



# *Manaaki Wellness*

2025 Weekly Sessions - Round 1

Booking in advance **is essential** to attend the sessions. Limited spaces.

- REFLEXOLOGY - HAND & FOOT MASSAGE  
Date: **20 February 2025**  
Time: 10.30am
- ART THERAPY & MINDFULNESS  
Date: **27 February 2025**  
Time: 10.30am
- REFLEXOLOGY - HAND & FOOT MASSAGE  
Date: **06 March 2025**  
Time: 10.30am
- ART THERAPY & MINDFULNESS  
Date: **13 March 2025**  
Time: 10.30am
- REFLEXOLOGY HAND & FOOT MASSAGE  
Date: **27 March 2025**  
Time: 10.30am
- ART THERAPY & MINDFULNESS  
Date: **03 April 2025**  
Time: 10.30am
- REFLEXOLOGY HAND & FOOT MASSAGE  
Date: **10 April 2025**  
Time: 10.30am
- REFLEXOLOGY HAND & FOOT MASSAGE  
Date: **24 April 2025**  
Time: 10.30am

For bookings: 0278086498