

Nan Tien's

Health & Wellbeing Market

What's on..... Saturday, March 2, 9:30am-2:30pm

Cash only
Event

Free drop-in workshops

9:30am – Guided Meditation/Workshop

11:00am – Tai Chi Demonstration (feel free to join in!)

12:00pm – Sing along with “The Swingaleles” Ukulele group

9:30-2:30pm -Tea Meditation for calmness and subtlety of flavour

9:30-2:30pm - Children’s art classes to foster creativity

Stalls

Fresh organic produce

Original artworks

Quality handmade wares including
woodwork and jewellery

Natural health remedies

Vegan delights and refreshments

The Nan Tien Institute’s Karma Café will also be open for lunch, serving a Chinese vegetarian buffet from 11:00am - Eftpos welcome