

A Deaf Day Retreat with Karli & Penny

Do you want to experience the similarities and differences between Pilates and Yoga?
Do you want to learn more about your body, or simply enjoy a relaxing day out?
Come along and explore mind-body wellness and happiness, whether you are male or female. Light vegetarian lunch will be provided.

Sign up for our 2nd Deaf Day Retreat, Sunday 28 March 10.30 am to 4.30pm
Where: John Pierce Centre, Spirit of the Deaf Community, 25-35 High Street, Prahran

Morning Pilates

- Tune into muscles you never know you had!
- Learn how these muscles can help you to keep your body healthy & injury-free
- Fun with Pilates equipment – balls, roller, magic circle

Afternoon Yoga

- Walking meditation
- Learn how to practice yoga asanas (postures)
- Complete your day with mind-body relaxation

Led by dynamic Deaf health professionals, all in Auslan, Karli Dettman (Yoga Instructor & Psychotherapist) and Penny Gillett (Physiotherapist & Pilates Instructor)

Only 20 spaces available. ♂ For men & women ♀
Early birds \$45 due by 15 March or \$50 by 22 March
Interested? Questions?

Contact Karli SMS: 0403 922 245 Email: ksbd@iprimus.com.au
Penny SMS: 0428291122 Email: penny@penergy.com.au

Karli and Penny are both university qualified and members of YTAA, ACA (Karli) & APA, SPA (Penny)
With much appreciation to our sponsor: DSRV

Yoga

Is a holistic (whole) approach to feeling good physically, emotionally and spiritually by practicing asanas (postures), breathing correctly, relaxation and meditation

Pilates

Learn to connect your mind with the innermost muscles of your body. Give your body the support it needs to be toned injury-free, & healthy for life



Penny Gillett
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SPECIALISING IN SPORTS PHYSIOTHERAPY AND PILATES