

17HUM008: Introduction to Emotional Freedom (EFT)

Leader: Colin Carter

Tuesday 2.15 - 3.30pm (Commences 21 February for 5 weeks)

Location: MPR

EFT or "tapping" involves acknowledging an emotional problem such as stress, worry, anxiety, phobias or anger. Tapping is done on specific acupuncture energy points to retune our bodies to be resilient. When applied correctly, a quick calming effect can be experienced and the intensity of that feeling may never return.

This course is aimed at demonstrating the power of tapping and providing online resources to further study and explore the technique. Over 5 weeks we will cover self-acceptance, anxiety and worry, anger management, phobias, soft addictions, managing pain and other issues.



17EXEM26: Yoga Laughter

Leader: Martie Turner

Tuesday 1.30 – 2.00pm (Commences 7 March)

Location: Room 5

Come and have a good laugh. You don't need to be funny, just have a willingness to have fun. Yoga Laughing benefits health, lowers blood pressure and sends endorphins to give you a general sense of wellbeing. Join us for one of our most enjoyable exercise classes. Involves clapping and breathing.



17DAN020: Zumba 2

Leader: Betsy Gumma

Tuesday 3.15 – 4.15pm (Commences 14 February)

Location: Seniors Hall

This is a fun and enjoyable workout class to get your body moving and to invigorate your energy levels. Originally based on Latin and International dance rhythms, it integrates easy-to-learn routines designed to tone your body and improve your cardio fitness. *BYO drink and towel. Closed toe shoes are recommended.*



17LAN068: Italian Beginners 2

Leader: Earle Ludekens

Tuesday 9.30 – 11.00am

Location: Plato

For those who have no knowledge of the Italian language. Learn Italian in a relaxed and friendly environment. *Text will be discussed at first class.*

