



Drive Your Bus - 7 Week Program - June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	7	8	9	10	10	10
13	14	15	16	17	18	19
20	21 Overview & Details Online Workshop 7.30pm	22	23	24	25 Foundations Day 1 Discover the Road Map to your Mind 10am - 5pm	26 Foundations Day 2 Discover the Road Map to your Mind 10am - 5pm
27	28 Check in and Accountability Online Workshop 7.30pm	29	30	<div style="display: flex; justify-content: space-between;"> <div>  0411 383 761 </div> <div>  catie@artyourlife.com.au </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div>  artyourlife.com.au </div> <div>  PO BOX 1264, Nightcliff NT 0814 </div> </div>		



Drive Your Bus - 7 Week Program - July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	5 Loving the Voice Inside your Head Online Workshop 7.30pm	6	7	8	9 Enjoying Food for Food and Being Body Positive 10am - 5pm	10 Behaviour Dynamics - Yours, Everybody Else's 10am - 4pm
11	12 The Power of Your Unconscious Mind and Mindfulness Online Workshop 7.30pm	13	14	15	16	17
18	19 Guilt and Shame - how to let go! Online Workshop 7.30pm	20	21	22	23	24 Magical Relationships 11am - 4pm
25	26 Feelings Matter - the Good, the Bad, the Ugly Online Workshop 7.30pm	27	28	 0411 383 761  catie@artyourlife.com.au  artyourlife.com.au  PO BOX 1264, Nightcliff NT 0814		



Drive Your Bus - 7 Week Program - August 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 How to Boost Your Happy Chemicals Online Workshop 7.30pm	3	4	5	6	7 Your Best Year Yet Create your Plan and Inspire Action 10am - 5pm
8	9 Keeping Up The Momentum Online Workshop 7.30pm	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	<div style="display: flex; justify-content: space-between;"> <div>  0411 383 761 </div> <div>  catie@artyourlife.com.au </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div>  artyourlife.com.au </div> <div>  PO BOX 1264, Nightcliff NT 0814 </div> </div>		