



MEET YOU IN MAY! :What is Arts Therapy? Book into a workshop and join in.

Workshops are FREE for the month of May 2025! Visit www.youtheartist.com.au, email helen@youtheartist.com.au, or call/txt Helen on 0439 822 830 to find out more.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAY 12/ MORNING, 10-12 <i>Abundance Consciousness Workshop</i>	13/	MAY 14/ EVENING, 6.30-7.30 <i>Gratitude Challenge mini- Workshop #1*</i>	15/	16/	17/	MAY 18/ MIDDAY, 12-2 <i>Abundance Consciousness Workshop</i>
19/	MAY 20/ MORNING, 10-12 <i>Movement Meditation Workshop</i>	MAY 21/ MORNING, 10-12 <i>Who Am I? Workshop</i> EVENING, 6.30-7.30 <i>Gratitude Challenge mini- Workshop #2*</i>	MAY 22/ MIDDAY, 12-2 <i>Movement Meditation Workshop</i>	23/	24/	25/
MAY 26/ MORNING, 10-12 <i>Who Am I? Workshop</i>	MAY 27/ MORNING, 10-12 <i>Layers of My Life Workshop</i>	MAY 28/ EVENING, 6.30-7.30 <i>Gratitude Challenge mini- Workshop #3*</i>	MAY 29/ MORNING, 10-12 <i>Layers of My Life Workshop</i>	30/		

* Gratitude Challenge mini-Workshop can be attended as a series or singly.