



**Sathya Sai International Organisation
of Australia and PNG**
South Australia Region

CARE FOR YOUR BODY, MIND, SPIRIT AND LIFESTYLE WORKSHOP

Saturday, 11 June 2016
9:00 am - 4:00 pm

**Lyons Road
Community Building,
223 Lyons Road,
Dernancourt**



"The body has to be carefully and tenderly fostered; it is a precious gift, a very complicated but well co-ordinated machine, given for achieving a laudable task."

*- Divine Discourse, Sathya Sai Baba,
October 16, 1974*

Please join us for an informative and interactive day to focus on caring for yourself. It will incorporate simple daily practices from Sai Baba's teachings together with evidence based management approaches.

We have a special guest from Melbourne, Vanita Dahia, a pharmacist, naturopath and nutritionist.

All are welcome!

For more information, please contact:
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