



Nature Care College

DISCOVERY DAY

SATURDAY 9TH FEBRUARY, A DAY OF WORKSHOPS & HOLISTIC TALKS



12PM
THE ART & SCIENCE OF RELAXATION THERAPY

DR JUDY LOVAS
KEYNOTE SPEAKER

In this captivating workshop Dr Judy Lovas explores the role of relaxation therapy for chronic conditions

Learn about links between nervous, endocrine and immune systems and molecular changes during relaxation. Hear about mind body implications of relaxation therapy for chronic conditions such as anxiety, depression and pain in this unique keynote speaker talk.

Reserve your place today!

FESTIVAL OF FREE HOLISTIC WORKSHOPS

11AM-12PM
HERBS FOR MOOD CONTROL & MENTAL CLARITY
WORKSHOP WITH SUE HOLLY

11AM-12PM
AROMATHERAPY AT HOME
WORKSHOP WITH VARA MARANDA

12PM-1PM
THE ART & SCIENCE OF RELAXATION THERAPY
WORKSHOP WITH DR JUDY LOVAS

Whether you are after a rewarding career or looking to grow, Nature Care College provides you with the opportunity to pursue your passions with like-minded people

DISCOVERY DAY SCHEDULE

ROOM		1:15pm - 1:45pm	2:00pm - 2:30pm	2:45pm - 3:15pm	3:30pm - 4:00pm
LEVEL 2	2A	NATURAL MEDICINE + TRADITIONAL PRACTICES Naturopathy, Herbal Medicine, Homoeopathy	HOLISTIC WELLNESS COACHING How we think, feel & engage with the world affects our overall health	HOLISTIC FOOD & NUTRITION COURSES Explore the healing powers of food & good nutrition	WHOLEFOOD & PLANT-BASED NUTRITION Eating with a lighter footprint makes for a sustainable future & a joyful way of living
	2C	REIKI Become a Reiki Master	AYURVEDA & YOGA Two Ancient Traditions to Achieve Optimal Health	ENERGETIC HEALTH Bring your body systems back into balance	MEDITATION Learn to Facilitate Meditation Classes
	2D	AROMATHERAPY Discover the amazing properties of essential oils	REFLEXOLOGY Heal Through Feet & Hands	MASSAGE THERAPY The work will change you and the practice fulfil you	ASTROLOGY Pursue your passion for Astrology
COURSE ADVISORS GROUND FLOOR 12PM - 4PM					

PROMO Enrol in a Professional Training Qualification for Term 1 on or before Discovery Day & receive a discount of \$95!