

ARDING WELLNESS



07.01 | 6:45PM **GOAL SETTING WORKSHOP**

This high-energy, playful session will help you clarify your values, set meaningful goals, and leave with an action plan

10.01 | 9AM **SOUND BATH HEALING BOWLS**

Find your balance with a calming 45-minute sound healing session with Rose Wild.

11.1 & 25.1 | 11:15AM **SUNDAY YOGA**

A calming class focused on mindful movement and breathwork.

18.01 | 11AM **WE ARE SANCTUM**

Blending physical intensity with mindful euphoria, guiding you to release and renew..

ARDING WELLNESS



20.01 **INDI SUPPLEMENTS**

Sample Indi supplements throughout the day, then join us at 5:45pm for a nutritional talk.

21.01 | 6:45PM **IN COURAGE WORKSHOP**

An inspiring session exploring the science, psychology, and soul of what it takes to move beyond fear.

24.01 | 9:15AM **STONE & FLOW**

A modern, movement-led yoga practice designed to build strength, mobility, and balance.

27.01 | 7PM **ARDING RUN CLUB**

Join our relaxed 5K run with Paddy Watts and Olympian Lloyd Wallace.

ARDING SOCIAL



11.01 | 1PM **LIVE JAZZ & SUNDAY ROAST**

Settle in for a soulful Sunday, enjoy a classic roast accompanied by live jazz.

16.01 | 9AM **MEMBERS' BRUNCH**

A relaxed, complimentary brunch to connect with our team and other fellow members.

22.01 | 6PM **MEMBERS' MIXER**

A relaxed members' wine tasting with plenty of time to mingle.

27.01 | 7PM **MONTHLY BOOK CLUB**

Our monthly book club, reading *All the Colours of the Dark* by Chris Whitaker.

ARDING EXPERIENCES



08.01 | 7PM **LIFE DRAWING**

A relaxed and inspiring life drawing session, hosted by Bella Franks – just bring an open mind!

21.01 | 7PM **ARDING QUIZ NIGHT**

Get ready for a quiz night with Sharky & George, packed with food challenges, laughs, and friendly competition.

22.01 | 6:45PM **SILENT DISCO SOUND BATH**

Join us for an immersive sound journey between worlds, designed to invite deep rest and expanded awareness.

25.01 | 12PM **FAMILY DAY**

Enjoy a Sunday roast while kids dive into games, activities and entertainment with Sharky & George.