



Mindful Mixology in South Australia: Journaling Before the Joy

WEDNESDAY 30 JULY @ 4:00PM ONLINE

Join our SA Committee online to reflect, set intentions using the NAWO Intentions Journal... then celebrate and connect in a virtual cocktail making class! An online event for all South Australians, regional and metro welcome!

This unique virtual experience blends mindful reflection with joyful connection. We'll begin with a guided journaling session using the NAWO Intentions Journal, designed to help you pause, reflect, and set purposeful intentions for the rest of the year and beyond.

Then, for those who choose to stay on, we'll mix things up with a fun and interactive cocktail-making class hosted by the experts at Kubarz. Whether you're into cocktails or mocktails, you'll receive a full kit delivered to your door ahead of the event.

To register, scan the QR code or go to nawo.org.au/events

Wednesday 30 July 2025

4:00PM - 6:00PM ACST | Online

Reflections & Intention Setting only: Free for NAWO Members

Intentions + Cocktail Class: \$11 (inc. GST and EventBrite fees)

Note: this event is for NAWO Members based in South Australia only.

