healthy Darwin](#) on Facebook



To find out more...

08 8930 0300

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