


Bayside Breathing


look at our website for dates.

Take the time to relax and reflect on how this year has challenged us and helped us grow.

Together with the Bayside environment, a small group will have the luxury of exploring the many elements of a mindful pause. Opportunities for experiential moments in nature will be facilitated through creative arts within the nurturing environment. Our experienced staff will hold space to build connections with self and our surroundings. You will leave with a zest only the ocean air can bring as well as a lovely hand created earthly piece of art.

 0428 1221 00 Michelle

 **Bayside location**

 info@flyingchangesdc.com.au



Suitable for all participants.

NDIS plan or self managed participants welcomed.
Qualified Staff with a compassionate and understanding awareness of individualised needs.