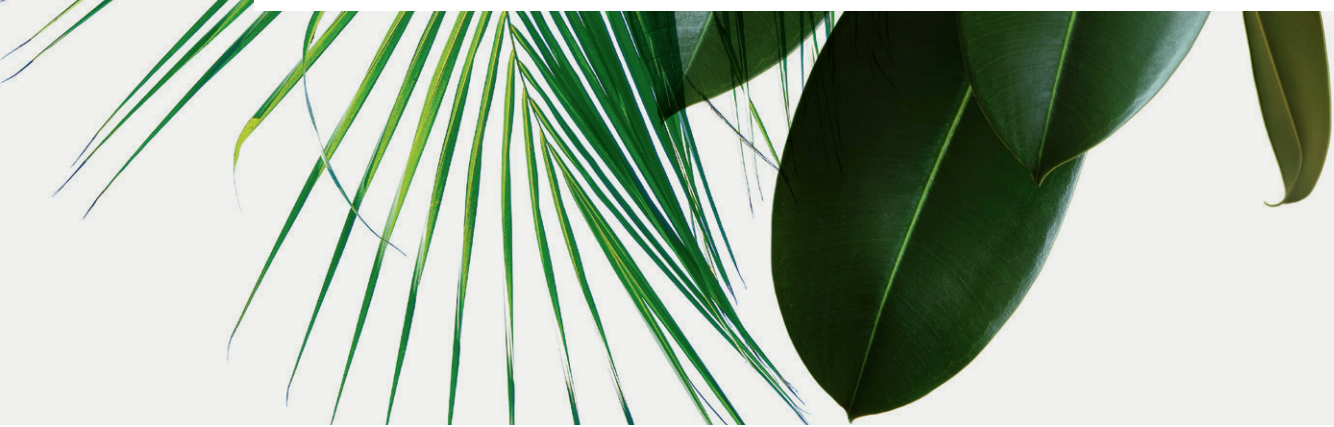
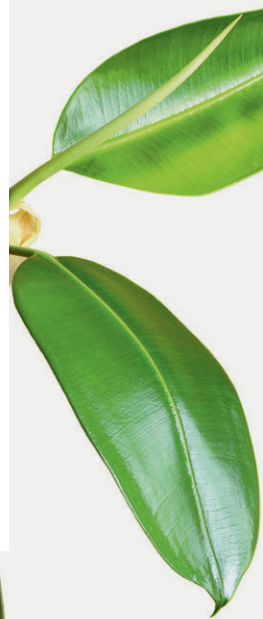




4 - 26
OCTOBER

Festival of you

Your guide to a range of experiences,
offers and upcoming activations that
celebrate everything you!





We're collecting handbags!

We are collecting unwanted handbags to donate to 'Dress for Success', who assist Australian women in need of corporate clothing and the confidence to get back into the workforce.

You can assist by donating a handbag in good condition to our Handbag drop located on the Plaza Level near Din Tai Fung.

For more details visit
www.greenwoodplaza.com.au

Here's your free gift

Valued at \$23.99

To help you kickstart your very own 'Festival of You' we are giving every customer a free meditation album to download.

'Breathe and Receive' features 7 tracks from Cassie Mendoza-Jones designed to help you heal, balance and align.

To download your free album and other resources visit www.greenwoodplaza.com.au

Terms and conditions apply.





You Sessions

ROOFTOP GARDENS, 11.30AM – 2.30PM

Join us for these fabulous, hands-on experiences every Thursday in October. Each week we focus on a unique theme, designed with you in mind.

Creative Expression

THURSDAY
4 OCTOBER

CONNECT WITH YOUR INNER CREATIVITY WITH THESE INSPIRING WORKSHOPS

CASSIE MENDOZA-JONES

A 60-90-minute session on self-worth and self-trust with the bestselling author, kinesiologist, business alignment coach and naturopath.

Time: 1.00pm

Bookings required: www.greenwoodplaza.com.au | \$10 per person

CORK & CHROMA MINDFUL MANDALA PAINTING

Unleash your creativity and paint your stress away with a step-by-step guide by two artists from Cork & Chroma Sydney. Stay for as long as you like and take your piece home.

Time: 11.30am – 2.30pm No bookings required: FREE

WHAT CHARLIE WROTE POETRY SESSION

Charlie writes beautiful work for beautiful people on her canary yellow vintage Italian typewriter. Meet Charlie and take home your very own unique poem written just for you.

Time: 11.30am – 2.30pm No bookings required: FREE

THE LOST BIRD FOUND PROJECT

North Sydney Council is running a Mental Health Art Project where 3D birds will pop up all around North Sydney during Mental Health Month in October. The birds symbolise freedom from mental illness. Finding a bird helps to break down barriers surrounding mental health issues by making it okay to talk about.

Be a part of this initiative and pay it forward by creating Bird Bookmarks and Origami Birds with positive messaging. Council will hide the birds all around North Sydney for people to stumble across during their day.

Time: 11.30am – 2.30pm No bookings required: FREE

LIVE MUSIC

To help inspire you – a harp/flute duo will be playing a soothing mix of contemporary and classic music.

Time: 11.30am – 2.30pm No bookings required: FREE

The Gentleman's Hub

THURSDAY
11 OCTOBER

THE MODERN DAY GENTLEMAN CAN ENJOY OUR LINE-UP OF MANLY MAINTENANCE AND PLAYFUL PASTIMES

- Boot Shine
- Beard Trims/Close Shaves
- Massage
- Pop-Up Foosball, Twin Car Racer and Street Basketball
- The Men's Shed Woodwork
- M.J. Bale Styling Sessions
- Hunter Gathered BBQ
- Live DJ

No bookings required: FREE



Wellbeing Matters

THURSDAY
18 OCTOBER

IMPROVE YOUR HEALTH AND WELLBEING WITH THESE PERSONAL ACTIVITIES

- Healthy food demonstrations and tastings by Nutrition Australia
- FREE 10-15 minute mini sessions with:
 - Naturopaths
 - Chinese Medicine Practitioners
 - Massage Therapists
 - Yoga Sessions
- Live Music – Folk duo Saije

Time: 11.30am – 2.30pm No bookings required: FREE

ORGANISE YOUR LIFE

Kristina Duke, an accredited professional organiser will deliver a session on the psychology of clutter and how to organise your life.

Time: 1.00pm

Bookings required: www.greenwoodplaza.com.au | \$10 per person

Lifestyle First

THURSDAY
25 OCTOBER

LIVE DJ & ANIMAL PETTING ZOO

Time: 11.30am – 2.30pm No bookings required: FREE

YOGA WITH ANIMALS

Enjoy some lunchtime Yoga with Animals, the animals will roam free around your mats as you flow through a Vinyasa sequence with a live DJ playing some zen-inspiring tunes. Come down for a stretch and a cuddle - numbers are limited, so get in quick.

Time: 12.15pm – 1.00pm

Bookings required: info@greenwoodplaza.com.au | FREE

RACHAEL FINCH

A 60-minute interactive wellness education session covering a variety of topics including diet, living a better life and how to feel amazing every day.

Time: 1.00pm

Bookings required: www.greenwoodplaza.com.au | \$20 per person

MONDAY – FRIDAY

THE MOTIVATIONAL MIRROR BOOTH

A whimsical, touch-screen mirror that is in fact a photo booth. The mirror will remind you that 'you look good today' and are amazing, just as you are. Come down to the Metro Level outside Soul Origin and get your new profile pic!

Time: 7.30am – 6.30pm No bookings required: FREE

ROOFTOP GARDEN CHILL-OUT ZONE

Relax on a beanbag in the sunshine and take a selfie in front of the Flower Wall installations. We look forward to seeing local workers and residents out on the Rooftop Gardens enjoying themselves and taking the time to relax and rejuvenate on their lunchbreaks.

Time: 11.30am – 2.30pm No bookings required: FREE





You Deals

NUDEFISH POKÉ

Free Kombucha with any purchase of a Nudfish favourite

GET THREADED

50% off Indian head massage service

DERMALOGICA

Purchase a moisturiser to receive your bonus glowing skin gift

PERFECT POTION

Free instore skin care ritual.
Bookings required

Chakra Oil Kit and Gohan Diffuser White for \$159.95, valued at \$179.90

SWISS DELI

\$2 coffee, available daily from 8.00am – 10.00am

ZJOOSH

20% off all bath and body products every Thursday in October

Complimentary Kora Organic Noni Glow Face Oil sample with any purchase over \$50

While stocks last

THRIVE

\$5 regular smoothie with any signature bowl purchase

EYE CONCEPTS

Get any Transitions lenses to receive free Transitions upgrade on your second pair

SPECSAVERS

\$100 off lens options when purchasing from the \$299 range

ABOUT NTH SYD

North Sydney Council created an initiative called NTH SYD, Happiness Works Here. The NTH SYD, Happiness Works Here program is a series of events and activations to bring vibrancy, connection, wellbeing and joy into the North Sydney CBD.

nth Syd.com @nth Syd #nth Syd