



THE CHRISTINA GHOBADI FOUNDATION
Building wellness in cancer recovery

Wellness Grants Program Ideas

Yoga classes, workshops and retreats

There are several locations that offer yoga classes, workshops and retreats for a variety of styles and skill levels. Find one in your area and discuss it with us.

The following website can help you find something near you.

www.findyoga.com.au

Pilates classes

There are several locations that offer Reformer Pilates, Core Pilates, Clinical Pilates and stretch classes. Find one in your area and discuss it with us.

Mindfulness courses and retreats

There are several venues that offer mindfulness courses and retreats. The links below are just 2 examples worth having a look at. If you find another one you are interested in please discuss it with us.

The Mindfulness Based Stress Reduction Program (MBSR) -

<http://m.claritycentre.com.au/MBSR--Stress-reduction-.html>

Mindfulness Works Australia run an Introduction to Mindfulness and Meditation – 4 Week Course

<http://mindfulnessworksaustralia.com/melbourne/>

Meditation courses and retreats

There are several venues that offer meditation courses and retreats. The links below are just 2 examples worth having a look at. . If you find another one you are interested in please discuss it with us.

Tibetan Buddhist Society runs a number of meditation retreats

<http://tibetanbuddhistsociety.org/>

The Odiyana Retreat Centre weekly meditation, yoga and chanting classes and getaways to their Gippsland Meditation Retreat Centre

www.odiyana.com.au