



Eco Therapy Adult workshops

- **Workshops 1 to 4:**

1. How to grow your veg at home - with Nadia Cassar from Gardenscapes Gardening Services.
2. Gaining more Energy & better Health eating the right foods - with Nadia Cassar.
3. Herbs, Oils & Essences for your skin. - with Dani Arnold from Gaea's Garden.
4. How to make safe & effective home-cleaning formulas in replacement for toxic home cleaning products - by Dani Arnold.

The above workshops will be held every Saturday between 9am to 1pm or 2pm to 5pm.

- **Additional workshops:**

- **Yoga or Aerial Yoga** - with Svetlana from Power Yoga World (1hr)
- **Kickboxing** - with Clarissa Xuereb (1hr)
- **Fitness** - with Hannah Martirano from Pace yourself with Hannah (1hr)
- **Tai Chi** - with Conrad Laus from Malta Chen Taijiquan Association (1 hr)
- **Wood craft** - with Marta Kurzynska from Sth from Nth (1½ hrs)
- **Wood carving, whittling or clay** - with Martin Bezzina Wettinger (1½ hrs)
- **Permaculture** - with Peppi Gauci from Bahrija Oasis (2hrs)

For group bookings choose from any of the above workshops. . Workshops for groups will be held every Saturday between 9am to 1pm or 2pm to 5pm.

For parents with kids, who would like to take part in the above workshops alone, there will be activities provided for kids while you will be carrying out your workshops.

- **Workshop 5:** Healing through Eating: with Dr. Lidia Babenko. This workshop will be held every Wednesday @ 5pm at Angka Café in Marsa. Each workshop is 1½ hrs.
 1. Eliminating Toxins & Alkalizing your body
 2. Optimum Nutrients to maintain good health
 3. Fun in the Kitchen making switch to healthy diet
 4. Natural Pharmacy in your kitchen

For more information call: 79013634 or email info@greenliving.org.mt