

GLADY AND CO INSPIRE WELLNESS PROGRAM 4TH - 7TH JUNE

Your Goals. Your Journey. Your Inspire Experience.

Join us for a calming, Inspire group program designed to support your NDIS goals in a peaceful, restorative environment. This experience is centered around you building confidence, emotional wellbeing, and independence through mindful, grounding activities, with flexibility and choice in how you participate.

Program Highlights

- Gentle yoga flow
- Reflective journalling time
- Intention-setting practices
- Guided meditation sessions
- Mindfulness wellness workshops
- Nature walk moments
- Mindful eating experiences

Skills You'll Build

- Emotional regulation & coping strategies
- Increased independence in health & self-care routines
- Improved communication & social connection
- Confidence in expressing needs, goals, & intentions
- Stress reduction & calmness practices
- Tools for ongoing wellbeing & positive mindset

Why Join?

Nurture your mind, body and spirit in a supportive environment that honours your pace and your goals. Connect with others, enjoy soothing wellness activities, and learn practical strategies for emotional balance and daily wellbeing. Every part of the program is designed to uplift, ground, and inspire you helping you create meaningful, intentional change in your life.