

# Release Your Stress - Timetable 2016

Contact: Penny Cooper - 0407 789 745

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Web: www.releaseyourstress.com.au



Monday	Tuesday	Wednesday
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## MORNING

Guided Meditation 9:30am - 10:30am	Stretch & Relaxation 11:00am - 12:00am	Guided Meditation 9:30am - 10:30am
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## EVENING

Guided Meditation 9:30am - 10:30am	Stretch & Relaxation 6:30pm - 7:30pm	Guided Meditation 9:30am - 10:30am
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**All Classes \$15**  
178 Waterloo Street,  
Cleveland.  
**Please book!**  
**0407789745**

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**Law of Attraction Personal Growth Life Coaching** - I help people who have lost their way and guide them to a healthy, happy future, with a positive outlook on life. Contact me to book your *FREE 1 hour initial consultation* **0407 789 745**

**Shiatsu Massge Neck & Shoulders** - You really need to experience this, your tension will just melt away. \$20 - approx 30mins. Contact me to book - **0407 789 745**