

PEACE & EASE IN 2025



Eve Grzybowski & Julie Spicer invite you to start 2025 with a week of meditation, asana, breath work & other reflective practices. This annual course delivers a state of calm and well-being that is contagious. Because we are sharing them in community, it strengthens their effect.



6-10 JANUARY 6.15-8.30AM

Community Hall
1179 Manning Point Rd
Mitchells Island

\$150PP



Bank transfer to Eve Grzybowski
BSB 923100 ACCT 810717368

JULIE 0427 408 348
EVE 0414 555 881