

Windana Community Clinic

Hello and welcome from our Community Clinic team. In this leaflet we'll tell you a bit about our clinic in St Kilda, and the wellbeing therapies on offer.

A place for healing and ongoing wellness

Windana's Community Clinic is a place to access affordable, holistic, natural health care and supplements.

All people from the community are welcome to come and benefit from our range of therapies, including those who live or work nearby, as well as people connected to Windana's services.

Our team includes experienced practitioners and students practicing under supervision. We're here to provide therapies you can explore and adopt as part of a balanced lifestyle.

The Community Clinic is located at **88 Alma Road, St Kilda** (corner of Chapel Street).



“Windana welcomes one and all to explore the range of treatments available at our Community Clinic. In our safe space, our practitioners will support and assist you in your health and wellbeing journey.

- Health & Healing Program Coordinator

Therapies and treatments available

Acupuncture

This ancient technique is one of the most popular and well-known modalities of Traditional Chinese Medicine. It addresses a variety of health concerns including poor sleep, anxiety, digestive complaints and pain.

Massage

Remedial massage uses a range of techniques to address musculoskeletal pain and injuries. Our Remedial Massage practitioner will do an assessment and create a treatment plan to fit your needs. This may include suggestions for stretches and strength building exercises.

Naturopathy

Using herbal and nutritional medicine, as well as providing dietary and lifestyle advice, our naturopaths work with you to prevent or address a variety of health concerns including anxiety, digestive complaints, insomnia, poor immunity, low energy and stress.



Osteopathy

This is a therapy used to identify and treat the cause of musculoskeletal complaints. Osteopathy can be used to help reduce pain, address injuries and improve posture. This treatment is highly tailored to your needs, and may include stretching, soft tissue massage, and exercise prescription. Osteopathy addresses the whole person, not just the complaint.

Yoga

Our yoga classes are designed to be inclusive, regardless of your experience, flexibility or fitness. It's about going at your own pace and doing what feels good. Yoga can help release tension, encourage physical and emotional balance, and build strength.

2021 Timetable - St Kilda

MONDAY

Naturopathy
10:30am - 3:30pm

TUESDAY

Massage
10:15am - 4:30pm
Acupuncture Student Clinic
5:00pm - 7:30pm
Yoga
Call for times

WEDNESDAY

Massage
10:15am - 4:30pm

THURSDAY

Osteopathy Student Clinic
2:15pm - 7:00pm
Yoga
Call for times

SATURDAY

Acupuncture Student Clinic
9:15am - 12:30pm

Booking a session

To book into any class or treatment with one of our practitioners, give us a call on **03 9529 7955**, Monday to Friday between 9am-4:30pm. You can also email us at windana@windana.org.au. Bookings are essential.

Find the full timetable at our website by visiting windana.org.au, clicking **SERVICES** and then **Windana Health & Healing**, or scan the QR code.



Contact Us
Windana Drug & Alcohol Recovery Ltd. ABN 68 398 137 238
T. 03 9529 7955
F. 03 9521 3581
E. feedback@windana.org.au
windana.org.au

Pricing

Acupuncture - private session

Concession	\$30
Full fee	\$40
Windana client	\$10

Massage - private session*

30 minute concession	\$20
1 hour concession	\$40
30 minute full fee	\$45
1 hour full fee	\$65

*Ask reception about Health Care Card discounts.

Naturopathy - private session

Concession	\$25
Full fee	\$35
Windana client	\$5

Osteopathy - private session

Concession	\$25
Full fee	\$35
Windana client	\$10

Yoga - class

All	\$5 or gold coin donation
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This illustration shows an overview of Windana's programs and services, of which the Community Clinic is a part.

We're an organisation that helps people recover from alcohol and other drugs. We believe people can rebuild their lives, and have worked with thousands of people since 1984. Windana acknowledges the traditional land owners of Australia and we welcome all Aboriginal and Torres Strait Islander people to our service. Windana provides a safe and welcoming environment for everyone. Photos are of our Community Services building and examples of therapeutic sessions.