



# NAN TIEN HEALTH & WELLBEING MARKET

1<sup>st</sup> Saturday of the Month

Nan Tien Institute  
231 Nolan Street Unanderra  
Plenty of free, onsite parking!

Special Events:

**SEPTEMBER 7th:** 'Health & Chinese Medicine' – Lecture  
by Associate Professor Chris Zaslowski (U.T.S)  
Team leader for the Chinese Medicine team, a teaching and research unit in the  
University of Technology, Sydney. 11am-12pm FREE! Please register via email  
[function@nantien.org.au](mailto:function@nantien.org.au)

**OCTOBER 5th:** Bonsai Workshop.

Experience mindfulness by tending to your very own bonsai tree! 11am &  
1:00pm. Complete Bonsai Kit, including plant and tuition \$35 Please register via  
email [function@nantien.org.au](mailto:function@nantien.org.au)



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# Nan Tien's

## Health & Wellbeing Market

*What's on..... Saturday, September 7, 9:30am-2:30pm*

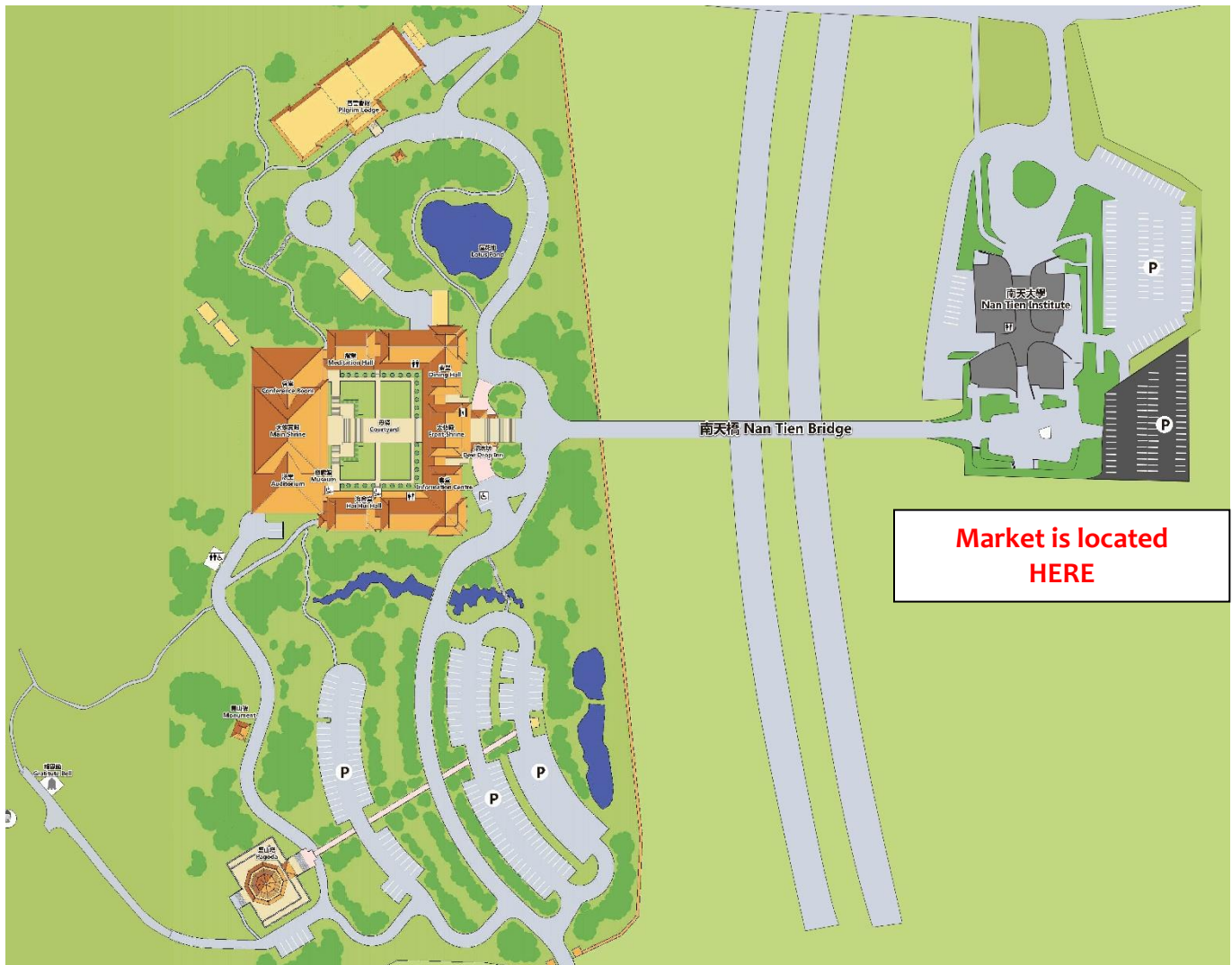
Free drop-in workshops	Stalls
<p><b>10:00am</b> – Tai Chi Demonstration (Feel free to join in!)</p> <p><b>10:30am</b> – Guided Meditation and Workshop</p> <p><b>10:00am, 11:00am &amp; 1:00pm</b> – Children's storytelling with local published Author, Pat Simmons</p>	<p>Fresh vegetables, honey and bread</p> <p>Natural health remedies</p> <p>Quality handmade wares including woodwork, jewellery, clothing and candles</p>
Special Workshop - FREE	<p>Beautiful houseplants &amp; Living Gifts</p> <p>Original artworks</p>
<p><b>11am – 12pm</b> – “Health &amp; Chinese Medicine”</p> <p>With Assoc. Prof. Chris Zaslowski (U.T.S)</p> <p><b>Learn practical aspects on health, keeping well and acupoints for massage.</b></p>	<p>Vegan lunch options and refreshments</p>

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## Health & Wellbeing Market

What's on..... Saturday, September 7, 9:30am-2:30pm

Entrance via Nan Tien  
institute 231 Nolan Street,



**Market is located  
HERE**

Entrance via Nan Tien  
Temple and walk across the  
pedestrian Bridge to NTI  
Plaza

Plenty of free parking!!!