

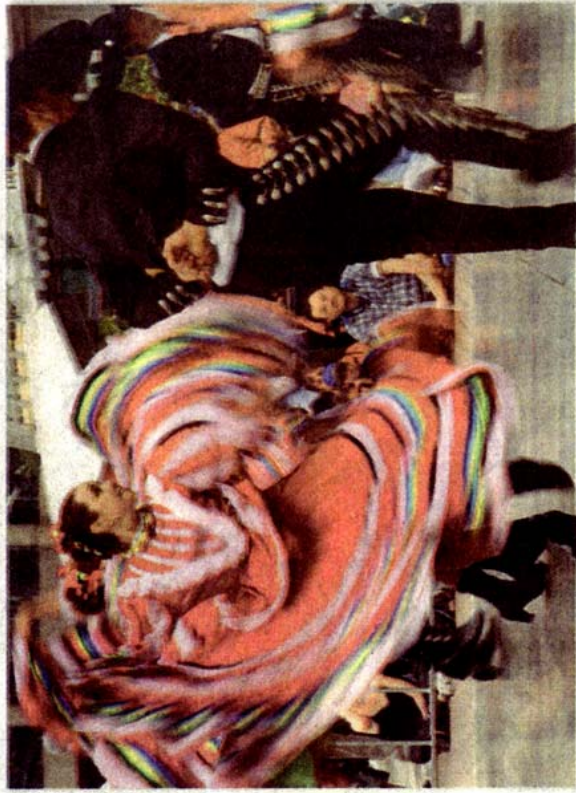
# The Sun-Herald

October 2, 2005 THE SUN-HERALD

S30

## Unwind

Compiled by Alexandra Boyce. Send event information to [planner@sunherald.com.au](mailto:planner@sunherald.com.au).

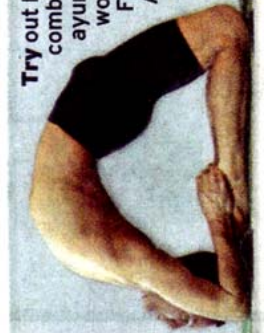


> PLAN YOUR WEEK

fri 07



**Fatten your wallet and shrink your waistline** - leave the car at home for Walk to Work Day. See [www.walk.com.au](http://www.walk.com.au).



**Try out ISHTA**, a form of yoga that combines elements of hatha, tantra and ayurveda, at an introductory three-day workshop, 7pm to 9pm. \$175. Yoga Qi Freshwater, corner Moore Road and Albert Street, Harbord. Bookings and other times, 9976 6880 or [www.qiyoga.net](http://www.qiyoga.net).

