



# Festival of you

Check out one of our amazing YOU sessions

See inside for experiences, offers and upcoming  
activations that celebrate everything you!

See website for more details.



 /EastVillagevp  
 /EastVillagevp  
EastVillage.com.au

**East Village**



## **SESSION #1 | KOKEDAMA WORKSHOP**

**2PM, MONDAY 8 OCTOBER**

Learn how to make your own Kokedama and terrinum at home and the health benefits of plants in Centre.

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## **SESSION #2 | PALEO DIET COLIN'S BUTCHERY**

**1PM-2PM, MONDAY 8 AND FRIDAY 12 OCTOBER**

**12PM-1PM, MONDAY 15 AND FRIDAY 19 OCTOBER**

Learn more about the benefits of eating grass fed beef and enjoy free tastings in store.

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## **SESSION #3 | THE DECLUTTERING DIVA**

**2PM, TUESDAY 9 OCTOBER**

An accredited professional organiser will deliver a session on the psychology of clutter and how to organise your life.

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## **SESSION #4 | STYLE SHOW EYE DISTRICT**

**4PM-7PM, THURSDAY 11 OCTOBER. 12PM-4PM, FRIDAY 19 OCTOBER**

Enjoy our Tom Ford and Calvin Klein style shows in store.

## **SESSION #5 | WENDY GILROY**

**2PM, FRIDAY 12 OCTOBER**

A 90 minute session for mums providing lifelong evidence-based tools and tips to find inner peace, grow resilience and emotional wellness.

**MUMS & CO.**

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## **SESSION #6 | CASSIE MENDOZA JONES**

**10.30AM, SATURDAY 13 OCTOBER**

A 60-90 minute session on self-worth and self-trust with the best-selling author, kinesiologist, business alignment coach and naturopath.

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## **SESSION #7 | TEA WORKSHOP**

**10AM, MONDAY 15 OCTOBER**

Learn how to blend your very own signature tea with naturopath Jennifer Ward in centre.

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## **SESSION #8 | RACHAEL FINCH**

**10.30AM, SATURDAY 20 OCTOBER**

A 60 minute interactive wellness education covering a variety of topics including diet, living a better life and how to feel amazing every day.



# You sessions

VISIT [EASTVILLAGE.COM.AU](http://EASTVILLAGE.COM.AU)  
FOR BOOKING DETAILS.



# You deals

## **\$75 OFF EYE DISTRICT**

Any complete prescription glasses plus a free 'buddy pair' and free retinal digital imaging.

## **\$10 OFF LORNA JANE**

Full price sports bras, plus enjoy out in store nourish station.

## **UP TO 50% OFF THE SUPPLEMENT SHACK**

Celebrate Supplement Shacks 4th birthday with up to 50% off sports supplements, goodie bags for the first 50 customers. One Day Only on Saturday 20th October.

## **YOUR MONPURSE GIFT WITH PURCHASE**

**18 - 21 OCTOBER**

Love to travel? You're in luck, simply shop in centre and spend \$80 at any speciality or \$150 at Coles to receive your free MonPurse luggage tag and have it monogrammed for free!



Please note some terms and conditions may apply, please see in store for details.





## YOU BOOTH

8 - 21 OCTOBER

Visit our electric confetti booth to bring your selfie game to the next level. Remember to hashtag #eastvillagevp so we can see your best selfies yet!

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## YOU-FIRMATIONS

8 - 21 OCTOBER

Find your favourite you-firmation! Spot these inspiring messages throughout your centre as daily reminders of how great you are.

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## FREE GIFT

8 - 21 OCTOBER

To help kickstart your Festival of YOU, download your free meditation album at [eastvillage.com.au](http://eastvillage.com.au).

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## DRESS FOR SUCCESS

8 - 21 OCTOBER

Show your support for working women with this charity handbag drive, aiming to empower women to achieve economic independence.

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# Stuff for you

