

ATELIER34

...a place to nurture...



Retreat Extras 2022

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Zenthai Shiatsu Massage

Zenthai shiatsu addresses each individuals needs by drawing on the Traditional Energetic based systems of Zen Shiatsu, Traditional Thai Massage and the remediation techniques of Osteopathy. By the integration of the prime aspects of the modalities and the creation of a safe, awake and caring healing environment, Zenthai has evolved to be widely recognised as an effective structural and energetic form of therapy.

This is movement based therapy with a reputation of effective dealing with issues of the musculo-skeletal , digestive and nervous system.

Ines Oliver is an experienced Sunshine Coast based Zenthai Shiatsu Therapist who has been practising for 5 years. Her beautiful calm energy and deep sense of connectedness allows the client to be fully immersed in the treatment.

Cost:

1.5 hr Zenthai Shiatsu Massage - \$150.00

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Ceramic One-on-One Clay Workshop with Dakota

Dakota Yewen is a potter and maker exploring the connections between self, people, places and objects from her home studio in Noosa, Australia.

Drawn to the tactility of nature and inspired by all things impermanent and ever changing, her work seeks to celebrate the imperfections inherent in both hand made wares and everyday life. By embracing what others may consider flaws, it's the tattered edges and uneven sides that lend her ceramics their distinctive character and singularity. Much like ourselves and what surrounds us, no two objects created are ever exactly alike.

This immersive 1.5 hour Workshop will include guidance and exploration with all materials provided, including firing.

Costs:

1.5 hr One-on-One Workshop - \$150

*We look forward to
welcoming you..*



** Please note:
Bookings are subject to availability
Payment is required upon Booking*