



Phone: 4342 5905

Email: pwhc@cccwhc.com.au
20A McMasters Road, Woy Woy 2256

Wot's on

Woy Woy

TUESDAY

MUMS & BUBS YOGA-with Carolyn from Umina Beach Yoga

4 weeks of Yoga and Meditation for Mums with young Bub's (pre-crawling) – focus on abdominal and pelvic floor strength, opening the chest and upper back and lots of breathing. Each class finishes with a long, deep relaxation. A friendly, supportive environment, regaining a connection with self and deepening the connection with your baby.

Time: 9.30am-10.30am

Dates: Tuesday 16th Oct to 6th Nov & 20th Nov to 11th Dec

Cost: FREE however \$5:00 donation appreciated.

Bookings: 4342 5905

KI YOGA – with Astrid

Ki Yoga is form of Japanese yoga based on the 5 elements theory and meridians of the body. Each season influences the way our body's open and contract bringing about a holistic yoga focus.

Mainly floor work to engage and support our lower backs and core. We will focus on women's health, vitality and harmony. Achieving strong bodies & strong mind.

Time: 11.00am – 12.00pm

Dates: 16th Oct to 4th Dec

Cost: Private Group - \$10pp

Bookings: 4342 5905

CONNECTING WITH YOUR BREATH MEDITATION – with Catherine Martire-Wright

Find the stillness within and reap the benefits that meditation has to offer. Our wonderful facilitator, Catherine Martire-Wright, will guide you through an hour of connecting to your breath, which will leave you feeling more grounded, connected, peaceful, relaxed and rejuvenated

Time: 10.00am-11.00am

Dates: 16th Oct to 4th Dec

Cost: Private Group \$10pp

Bookings: 4342 5905

WEDNESDAY

WRAP WITH LOVE

A social morning with charity group knitting wraps for local and overseas communities in need.

Time: 9.30am-11.00am

Dates: 3rd Oct and 1st Nov

Cost: Gold Coin Donation

Bookings: 4342 5905

BOOK CLUB

Social morning sharing the books you love

Time: 9.30am-11.00am

Dates: 10th Oct and 8th Nov

Cost: Gold Coin Donation

Bookings: 4342 5905

CARD MAKING – with Maggie

Time: 9.30am-11.00am

Dates: 17th Oct and 15th Nov

Cost: \$5pp for materials

Bookings: 4342 5905

HAPPINESS DOLLS – with Rachel Bunney

"We get so caught up in doing we forget to be, We hear so much form the outside we forget to listen, We think others must know we forget to believe, We forget our wise woman, she is waiting."

In this series you will create your own doll to represent your inner self, your truth, your spirit, your intuition so you can be reminded of and reclaim yourself.

You will receive a basic doll in various colours, flat pack patterns and materials for hair, clothes and decoration. No sewing experience is required.

Time: 9.30am-11.00am

Dates: 24th Oct and 22nd Nov

Cost: Private Group \$10pp

Bookings: 4342 5905

WOMEN'S SHARING CIRCLE – with Rut

How often do we feel isolated and alone on our daily life and challenging experiences? This class is offering a safe space to establish the ability to deeply listen to others and share your feelings that are currently present at the time. You can share as much or little as you are comfortable whilst you can feel the support of everyone in the circle and the intention is to gain the understanding that life is everything and we can have the capacity and ability to go through so much more than we think we can.

This class is to support building community and also practice simple and effective techniques of breath and meditation.

Time: 11.30am-12.30pm

Dates: 7th Nov and 5th Dec

Cost: Private Group \$10pp

Bookings: 4342 5905



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PREGNANCY YOGA – with Rut

This nurturing and strengthen class is for any stage of pregnancy, if you wish to prepare for pregnancy, have difficulty falling pregnant or simply wish to connect more to yourself as a woman and mother. Yoga, Meditation, Relaxation and fun aspects like dance are all part of this session.

Time: 11.30am-12.30pm

Dates: 17th Oct, 24th Oct, 31st Oct,
14th Nov, 21st Nov and 12th Dec

Cost: Private Group \$10pp

Bookings: 4342 5905

RESTORATIVE YOGA – with Rut

This course will offer a therapeutical application of Yoga and Meditation to raise vitality, rebuild your health and mental wellbeing. The intent is to strengthen self - efficacy, reconditioning the nervous system, balance the glandular system and to feel connected to yourself.

Relaxation will be a vital part of the practice along with movement, posture, breath work, hand positions and sound. You will gain a better understanding of your breath and how to be at ease to sit, stand and walk. Each week will include an optional home practice to gain valuable tools and techniques to support yourself on a daily basis in your own home environment.

No prior yoga experience is necessary. A chair can be provided.

Time: 11.30am-12.30pm

Dates: 17th Oct to 12th Dec (except
28th Nov)

Cost: Private Group \$15pp

Bookings: 4342 5905

THURSDAY

SURVIVING TO THRIVING – with Karina

A 7 session group about surviving Domestic Violence, supporting women to regain power, choice and healing.

Time: 10.00am-12.00pm

Dates: 25th Oct to 6th Dec

Cost: \$5 Donation

Bookings: 4342 5905

Childcare is available

ART OF SELF-COMPASSION – with Liz McCarthy

Time: 1.00pm – 2.30pm

Dates: 18th Oct to 15th Nov and 6th
Dec to 20th Dec

Cost: Private Group \$15pp

Bookings: 4342 5905

FRIDAY

MINDFULNESS MEDITATION – with Catherine Martire-Wright

Come along and learn the 5 core components of Mindfulness, and how to meditate.

Discover which formal and informal mindfulness activities suit you and your lifestyle. Every week you will work with a new unit to help you break those old self-defeating habits that keep you stuck. If you suffer from stress, anxiety, negative self-talk, book in and boost your happiness, resilience, and vitality. Please feel free to bring your own yoga mat and cushion

Time: 9.30am-12.00pm

Dates: 19th Oct to 7th Dec

Cost: Private Group \$10pp

Bookings: 4342 5905

WALKING GROUP

Please contact us on 4342 5905 to obtain a comprehensive program of each week's planned walk

Time: 9.30am-11.00am

Dates: 5th Oct to 23rd Nov

Cost: \$3 donation per session is appreciated. Plus extra \$2 suggested to be a passenger in the carpool

SATURDAY

YOGA – with Gail

This is a private group. Please bring your own yoga mat and wear comfortable clothing.

Time: 9.00am – 10.15am

Dates: 13th Oct to 15th Dec

Cost: Private Group \$10pp

Bookings: 0422 052 346

OTHER SERVICES

MASSAGE – with Debbie

Debbie is a qualified massage therapist offering a variety of techniques.

Dates: Tuesday and Friday

Cost: \$50 or \$45 (Healthcare Card / Concession)

Bookings: 4369-1213 or 0407 522 369

ACUPUNCTURE – with Mei Lan

Mei Lan is an accredited member of the Australian Traditional Chinese Medicine Association.

Dates: Tuesday and Friday

Cost: \$45 (30 mins)

Bookings: 0414 899 386



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OTHER SERVICES

LOMI LOMI – with Jen

Lomi Lomi is a massage technique derived from the ancient Polynesians which works gently, yet deeply, on the muscles by using continuous flowing strokes. This massage is designed to totally nurture and relax the body, allowing you to let go and simple be.

Time: 11.30am-12.30pm

Dates: 4th Oct, 17th Oct, 24th Oct, 31st Oct, 7th Nov, 14th Nov, 21st Nov & 28th Nov

Cost: \$25pp (1hr)

Bookings: 4342 5905

WELL BEING COACHING – with Catherine Martire-Wright

Catherine is a qualified Lifestyle, Food and Wellness Coach providing FREE 20 min sessions for those who are wanting to uncover the lifestyle choices are holding them back from reaching their full potential. Catherine will work with you to develop strategies and understand patterns by using the resources that you already have, allowing you to move forward from that point. Available Tuesday's 11.00am-12.30pm
NB: Catherine does not diagnose, prescribe or suggest supplements.

Time: 11.00am-12.30pm

Dates: Tuesdays

Cost: Free

Bookings: 4342 5905

WELL WOMEN'S CLINIC

Services include: pap smears, STI checks, pregnancy testing and pregnancy counselling, consultations on menopause. Advice on HRT, contraception, PMT, sexual difficulties, menstrual, domestic violence.
Free and confidential services. Appointments essential.

Dates: First three Wednesday's of the month (not in school holidays)

Cost: FREE – donation appreciated

Bookings: 4367 9600

To view the “Wot's On” program for all three Centre's or to register as a member of our organisation, please go to our website

www.cccwhc.com.au