

Be Inspired at the DCC Wellness Workshops

The Club in association with the Ready Set Go team has launched a wellness programme which consists of six ½ day workshops that will leave you inspired to lead your best life.

Take the challenge and change your life by attending one or all of the fun, interactive workshops hosted by knowledgeable speakers. The monthly themed workshops will take you on a journey of discovery and inspiration.

WORKSHOP 1: MAKE OVER YOUR MIND, BODY, HOME AND SOUL

Date: 14 August

Time: 09h00 – 13h00

The Ready Set Go team help you kick start an **all-over make-over**

Detail: Make-Up – Wardrobe – Photo Shoot – Décor – Giveaways – Goal Setting

Guest Speakers: Well known local image consultant, Lynne McMaster & professional make-up artist Aldytha da Silva (professional make-up artist)

WORKSHOP 2: SPRING CLEAN – DETOX - CLEANSING

Date: 11 September

Time: 09h00 – 13h00

The Ready Set Go team will get you started with the annual spring clean

Detail: Out with the Old – Give Back – Detox Plan – Clear the Clutter – Become Aware

WORKSHOP 3: LEADING A BALANCED LIFE

Date: 16 October

Time: 09h00 – 13h00

The Ready Set Go team show you how to lead a balanced life and still have fun.

Detail: Wine Tasting – Balancing Energies – Prioritizing – Meditation - Moderation

WORKSHOP 4: RE-IGNITING YOUR PASSION FOR LIFE...TRY NEW THINGS

Date: 20 November

Time: 09h00 – 13h00

The Ready Set Go team shows you how to get back your passion and try new things.

Detail: Cocktail Making – Therapy – Exercise on the Go – Summer Entertaining

WORKSHOP 5: RELAXATION GALORE

Date: 11 December

Time: 09h00 – 13h00

The Ready Set Go team shows you how to relax...get ready for the Festive season!

Detail: Learn Massage – DIY Spa – Relaxation Tools – Yoga – Relaxing Getaways

WORKSHOP 6: MIND POWER – THE WILL TO DO ANYTHING

Date: 29 January 2011

Time: 09h00 – 13h00

The Ready Set Go team show you how to get back on track and face the New Year with renewed enthusiasm.

Detail: Challenge – Visualisation – Inspiration – Special Guest Speaker

COST: R195 per workshop

BOOK FOR 1 OR ALL 6 TODAY!



in association with

