



Plus Bonus - 2 x Wellness Workshops:



3 Unique Wellness Workshops facilitated by Back to Life Studio's founder Natalie Watson.

1. Finding purpose and meaning after a significant life event. Part 1

1.5hrs

2. An Introduction to TRE - Trauma Tension & Stress Release Exercises.

1.5hrs

3. The Special needs parent's guide to the universe. Part 1

1.5hrs.

Visit this link to learn more about these workshops.

<https://www.backtolifestudio.com.au/wellness-workshops/>

