

# Relaxation Centre of Queensland

Courses in Date Order  
Pages 3-4

## Then you'll find

**Stress/Anxiety/  
Sleep/Depression &  
Meditation**

On pages 5, 6, 7

**Building Confidence/  
Overcoming Fears &  
Addictions**

On pages 7, 8, 9

**Movement/Yoga/  
Qi Gong/Feldenkrais/  
Tai Chi etc**

On pages 9, 10, 11

**Motivation/  
Empowerment/  
Specific Health  
Issues/Ageing**

On pages 11, 12, 13

**Supporting Kids and  
Parents**

On page 13

**Creativity/Expressing  
From Within You/  
Nurturing Yourself/  
Opening New  
Possibilities**

On pages 14, 15

**Communication/  
Relationships/  
Connecting/Intuition**

On pages 15, 16

**Your Remarkable  
Ageless Brain**

On page 16, 17

**Singing and Chanting**

On page 17

**Special Events**

On page 17, 18

**Film Sessions**

On pages 18, 19

**Our Shop**

On page 19

**Other Information**

On pages 2 and 20

## What Blocks the Flow?

**D**on't know how many of you reading this would be gardeners or people who use long hoses but if you ever have you may well relate to what I am about to write.

You can be hosing away and then you step a little bit further and **suddenly the flow stops**. The first thought is that the hose has come off the tap but then you see everything is as per normal. The next thing you discover as you go along the length of the hose is that when you gave it that final pull the **hose developed a kink** in it and **all flow stopped**.

This has always fascinated me because this is exactly what happens to us as human beings. We are **conduits of energy twenty-four hours a day** and I am sure you have all experienced how one moment you can feel full of life and vitality and for some reason you suddenly realise that your energy and vitality has left you and you're feeling flat and dull and usually in need of that strong cup of coffee or tea or whatever else you use to give you a lift.

**So why has this happened?** Well, there are many contenders – for instance, I may expect somebody to do something and think they definitely should do it, yet they don't, and I am attached to them doing it, then I'll get resentful. My natural flow of words will be different, my eyes change, my voice changes, so here that kink was an attachment to one of **my 'shoulds'**.

Have you ever been feeling very good and somebody says, "Gee, are you okay – you're looking awful!" **That can really change your energy** very quickly unless you know how to deal with such a remark – and what about when somebody says, "Wow, you've putt on a lot of weight, have you seen your backside recently?" – Your whole energy **can take a dive!**

Then again you may feel strong love for another person and there are those times where they don't love you as you want them to or you realise they're not the person you thought they were – our energy can just then **become a trickle**.

There are dozens and dozens of instances in life and far more than can be put into a simple little article but all too often we just go to the doctor' and **hope for a magic potion**.

**It is a rare person** who can quickly sense what has happened as we're so deeply immersed in emotional reaction – of course it's much easier to find the kink in the hose than the kink in us – the hose is external and physical but those inner kinks in our energy can be tricky – to find them **we need to be prepared to observe** ourselves and **be really honest** with ourselves – and they are often in areas of our personality we don't want to see and may have become experts in defending and hiding.

As you work on the next kink always remember it takes courage and strength to be prepared to look – it's much easier to blame something external to us, however, **the benefits are far-reaching and ongoing**.

*Lionel Fifield*

Malcolm Huxter



**Mindfulness  
Loving Kindness**  
p 6.

Robina Courtin



**Be Your Own  
Therapist &  
Compassion**  
ps 11, 12

Jeffrey Hodges



**Creating  
Your Future**  
p 12

Elena Lymbery



**Sound Healing  
Singing Bowls**  
p 18

Lionel Fifield



**Sleeping Well  
Overcoming  
Insomnia** p 7

Relaxation Centre of Queensland Limited (by guarantee) – Est. 1974.

15 South Pine Road Alderley (between Alderley Avenue and Wakefield Street) 4051 – Postal address, PO Box 21 Alderley, 4051. Our courses are offered 7 days a week, times vary according to our programme of events. Apart from public holidays we are open for your calls and visits from 9am-7.30pm Monday to Friday and 9am-5pm on Saturday – for other times telephone us before coming.

Phone 07 3856 3733 – Fax: 3856 3722 – Only in emergencies 3289 4749

Email: [relaxcentreofqld@powerup.com.au](mailto:relaxcentreofqld@powerup.com.au) Web: [www.relaxationcentreqlld.org](http://www.relaxationcentreqlld.org)

# What is this thing called Anxiety?



We live in a world where **uncertainty abounds**. Listen to international economic and political experts and you'll hear of uncertainty after uncertainty. At the same time it's many similar uncertainties that play out in us individuals, day after day – **but then we call it anxiety**.

So what is this thing that is now **written about so often** and described as a major mental illness of our time?

Daily, people call us concerned about their little kids, big kids, partners, friends, and of course themselves. **Anxiety can at times seem to take us over** and be an all-consuming companion twenty-four hours a day –

wherever we go it goes with us!

It can be personally terrifying when we step beyond our personal stress threshold and our bodies and **minds seem totally and continually on edge** and right out of our control. It's then we find we don't have that margin of personal space in reserve to deal with those unexpected changes and pressures, confrontations and challenges that can suddenly just happen on a daily basis. Yes pills may give some varying levels of relief but **finding how we can access the innate calm within us** to balance the fear/anxiety **is the long-term answer**.

**Let's not underestimate this**. When we experience the effects of extreme anxiety, that in itself can be terrifying. I remember in my early thirties when I had my first panic attack I called my doctor at 2am convinced I was having a heart attack. Because deep stress and anxiety can affect every part of us we may believe we have the onset of every imaginable illness possible including loss of memory, paralysis, lung problems, loss of feeling, heart issues – **the list goes on, and on, and on**.

The extreme anxiety we experience is terrifying in itself so when that anxiety is added to the initial experience it becomes almost paralyzing and exhausting yet rest is difficult. We can rarely believe that what we are experiencing is simply anxiety and not something far more sinister.

**The good news is there is so much we can do!** – Right now you're reading this Programme and you'll see course after course giving you steps, ideas, hopes, insights and possibilities for you to explore and **incorporate into your daily living**.

Remember, thousands of people have been there before you including so many of our presenters, including myself, who now offer the courses because of what we personally went through and learned and now want to **share what worked for us** with you. Each presenter is very individual in their approach as you will see from the descriptions – but remember the purpose of each course is to give you techniques and daily practices so that more and more, you feel back in charge of your physical and mental reactions. **The purpose of our courses is to assist you in finding renewed levels of confidence, hope and inner strength** and, of course, **calm**.

I have often said that relaxation – true relaxation is one of the **greatest secrets of life** and when we find it, it is the doorway to so many answers and what can sometimes appear to be miracles! – If you're looking for the course that might be best for you never hesitate to call me if you think talking over your situation would help

Lionel Fifield

## The New Me

Now much older  
I desire a restart  
Releasing tight patterns  
A cause of much pain.  
Of having to be right  
I decided to let go.  
I've had many opinions  
Time to say 'No'.  
Forgiveness is next  
So judgements to kick.  
24 hours to enjoy  
But my patterns so fixed.  
What others think of me  
I'll leave with them.  
I've entered an adventure  
For my true self to meet.  
Yes, many years ago  
They said how to be.  
Please don't contain me  
I want to be free.  
So welcome a stranger  
But even stranger to me!

## Quick Quick – Last Minute

Friday 8 April *Rock and Water for Boys and Girls 8-12yrs* – There won't be another one until the end of June – Also *Achieving Higher Performance for Teens, Monday 11 April*. See page 13

April 9/10 *Life Context* and *Depth Contact 11/12 April* (this is the only one in Australia this year) – this intensive Journal work offering profound benefits which previous attendees say go on and on. This work is inspired by the famous psychologist Ira Progoff. Jan Watson only rarely comes up from Melbourne so grab this opportunity – see page 14.

**NEW DATE: On Monday 11 April, Relationships – what are they?** with Maryann Madden – (see our website [www.relaxationcentreqld.org](http://www.relaxationcentreqld.org)).

## Stress & Anxiety Courses

We have two courses with the words Stress and Anxiety in the title – one is on a single afternoon or morning and goes for 4 hours and is **full of ideas** that have been very helpful for numerous people – **see page 6**.

The other course is over 6 evenings. This can be **very supportive and encouraging** and it allows participants the opportunity to learn techniques and ideas and work through their questions within a small group environment – **see page 7**.

These 2 courses are incredibly different in their approaches and content. The 6-week one you are welcome to **test out the first evening before committing yourself**.

## Being a Volunteer

The Relaxation Centre is able to function because of the contributing by numerous people in so many ways. For instance to be open generally 7 days a week from 9am up to the completion of the latest course (sometimes 11pm). We have over 100 volunteers.

Here is **Glenda Taylor** (left) who is now Manager of the Bookings Section and **Clare Ralph** (right) who has recently joined us in Reception.

If you'd like to be a volunteer come to one of our 1-hour introductory sessions as follows: **Tuesday 12 April, 11am; Saturday 21 May, 2pm; Tuesday 31 May, 6.30pm; Thursday 16 June, 1pm.**



# Courses in Date Order

## Ongoing Weekly Sessions

**PLEASE NOTE: Sessions not held on Public Holidays**

### Every Monday

Deep Relaxation .....	P 5
Yoga Flow .....	P 10

### Every Tuesday

Cancer Support Group .....	P 11
Gentle Yoga & Relaxation .....	P 10
Yoga For Everyone .....	P 11
A Course in Miracles Study Group .....	P 14

### Every Wednesday

Deep Relaxation .....	P 5
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### Every Thursday

Deep Relaxation .....	P 5
Guided Relaxation / Meditation .....	P 6
Pilates .....	P 10

### Every Friday

Deep Relaxation .....	P 5
Freeing Yourself with Feldenkrais .....	P 9
Yoga for Beginners .....	P 10

## April

### Thursday 7

Film <i>Resentment &amp; Jealousy</i> .....	P 18
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### Friday 8

Film <i>Resentment &amp; Jealousy</i> .....	P 18
Film <i>The Magic Hand of Chance</i> .....	P 19
Rock and Water for boys & girls 8-12yrs .....	P 13

### Saturday 9

Life Context (Workshop 1 – Journaling) .....	P 14
Managing Stress/Anxiety .....	P 6

### Sunday 10

Mindfulness Meditation .....	P 6
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### Monday 11

Addictions – Exploring Answers .....	P 7
Achieving Higher Performance for Teens .....	P 13
Depth Contact (Workshop 2 – Journaling) .....	P 14

### Tuesday 12

Volunteer Information Session .....	P 2
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### Thursday 14

Film <i>Molecules of Emotion</i> .....	P 18
Men's Circle .....	P 8
The Artist's Way – Awakening Creativity .....	P 15

### Friday 15

Film <i>Molecules of Emotion</i> .....	P 18
Film <i>My Greatest Teacher</i> .....	P 19

### Saturday 16

Radical Forgiveness .....	P 16
Retreat Day .....	P 7
The Art of Japanese Nutrition .....	P 13
The Gift of Trauma .....	P 9

### Monday 18

Chinese Brush Painting – An Orchid .....	P 14
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### Tuesday 19

Sing Your Hearts Out! .....	P 17
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### Wednesday 20

Qi Gong – the gentle way to health and fitness .....	P 10
Sound Healing – Meditation and Relaxation .....	P 18

### Thursday 21

Film <i>You Can Heal Your Life</i> .....	P 18
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### Friday 22

Film <i>You Can Heal Your Life</i> .....	P 18
Film <i>The Mystery of Consciousness</i> .....	P 19

### Saturday 23

Feldenkrais – Developing a Healthy Lower Back .....	P 10
Get Your 3 Brains On The Same Page! .....	P 16

### Sunday 24

Yoga & Psychology for Anxiety & Depression .....	P 11
Wholebody Focusing .....	P 18

### Tuesday 26

Mindfulness Meditation .....	P 6
Getting Things Done - Overcoming Procrastination .....	P 12

### Thursday 28

Colouring In - for grown ups .....	P 18
Film <i>Love Medicine and Miracles</i> .....	P 18
Insights/Overview of Compassionate Communication .....	P 15

### Friday 29

Film <i>Love Medicine and Miracles</i> .....	P 18
Mantras/Chanting and Meditation .....	P 17
Stress and Anxiety - Understand It to Change It .....	P 7

### Saturday 30

Sing a Lullaby to Your Baby .....	P 13
Treasure Mapping .....	P 18

## May

### Tuesday 3

Over 50 and Healthy .....	P 13
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### Wednesday 4

Drawing on The Right Side of The Brain .....	P 14
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### Thursday 5

Film <i>The Illusion of Time</i> .....	P 18
Speaking to Groups - with skill and confidence .....	P 9

### Friday 6

Film <i>Magnesium - Master Mineral</i> .....	P 19
Film <i>The Illusion of Time</i> .....	P 18
Drawing on The Right Side of The Brain .....	P 14

### Saturday 7

Awaken Your Natural Confidence .....	P 8
Couple Magic! .....	P 16
Writing Your First Book .....	P 15

### Sunday 8

Love Your Inner Child - Introduction .....	P 14
Mindfulness Meditation .....	P 5
Shine a Light on Your Life .....	P 15

### Monday 9

Addictions - Exploring Answers .....	P 7
Eating, Eating, Eating .....	P 8
Martial Arts - For Inner Strength and Peace .....	P 10

### Wednesday 11

Be Your Own Therapist .....	P 11
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### Thursday 12

Film <i>The Mystery of Consciousness</i> .....	P 19
Love Your Inner Child Workshop .....	P 14

**Continued on Page 4**

Our Programme is overflowing with encouragement,  
hope, ideas, new ways, fun, creativity and life.

## Courses in Date Order (Continued)

### May (continued) நிலநிலநிலநிலநில

<b>Friday 13</b>	
Courageous Compassion .....	P 12
<b>Saturday 14</b>	
Accessing Your Inner Power .....	P 7
Compassionate Communication (NVC) Workshop .....	P 15
Introduction to Reflexology .....	P 12
Quietenng a Busy Mind .....	P 6
<b>Sunday 15</b>	
Chinese Brush Painting - Plum Blossom .....	P 14
<b>Monday 16</b>	
A Course in Miracles Introduction .....	P 18
<b>Tuesday 17</b>	
The Gift of Effective Parenting .....	P 13
<b>Wednesday 18</b>	
Qi Gong – the gentle way to health and fitness .....	P 10
<b>Thursday 19</b>	
Film <i>Awake The Life of Yogananda</i> .....	P 19
Sing Your Hearts Out! .....	P 17
Emotional Intelligence .....	P 8
<b>Friday 20</b>	
Film <i>Health and Longevity</i> .....	P 19
Film <i>Awake The Life of Yogananda</i> .....	P 19
<b>Saturday 21</b>	
Acceptance Commitment Therapy .....	P 5
Breathing for Improved Health .....	P 5
Feldenkrais - Finding a Flexible Body .....	P 10
Meditation for Beginners .....	P 5
Volunteer Information Session .....	P 2
<b>Sunday 22</b>	
Yoga & Psychology for Anxiety and Depression .....	P 11
Circle of Wisdom .....	P 17
<b>Monday 23</b>	
Wholebody Focusing .....	P 18
<b>Tuesday 24</b>	
Making Conversation .....	P 8
<b>Wednesday 25</b>	
Sound Healing – Meditation and Relaxation .....	P 18
<b>Thursday 26</b>	
Film <i>Magnesium - Master Mineral</i> .....	P 19
Seniors Retreat .....	P 7
<b>Friday 27</b>	
Coaching for Cancer Survival - Book Launch .....	P 12
Mantras/Chanting and Meditation .....	P 17
<b>Saturday 28</b>	
I Just Want to Sing! .....	P 17
Conscious Ageing .....	P 11
Creating Your Future - a male/female approach .....	P 12
Managing Stress/Anxiety .....	P 6
<b>Monday 30</b>	
This Is Your Life - a gem to unfold .....	P 9
Women - Feeling Confident and Safe .....	P 11
<b>Tuesday 31</b>	
Mindfulness Meditation .....	P 6
Volunteer Information Session .....	P 2
<b>June</b>	
<b>Thursday 2</b>	
Film <i>Health and Longevity</i> .....	P 19
Men's Circle .....	P 8

<b>Friday 3</b>	
Climbing the Matterhorn .....	P 17
A Course in Miracles Introduction .....	P 18
<b>Saturday 4</b>	
Evolve - Firing Up Your 3 Brains .....	P 17
Sleeping Well - Breaking the Insomnia Cycle .....	P 7
Workplace Resilience - Surviving to Thriving .....	P 9
<b>Sunday 5</b>	
Depression - A Different Human Approach .....	P 5
<b>Tuesday 7</b>	
I Can Do It! .....	P 8
<b>Thursday 9</b>	
Film <i>The Beautiful Truth</i> .....	P 19
<b>Friday 10</b>	
Film <i>The Beautiful Truth</i> .....	P 19
Mindfulness, Loving Kindness, Compassion .....	P 6
<b>Saturday 11</b>	
Mindful Compassion Weekend .....	P 6
Post Traumatic Stress Disorder .....	P 9
Eating By Choice Not Habit .....	P 8
<b>Sunday 12</b>	
Making Powerful Changes Introduction .....	P 15
<b>Tuesday 14</b>	
Dowsing for Answers .....	P 12
<b>Wednesday 15</b>	
Qi Gong - gentle way to health and fitness .....	P 10
<b>Thursday 16</b>	
Making Powerful Changes Workshop .....	P 15
The Enneagram - Understanding Relationships .....	P 16
Volunteer Information Session .....	P 2
<b>Saturday 18</b>	
Loving What Is with Work of Byron Katie .....	P 16
<b>Sunday 19</b>	
Free Yourself in Relationships with Work of Byron Katie ...	P 16
Shine a Light on Your Life .....	P 15
The Fear of Flying .....	P 9
<b>Monday 20</b>	
Addictions - Exploring Answers .....	P 7
<b>Tuesday 21</b>	
Over 50 and Healthy .....	P 13
<b>Thursday 23</b>	
Sing Your Hearts Out .....	P 17
<b>Friday 24</b>	
Mantras/Chanting and Meditation .....	P 17
<b>Monday 27</b>	
Rock and Water for kids 8-12yrs .....	P 13
<b>Tuesday 28</b>	
Sleeping Well - Breaking the Insomnia Cycle .....	P 7
<b>Looking Ahead Into July</b>	
<b>Thursday 14</b>	
Making Powerful Changes Advanced Workshop.....	P 15
<b>Friday 15</b>	
Stress and Anxiety - Understand It to Change It.....	P 7
<b>Saturday 16</b>	
Foods Used as Medicine .....	P 13
Managing Stress/anxiety .....	P 6



# April, May, early June 2016 Programme

## Courses covering Stress, Anxiety, Sleep, Depression and Meditation



### Acceptance Commitment Therapy

*Rochelle Gardiner*

ACT, or Acceptance Commitment Therapy is a **very effective approach to dealing with** a whole range of difficult experiences from **anxiety and depression to weight loss and burn-out**. In carefully controlled studies it has been found to produce **long-lasting positive change**, even for people who have tried a whole range of strategies to no effect.

Rochelle is a psychologist who has undertaken extensive studies of ACT here and overseas. She's **known for her very warm and encouraging approach**. We know you'll love this session.

**FEE:** \$65. **PLEASE BOOK. Bring lunch to share.**

**SATURDAY 21 MAY, 10.00am-4.00pm**

### Breathing For Improved Health

*Rothy Benson*

Here is a small course with what some **people have reported as having "huge" benefits** for them.

Most of us take **our breathing** for granted, even though it is a **key part** of every emotion, pain, physical or mental experience we have.

Rothy offers some **wonderful insights** and techniques for us to use in a wide range of situations.

**FEE:** \$20. **PLEASE BOOK.**

**SATURDAY 21 MAY, 10.00am-12.30pm**

### Deep Relaxation

*Monnie Hooper, Sandra Ballinger and Denise Meys*

*Dr Ainslie Meares* the great pioneer of Relaxation spoke and wrote often of the **remarkable benefits if we can achieve stillness**. Stillness, real peace, deep relaxation, can never be described – only experienced.

When people **commit themselves to a few of these sessions** they often talk of experiencing feelings that they haven't known before. So come and **give it a try. Participants sit in chairs.**

**FEE:** \$8 per session or \$48 for 7 sessions. (\$5 for pensioners).

**EVERY MONDAY, 1.00-1.40pm & 6.00-6.40pm**

**EVERY WEDNESDAY, 1.00-1.40pm**

**EVERY THURSDAY, 1.00-1.40pm**

**EVERY FRIDAY, 1.00-1.40pm & 6.00-6.40pm**

**EACH WEEK except on Public Holidays.**

The only possibility of us making positive changes in our life is for us to make them – talking about changes can be a game, a distraction, and trying to prove to others that we are interested in making changes.



### Depression – A Different and Human Approach

*Dr Winfried Sedhoff*

Here is an excellent session presented by a **medical doctor with a deep understanding** of not only depression but also what we can do to **break the grip** that depression can have over our lives, our energy and our relationships. Dr Sedhoff understands it because many years ago he suffered depression himself and brings you the **opportunity to empower yourself** and without changing what you are currently relying on.

Winfried brings a **very human approach** to showing you how you can gradually grow to no longer needing those external aids and **again feel the joy of being you**.

Attendees have said that Dr Sedhoff's session is one that would be **invaluable to everybody** whether they have depression or not. Don't underestimate what these 3 hours could give you.

**FEE:** \$45 (Repeaters \$25). **PLEASE BOOK.**

**SUNDAY 5 JUNE, 10.00am-1.00pm**

### Mindfulness Meditation

*Dr Rachel Darken*

This is an **experiential course** which will engage people physically, emotionally and intellectually. It uses mindfulness meditation training as the basis of a programme which is **practical, inspiring and transformative**.

Two decades of published research indicate that the majority of people who complete the course report **lasting** decreases in physical and psychological symptoms, **an increased** ability to relax, **reductions** in pain levels and an enhanced ability to cope with pain. It also brings with it greater energy, enthusiasm for life – **improved self-esteem**, and an **ability to cope more effectively** with both short-term and long-term situations.

Rachel Darken was a psychiatrist for many years and has taught numerous mindfulness meditation classes as well.

**FEE:** \$85 (Repeaters \$45). **PLEASE BOOK. Bring lunch to share.**

**SUNDAY 8 MAY, 10.00am-4.00pm. See more page 20.**

### Meditation for Beginners

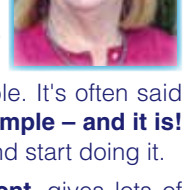
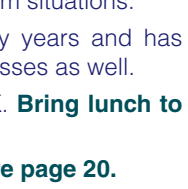
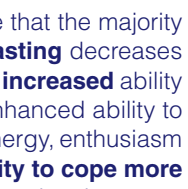
*Rothy Benson*

In this open-minded class you will be **shown first how to relax** and then how to **find inner quietness** through **different meditation techniques**. It will include **breathing exercises to assist relaxation** and how to **create a relaxing space** that really works for you so that much more becomes possible. It's often said during classes that it **seems wonderfully simple – and it is!** You just need to **find what works for you** and start doing it.

Rothy provides a warm **friendly environment**, gives lots of handouts and says she can virtually guarantee you'll leave much more relaxed. **Always wonderful feedback.**

**FEE:** \$35. **PLEASE BOOK.**

**SATURDAY 21 MAY, 1.30-5.00pm**



**More Courses on Stress/Anxiety/Sleep/Depression/Meditation over page**

## Managing Stress / Anxiety

Lionel Fifield & Tom Wixted



**Stress and anxiety affect us in so many ways:** from headaches to loss of energy, poor digestion, inability to sleep and lack of motivation, to being emotional, accident-prone and so much more.

Stress can cause pain, numbness and many other symptoms and we can imagine we have serious illnesses developing. In addition to this it is a **basis for lack of concentration** and focus, **tensions** in relationships and **loss of humour**.

Because of **Lionel's own years of chronic stress**, anxiety and **insomnia** he is able to **offer** insights and **techniques** that can bring **relief and benefits** to your everyday life.

**Tom Wixted** brings valuable insights from his own personal and professional experience in assisting others and offers very useable and practical techniques that participants find immediately helpful.



**FEE:** \$35 (Repeaters \$20). **PLEASE BOOK.**

**SATURDAY 9 APRIL**, 9.30am-1.30pm

**SATURDAY 28 MAY**, 9.30-1.15pm

**SATURDAY 16 JULY**, 1.00-5.00pm

## Mindfulness, Loving Kindness, Compassion, Joy and Peace

Malcolm Huxter

Come and enjoy an **overview of Mindfulness** and the four heart qualities of loving kindness, compassion, appreciative joy and equanimity. Mal will talk about how the cultivation of **these skills and qualities** can lead to transformation of suffering to wellbeing, **peace and genuine happiness**. The evening will include a short meditation practice and opportunity for questions and discussion.



**FEE** for Introduction: \$10. **PLEASE BOOK.**

**FRIDAY 10 JUNE**, 7.00-8.30pm. **See more page 20.**

## Mindfulness Compassion Weekend

This workshop style urban retreat with Mal will involve small and large group interactive discussion, reflection, experiential exercises sometimes in pairs, **mindful-compassionate movement**, guidance with **meditation and periods of silence**.

On **Saturday** we will focus on the cultivation of **mindfulness and equanimity** and on **Sunday** the **cultivation of compassion, loving kindness and appreciative joy**. **See more about Mal on page 20.**

**FEE:** \$165. **PLEASE BOOK** with full fee – Numbers Limited. **Bring lunch to share.**

**SATURDAY & SUNDAY 11/12 JUNE**, 9.00am-5.00pm

### Have you any Questions?

You may have questions about what's happening in your life – what the Centre can offer – courses that could be most appropriate for you. You are very welcome to call Lionel Fifield or make a time to see him - 3856 3733.

Peace is always hidden inside us waiting for us to find it.



## Mindfulness Meditation

Linda Oram



Our mental health and happiness are profoundly shaped by what we do with our attention. Mindfulness Meditation is the method we use to focus our attention on what is actually happening in the present moment. **Regular practice** of mindfulness meditation **will enhance** the quality and happiness of **our lives**.

Come along and enjoy Linda who has found this process so valuable in her own life. She will **guide you through** the basic steps of Mindfulness Meditation so that you can establish a **regular and satisfying practice** for yourself, to give you all the benefits this offers.

**FEE:** \$60. **PLEASE BOOK.**

**SUNDAY 10 APRIL**, 10.00am-4.00pm. **Bring lunch to share.**

**TUESDAY 26 APRIL**, 7.00-9.00pm (4 weeks)

**TUESDAY 31 MAY**, 7.00-9.00pm (4 weeks)

Quietness,  
Calm, and  
Stillness  
allow gems  
to emerge.

## Quietenng a Busy Mind

Alexander Robey



One of the **essential keys to health and wellbeing**

in a fast-paced life with constant challenges and pressure is **quietening a busy mind**.

So too is a sense of feeling less busy, gaining control of one's thoughts and reducing the expectations that come in the form of "should".

Gaining a peaceful night's sleep without constant "to do lists" popping up and gaining guilt-free time out for oneself is just as important as harnessing positive thinking over doubt, negative thinking and concern.

This is a **powerful workshop** offering recognised **mindfulness techniques** and **positive psychology strategies** to gain insight into that thinking of yours, **to gain peace of mind**.

**FEE:** \$60. **PLEASE BOOK.**

**SATURDAY 14 MAY**, 10.00am-4.00pm. **Bring lunch to share.**

Many of us grow up believing and telling others that we can't draw or paint – it's amazing what a few ideas and practice can bring about – that can prove so much about our innate abilities – and it doesn't matter how old you are the creative mind is as young as the day you were born unless you put a lock and key on it and refuse to let it breathe and live.

## Guided Relaxation/Meditation

Linda Oram



Come and **enjoy a different lead-in each week to relaxation and meditation** – reducing stress in our bodies and calming our minds.

**FEE per session \$8.**

**EVERY THURSDAY**, 6.00-6.40pm.

**EVERY WEEK** except on Public Holidays.

**More Courses on Stress/Anxiety/Sleep/Depression/Meditation next page**

## Retreat Day

**Rothy Benson**

Come and enjoy this one-day retreat with a presenter who is known for her **very relaxed style and relaxing sessions**.

In the morning Rothy's focus will be on **quietening your mind** and **relaxing** your physical body. You'll enjoy valuable **breathing techniques**, deep relaxation and **meditation**.

The afternoon will be very different; you'll experience a range of creative activities, **building a labyrinth** – followed by meditation and more. **Bring a blanket and pillow if possible**. So come along for a **day's retreat** – a **holiday** and **fun**, all in one! We've had glowing reports about this day.

**FEE: \$65. PLEASE BOOK. Bring lunch to share.**

**SATURDAY 16 APRIL, 10.00am-4.30pm**



## Seniors Retreat

Here is a **Retreat Day with Rothy** designed specifically for those of you who we now refer to as Seniors. Rothy is known for her **very relaxed style of presentation** which participants say they love and gain so much from.

There will be some **breathing experiences** for better health, **relaxation and meditation** but lots **and lots more** as well so you can come, **just let go and enjoy these hours together**. No need to bring anything except lunch – see below.

**FEE: \$45. PLEASE BOOK. Bring lunch to share.**

**THURSDAY 26 MAY, 10.00am-3.30pm**

Seniors is a badge of experience not obtainable from any university.

If you find one or two of the thoughts in this Newsletter really relevant it's good to focus on those regularly for a week or two – that's how change really becomes incorporated into our lives.



## Stress and Anxiety – Understand It to Change It

**Hilda Brunckhorst**

You **only need stress** when there is **real danger**: all the **other stress** is based on **misunderstandings in your subconscious mind**. What an excellent course this is giving us time to really embrace the changes needed.

Over six weeks Hilda will introduce you to your 'security guard', your subconscious mind and its way of learning. Besides explaining why your 'security guard' holds onto **misunderstandings in your beliefs**, causing you unnecessary stress, Hilda will share an understanding about life that enables you to **revise these learned beliefs**. This new understanding will help you **change your reactions and responses** to situations that bring stress and anxiety.

Join this very practical down-to-earth course presented in a very friendly and light-hearted way.

**FEE: \$180. PLEASE BOOK.**

**FRIDAY 29 APRIL, 7.00-9.00pm (6 weeks)**

**FRIDAY 15 JULY, 7.00-9.00pm (6 weeks)**

## Sleeping Well – Breaking the Insomnia Cycle

**Lionel Fifield**

Here is an **invaluable session** full of **insights, ideas** and practical ways to get to sleep or back to sleep.

During Lionel's many years of chronic insomnia he discovered so much by observing himself and **exploring ways to deal** with the repetitive patterns of either not getting to sleep or waking up at 1am and not being able to get back to sleep. Lionel has been able to **assist numerous people** over the years to **break the insomnia cycle** and gain all the **value of a good night's sleep**.

**FEE: \$30. PLEASE BOOK.**

**SATURDAY 4 JUNE, 2.00-4.30pm**

**TUESDAY 28 JUNE, 6.30-8.30pm**



## Building Confidence and Determination – Overcoming Fears and Addictions

### Accessing Your Inner Power

**Tom Wixted**

Tom teaches some really interesting **insights and easy-to-grasp techniques** assisting participants to **understand and access this intangible thing we call power**.

As we embrace this we naturally improve our assertiveness and our **ability to stand up strong**. This of course is invaluable in numerous situations. Being able to be fully present and hold steady whatever the pressures, mental or emotional, is something **we need to learn** and most people rarely do. **Wear casual, relaxed clothing for some simple movements**.

**FEE: \$25. PLEASE BOOK.**

**SATURDAY 14 MAY, 2.00-4.30pm**



### Addictions – exploring answers

**Ian Ratcliffe**

**Being able to admit to yourself** that you have an ongoing addiction is **half the battle**.

Ian himself was strongly addicted for **40 years**. Nine years ago he **took back his power from his addiction** and this is what this session is all about. Ian has **inspired and given hope** to numerous people struggling with addictions as well as other people such as parents concerned for those close to them.

**FEE: \$20. Book if possible** or just come along.

**MONDAY 11 APRIL, 12.00-1.30pm**

**MONDAY 9 MAY, 12.00-1.30pm**

**MONDAY 20 JUNE, 12.00-1.30pm**

**More Building Confidence Fears over page**

Are you in charge of your own life, if not, who is – who is pulling the strings, who makes you care, who changes your moods, who makes you feel good, who told you what you should believe?







## Awaken Your Natural Confidence

*Paula Wilson*

Discover what **gets in the way of our natural confidence** by exploring crucial childhood developmental stages that have the power to shape mindset and behaviour. The workshop helps **restore your energy for life, innermost sense of value, and feel 'good enough' no matter what** circumstances life brings. Learn ways to transform anxiety and self-doubt into **empowerment and a spark for life**.

Paula will help you **build a toolkit for confidence**, drawing on her knowledge and experience as an educational and developmental kinesiologist.

**FEE:** \$45. **PLEASE BOOK.**

**SATURDAY 7 MAY, 9.30am-1.00pm**

## Eating, Eating, Eating

*Karla Cameron*

When eating is everything and food is love, **are you in charge of your eating** or do you feel that sometimes food has control over you? Why does **eating seem to be the answer** to every challenge life throws at us?



Come tonight for an overview of how you can **gain a real sense of internal control** and **rediscover enjoyment with your eating experiences**. Find out how **beneficial this session can be** as well as the **benefits that flow** on for the rest of your life. See Karla's afternoon session below.

**FEE:** \$25. **PLEASE BOOK.**

**MONDAY 9 MAY, 7.00-9.00pm**

## Eating By Choice Not Habit

*Karla Cameron*

Would you like to feel you have a lot **more choice and control** over how you eat? Would you like to be able to **enjoy your eating** with satisfaction and pleasure instead of having those feelings of guilt?

Today Karla will give you some **simple strategies** that you can **put into immediate use** so you're able to replace mindless eating patterns with a **mindful self-compassionate style of eating**. This is not a diet and there are **no menus or food restrictions**. This session is all about developing an **empowering way of life**, bringing benefits in both this very important area of eating and at the same time allowing **what you learn to flow into other areas of your life**.

**FEE:** \$55. **PLEASE BOOK.**

**SATURDAY 11 JUNE, 12.30-5.00pm**



## Emotional Intelligence

*Alexander Robey*

Emotional intelligence is invaluable – it is your ability to **recognise your own and others emotions**; to communicate effectively these with discernment and to be able to **self-regulate the array of emotional states**.

If you're one of a rapidly increasing number of people **keen to learn more about your emotions**, to communicate these effectively and **understand what's really going on**, and this is important for you, here is a workshop

**More about Emotional Intelligence next column**

which will provide the key elements leading to wellbeing and the necessary skills for you to understand emotions so that you are in charge of them rather than being in charge of you.

Alexander brings many years of experience in working with many thousands of people, privately and in workshops, to develop healthy emotions and emotional intelligence.

**FEE:** \$30 (concessions available). **PLEASE BOOK.**

**THURSDAY 19 MAY 7.00-9.30pm**



## I Can Do It!

*Lionel Fifield*

These are four of the **most important words we can ever say** to ourselves, think and believe. **We need to direct our minds** rather than let them keep telling us that we can't do this or we can never do that.

Our **minds convince us of so many false beliefs** about ourselves so Lionel will explain tonight just what these four words can open **up in our daily lives** and the long-term possibilities.

**FEE:** \$25. **PLEASE BOOK.**

**TUESDAY 7 JUNE, 7.00-9.00pm**

## Men's Circle

*Alexander Robey*

When men gather in a **confidential and emotionally safe space**, free from competitiveness and advice giving, it's an **unique experience**. This men's circle is open to men to connect with other men, to share in a real meaningful way and **gain insight** into the mechanics of healthy masculine development in the form that's right for you.

Alexander has many **years' experience in running men's circles**, programmes and large gatherings.

**FEE:** \$5. **PLEASE BOOK.**

**THURSDAY 14 APRIL, 7.00-9.30pm**

**THURSDAY 2 JUNE, 7.00-9.30pm**



## Making Conversation

*Lionel Fifield*

Do you find **conversations, interviews, meeting strangers** or being out of your areas of comfort **rather daunting**?

Some people **chat easily**, some are great wits, some are the life and soul of the group, BUT there are many, many, many people who are highly intelligent, creative, skilled at work, really reliable but **find conversation with others very difficult** – they just don't know what to say or are perhaps really shy. That's not a crime; it just is.

So if you want to step into situations with greater confidence along with **some valuable ideas, hints and techniques** at your fingertips this has proved to be a great little course to come and enjoy.

**FEE:** \$25. **PLEASE BOOK.**

**TUESDAY 24 MAY, 7.00-9.00pm**

**Building Confidence, Determination, etc continued next page**

There are always answers but sometimes many, many pebbles to be turned over to find them.



## Post Traumatic Stress Disorder

*Margo Knox*

Every day now we are hearing **stories about people with PTSD** – so what is it and **why don't we always recognise we have it** and what we can do about it? PTSD is like a **deeply embedded anxiety** that seems to **affect us in a range of ways** including losing the will to live, feeling constantly exhausted, having little interest in life as well as often stimulating a range of emotions.

**Margo went through PTSD** nearly 20 years ago. This led to her discovering and developing and **working with a range of ideas and possibilities** that have revolutionised her life – what she shares with others can bring "light bulb" moments.

**FEE: \$35. PLEASE BOOK.**

**SATURDAY 11 JUNE, 10.00am-1.00pm**



## Speaking to Groups – with skill and confidence

*Gavin Blakey*

When we can stand up and **speak with confidence** it can feel so good – we can do so **without stress and anxiety** and there are so **many long-term benefits** when we have this ability.

**Learning the steps to connect with our audience**, being informative and perhaps entertaining, **can make a world of difference.** **Gavin Blakey** has worked hard on himself to face his own fears and get where he is now and became the first Australian International President of Toastmasters.

**FEE: \$35. PLEASE BOOK** with full fee.

**THURSDAY 5 MAY, 7.00-9.30pm**



## The Fear of Flying

*Paul Spottiswood*

For some years Paul gave the "Fear of Flying Course" conducted by one of **Australia's major airlines.** Paul, a retired commercial pilot with 25 years' experience, says it has always amazed him **how many fear barriers seem to melt** as participants **gain understanding** and are able to ask questions as well as **hear insights.**

**FEE: \$30. PLEASE BOOK.**

**SUNDAY 19 JUNE, 2.00-4.30pm**

## The Gift of Trauma

*Margo Knox*

Many people look back on a **major trauma as a turning point in their lives.** People have gone on to write books, some present courses and for others they speak of the **insights** into their **strengths and clarity** about what they wanted to do in their life and their ability to understand and assist others.

Yes, as tough as it might seem at the height of our trauma, it's a call to **awaken us to our strengths and qualities**, to see the potential possibilities, often by turning our thoughts upside down. Margo went through PTSD in the '90s and has **inspired numerous people** because of it.

**FEE: \$35. PLEASE BOOK.**

**SATURDAY 16 APRIL, 10.00am-1.00pm**



## This Is Your Life – A Gem to Unfold

*Joan Wilson-Jones*

Joan invites you to an **exciting session** of exploring future possible pathways, life-planning, getting the most out of your brain, **maximising your personal power** and dealing with difficult people and situations.



Participants will also have the opportunity to look at **how to stay calm in crisis**, laughing for good health and balancing the dance between work and home. Such a review is essential.

Joan says, "This is **your life, no one else can live it** for you and you owe it to yourself to **make it the masterpiece you deserve**, both professionally and personally." Joan presents seminars throughout Australia and is **always so good, uplifting and interesting to listen to.**

**FEE: \$30. PLEASE BOOK.**

**MONDAY 30 MAY, 7.00-9.30pm**



## Workplace Resilience – Surviving to Thriving

*Paula Wilson*

Things **can happen** in the workplace to **really stretch us** – dealing with difficult people issues, power struggles, and politics; job uncertainty and restructures; too much to do and the pressure of deadlines.

Bring **balance back into your life** by learning to apply a range of **proven ways to grow resilience skills.** Paula draws on her knowledge and experience in organisational culture, workforce strategy and educational kinesiology to **help people flourish at work and life.** She always receives much appreciative feedback from **her presentations** as she draws on her **many and varied skills.**

**FEE: \$45. PLEASE BOOK.**

**SATURDAY 4 JUNE, 9.30am-1.00pm**

## Movement – Yoga – Qi Gong – Feldenkrais – Tai Chi – Pilates



## Freeing Yourself With Feldenkrais

*Rita Ryan*

**Dr Moshe Feldenkrais** was a great pioneer and researcher who developed many **remarkably simple, gentle movements** to benefit those who could not bend or move with ease. This is something you need to experience yourself.

This wonderful process has brought about quite miraculous changes for numerous people.

Rita is an **outstanding teacher** with many, many years of experience working with individuals and groups. **Please bring a mat or towel to lie on.**

**FEE per session: \$14 or \$98 for 8 sessions.**

**EVERY FRIDAY, 10.00-11.00am.**

**EACH WEEK except on Public Holidays.**

**Movement – Yoga – Qi Gong – Feldenkrais etc. continued over page**

What is the opposite of Fear?  
Could it be Love? Could it be hope? Could it be optimism? Could it be kindness? Could it be Compassion?





## Feldenkrais Movement

*Rita Ryan*

Feldenkrais is a system of **learning through movement** that improves the total function of the body and mind. People are often amazed at the **benefits they gain** using such gentle movements. Rita is a Feldenkrais practitioner with many years' experience in helping people find **renewed freedom** in their bodies and often at the same time **reduce pain**. **Please bring a mat or towel to lie on for these sessions.**

### A Healthy Lower Back

Those with **lower back and hip problems** will enjoy this session, as you learn to develop **new ways to move** from your habitual ways of sitting, standing and bending. Our habits of movement can be causing pain and discomfort. This lesson will be done **on the floor and sitting in a chair**.

**FEE:** \$25. **PLEASE BOOK.**

**SATURDAY 23 APRIL, 10.00am-12.30pm.**

### Finding a Flexible Body

Feldenkrais lessons involve **small, painless movements** that **support the work of the nervous system**; this enables free and easier movement. Today the lesson will involve discovering how the **flexibility of the ribs and chest** influence our length and general wellbeing. This lesson will be done on the floor.

**FEE:** \$25. **PLEASE BOOK.**

**SATURDAY 21 MAY, 10.00am-12.30pm**

If your mind can work with your body and spirit you have a wonderful faithful servant at your side.

## Gentle Yoga and Relaxation

*James Rostas*

These classes are designed to return you to the **place of peace and calmness** that already resides within you. Using **simple postures** for the joints and digestion system, and a **guided relaxation** that includes images that heal; this is an ideal class for **rejuvenation and recovery** both **physically and mentally**. **Please bring a yoga mat or towel.**



**FEE per session:** \$12 or \$90 for 8 sessions.

**EVERY TUESDAY, 12.30-1.30pm. See also Monday sessions with James (below).**

**EACH WEEK except on Public Holidays.**

## Yoga Flow

*James Rostas*

Here are weekly classes to **build your endurance, strength and flexibility**. These classes are designed for the more adventurous wanting **dynamic flow sequences** and **deep postural work**. Classes will include **breath work and short relaxation or sitting postures**. **Please bring a mat or towel to lie on.**

**FEE per session** \$14 or \$115 for 9 sessions.

**EVERY MONDAY, 5.30-6.30pm.**

**EACH WEEK except on Public Holidays.**

Often the solution to a problem comes when we recognise we've been looking in the wrong direction.

## Martial Arts – For Inner Strength and Peace

*George Eaton*



Behind the combative appearance of eastern martial arts lie **techniques for calming the mind and defensive movements to create safety, without needing to attack back.**

This introductory lesson is an opportunity to **learn peaceful responses to aggression**, to **develop your own strength** and find **effective ways to resolve immediate conflict**. George has a lifetime of expertise and qualifications in these areas and is absolutely excellent in sharing information with others. **Wear loose clothing suitable for simple movements.**

**FEE:** \$25. **PLEASE BOOK.**

**MONDAY 9 MAY, 6.45-9.00pm**



## Pilates

*James Rostas*

People throughout the world find Pilates invaluable. These classes will focus on **stimulating** the activity of the **deep core muscles**. Our core muscles are functionally important to **enhance the support of larger ligaments, tendons and joints**. The aim of these weekly classes is the enhancement of everyday activities, sport and recreation. **Please bring mat and towel.**

**FEE per session** \$14 or \$115 for 9 sessions.

**EVERY THURSDAY, 5.45-6.45pm.**

**EACH WEEK except on Public Holidays.**



## Qi Gong – the gentle way to health and fitness

*Terri Kozak*

Qi Gong movements **enrich your brain and nervous system** while **enhancing your health** holistically. Just 10 minutes a day can make a **profound difference to mind and energy levels**.

Qi Gong is **energising and relaxing**. It **aids digestion, circulation, joint and spinal health, blood pressure and a feeling of wellbeing**. Terri Kozak loves facilitating these Qi Gong sessions – so come and enjoy.

**FEE:** \$40 or \$12 per session. **PLEASE BOOK.**

**WEDNESDAY 20 APRIL, 10.00-11.00am (4 weeks)**

**WEDNESDAY 18 MAY, 10.00-11.00am (4 weeks)**

**WEDNESDAY 15 JUNE, 10.00-11.00am (4 weeks)**

## Yoga for Beginners

*Chris Lloyd*



Here is a **gentle introduction** to the basic poses and **skills of yoga**. Whether you're a beginning yoga student or someone who hasn't practised in a while, it's time to **connect with your yoga practice** now. Both the **mind and the body will benefit** from a class that begins and ends with relaxation and meditation and includes a range of all the **important basic yoga postures**.

Chris teaches each pose clearly with an **emphasis on correct alignment**, building confidence and knowledge along the journey.

**FEE per session:** \$12 or \$90 for 8 sessions.

**EVERY FRIDAY, 12.00-1.15pm.**

**EACH WEEK except Public Holidays.**

Movement –  
Yoga – Qi Gong  
etc continued  
next page





## Women – Feeling Confident and Safe

*George Eaton*

Tonight you will be able to **understand the use of self-defence** postures and movement and be clear on how to develop effective escape techniques. Here is an excellent course for when you find people invading your space or adopting threatening behaviour towards you. Learning to defend yourself is an **important everyday life skill** and you will **learn movements that can free you from uninvited harassment**.

George Eaton has studied martial arts for 35 years – his teaching is **sensitive and skilled** and he is recognised in Japan as a **leading instructor**. Don't underestimate what George can give you in this short course. **Please wear comfortable clothing suitable for exercise.**

**FEE:** \$25. PLEASE BOOK.

**MONDAY 30 MAY, 6.45-9.00pm**



## Yoga and Psychology for Anxiety and Depression

*James and Sally Rostas*

**Depression and anxiety** need **not** be thought of as **separate disorders** but rather **part of a spectrum** that involves common neural networks.

Come along today and learn how the principles and practices of **yoga can be utilized to promote changes in your brain**. Supporting the current psychological view of an integrated multidimensional model, the **holistic practice of yoga** can be useful in **reducing symptoms** of both anxiety and depression. **Sally Rostas is a clinical psychologist** with extensive experience working with trauma, anxiety, depression and mood disorders and **James Rostas is a yoga therapist** specializing in mental health. **See James' other Yoga and Pilates presentations on page 10.**

**FEE:** \$55. PLEASE BOOK.

**SUNDAY 24 APRIL, 9.30am-1.00pm**

**SUNDAY 22 MAY, 9.30am-1.00pm**

## Yoga for Everyone

*Asako Ogi*

These **classes are based on Indian Hatha Yoga and Japanese Oki-do Yoga**, which in combination **use gentle movements to restore and maintain the body's natural rhythm**. Asako is an intuitive teacher and **works with individuals regardless of their age and level of fitness**. The classes are easy to follow – you will come away refreshed and relaxed in mind and body.

**FEE per session:** \$14 or \$115 for 9 sessions.

**EVERY TUESDAY, 5.45-6.55pm.**

**EACH WEEK except on Public Holidays.**



I do enjoy just lying here day after day, relaxing and dreaming as I see the humans around me rushing off, rushing back, rushing off somewhere else.  
I'm glad I don't have what they call an advanced brain!

## Motivation – Empowerment – Specific Health Issues – Ageing

### Be Your Own Therapist

*Ven Robina Courtin*

The Buddhist view is that **we've all got extraordinary potential**. It's not some special gift that only some people have; **it's innate within all of us**.



But potential for what? Not something holy, like heaven in the sky, or next life, but potential to lessen fear, depression, anxiety, neediness, low self-esteem, which are not at the core of our being. And **we have the potential to grow love**, contentment, compassion, clarity, courage and the other qualities that, in fact, actually define. They are who we really are.

**The key to success is to learn**, as one Tibetan lama puts it, **to be our own therapist**. Using practical focusing techniques we can learn to unpack and unravel our thoughts, feelings, and emotions, developing the courage to take responsibility for them, and to gradually reconfigure them.

**FEE:** \$30. PLEASE BOOK with full fee. If you wish to attend Robina's session tonight and Friday 13 May the fee is \$55.

**WEDNESDAY 11 MAY, 7.00-9.00pm. See more page 20.**

### Conscious Ageing

*Margo Knox*

The purpose of Margo's workshop is to move away from self-limitation, lack, isolation and fear towards expansiveness, inclusiveness, wholeness, connection and compassion. It is an opportunity to **explore self-limiting beliefs and assumptions about ageing** and therefore be able to make better choices. It's about **developing skills of self-compassion** so as to deal more effectively with the stresses associated with ageing.



It's important to identify the regrets, sufferings and negative self-concepts that have kept us from fully appreciating ourselves – in this way we can **manage our fears** and those close to us as we explore the transformative power of surrender and acceptance. It's exciting to **develop a personal roadmap for our own ageing journey** and therefore learning to enjoy and appreciate each moment. People love Margo's workshops and listening to her depth of **wisdom and wonderful ideas**. **See also page 20.**

**FEE:** \$35. PLEASE BOOK. See more page 20.

**SATURDAY 28 MAY, 10.00am-1.00pm**



### Cancer – Sessions to Support, Inform and Encourage

*Michael Dunn or Helen Roberts*

These are **invaluable sessions** guided by a man with over 30 years experience of such groups. **It's an opportunity** to not only receive **ideas, insights and relative information** but also to see how participants can assist themselves after **enjoying the support, friendship and understanding** of others in a similar situation – also includes a calming relaxation session.

**FEE per session:** \$12 (\$18 couple).

**EVERY TUESDAY FROM 12 APRIL TO 21 JUNE,**

**10.30am-12.00noon (11 weeks).**

**EACH WEEK except on Public Holidays.**

**More Motivation – Empowerment – Specific Health Issues – Ageing next page**



## Courageous Compassion

Ven Robina Courtin

Usually we have compassion only for the innocent victims: children, animals, etc. Usually then our compassion turns into anger for the harmers; **our compassion is too superficial.**



According to the **Buddhist perspective, everyone suffers**, even the harmers: in fact, they harm others because they themselves are suffering. We're all driven by the same anger, attachment, jealousy, resentment, pride, and the rest; it's just a question of degree.

**The more we understand our own fears and neuroses**, the more we can understand how they are the cause of why we make a mess of our relationships, and **then we can begin to understand others**, and have compassion for them - because we can see that they are not only harming others but themselves as well.

**FEE:** \$30. **PLEASE BOOK with full fee.** Fee for tonight and session on 11 May is \$55. **See more page 20.**

**FRIDAY 13 MAY, 7.00-9.00pm**



## Coaching for Cancer Survival – Book Launch

Jeffrey Hodges

Jeffrey describes this as a **42-day positive mental training program.**

Tonight he is launching his book. The book contains a foreword from Lydia Lassila, an Olympic Gold Medallist trained by Jeffrey.

Lydia had a close friend Dr Lisa Briggs who's an osteopath and exercise physiologist. Lisa **had been diagnosed with stage 4 lung cancer.** She also writes an introduction to the book about how she knew the odds were stacked against her **as she battled** to come to terms with one of the deadliest types of cancer, ranking No 1 in Australia and America, and also very advanced, having spread to 8 different locations in her body. **This amazing story** goes on and on and she describes it in detail. She was only 32 years old, a wife with two beautiful young children, one only 4 months old. **See more on page 20.**

**FEE:** \$5 PLEASE BOOK.

**FRIDAY 27 MAY, 7.15-8.45pm**



## Introduction to Reflexology

Sonia Bailey

**Discover the Reflexes** in your hands and feet, and the **amazing ability of the body to help heal itself** through natural reflex signals. Take a look at how the feet and

hands are a microcosm of the whole body and how **you can improve overall health**, harmony and wellbeing and see how Reflexology helps **reduce stress** in yourself and others.

Bring a notebook and pen, and any health questions you may have: e.g. how can Reflexology help my child's head cold? Sonia is president of The Reflexology Association of Australia.

**FEE:** \$45. **PLEASE BOOK.**

**SATURDAY 14 MAY, 10.00am-1.00pm**

Everything inside us is linked with everything else – We are one!

## Creating Your Future – a male and female approach



Jeffrey Hodges and Elena Lymbery

The traditional 'male' way of achieving goals is usually very linear, forceful and 'wilful' and often doesn't consider the wider ramifications of actions. On the other hand the 'female' way of operating can, at times, be seen to be more flowing and not directed enough – of course this is very individual.

In this workshop you will **learn how to activate your male and female creative energies** and principles to identify a heartfelt purpose with the intention of a **positive future for yourself in harmony with this purpose.**

Employing both high achievement, masculine coaching principles and heart centred and directed female intuitive and creative energies, Jeffrey and Elena will lead you through an **empowering experience** using practical planning, **visualisation and singing bowls to create your desired future!**



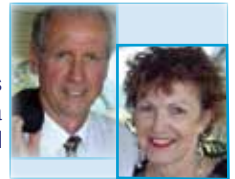
**FEE:** \$30. **PLEASE BOOK.**

**SATURDAY 28 MAY, 1.30-5.00pm**

## Dowsing For Answers

Rod and Megan Middleton

**Dowsing** has been **used** for thousands of years and **by many cultures.** It is a way of **tapping into your mental and intuitive powers.**



When skills have been developed **dowsing can be used in revealing answers to unanswered questions**, finding lost objects and exploring what foods can be helpful – these along with other possibilities. Rod and Megan Middleton have **been teaching dowsing for many years.** These are **fascinating sessions.**

**FEE:** \$25. **PLEASE BOOK.**

**TUESDAY 14 JUNE, 7.00-9.30pm**

## Getting Things Done – overcoming procrastination



Gavin Blakey

We make **resolutions**, set **goals**, have great ideas, give **promises** and say we'll make changes **BUT** something gets in the way.

If you'd like to discover ways to **move beyond** procrastination and those nagging

**"meant to do" thoughts** then come along to this session **full of ideas with Gavin.**

**What a great little course this is!**

**FEE:** \$30. **PLEASE BOOK.**

**TUESDAY 26 APRIL, 7.00-9.30pm**

**More Motivation – Empowerment – Specific Health Issues – Ageing over page**

The people next door bought a Dalmatian, then on the other side they bought a German Shepherd. It took me a couple of years to realise that self-esteem has nothing to do with size or power or physical looks. So their coming here has really helped me to work on my qualities of gentleness, kindness, listening and friendship – Now they both turn to me for advice.



## The Art of Japanese Nutrition

Asako Ogi



Asako describes this as **holistic, mindful cooking**. The preparations will range from PowerPoint to live demonstration and participants have a chance to **create their own Rice Balls** – plus **how to choose ingredients** and much more. Asako will be preparing enough food so **we can eat together** three different dishes.

**SATURDAY 16 APRIL, 10.00am-12.15pm**

## Foods Used as Medicine

In this **further presentation** Asako will talk of foods used as medicine and **finding the right foods for our constitution**. It was **in Japan that the Microbiotic diet developed**. So today we'll look at food in a range of ways for **improving health and wellbeing**.

**FEE for each session: \$38. BOOKING ESSENTIAL** to guarantee the right quantity of food. **BOOK with full payment.** **Note: Don't come if you're allergic to soy or buckwheat.**

**SATURDAY 16 JULY, 10.00am-12.15pm**

## Over 50 and Healthy

Kay Woodall

Are you over 50? Would you like to take your **health into your own hands** and learn how to take **preventative measures** and reduce your current health issues?



**Learn a little about Ayurveda** and how to use **simple dietary and lifestyle guidelines** to **improve, heal, reduce symptoms** and hopefully prevent the issues that take away the pleasure of being an elder – **each**

**session is adapted to who is present** – Kay highlights **our health is precious** – and she is most supportive.

These sessions offer a wealth of wonderful ideas, information and expertise that can be invaluable for our health. Small numbers and great involvement and Kay is so approachable.

**FEE: \$25. PLEASE BOOK.**

**TUESDAY 3 MAY, 7.00-9.30pm**

**TUESDAY 21 JUNE, 7-9.30pm**

## Supporting Kids and Parents

## Achieving Higher Performance for Teens

Tom Wixted



Whether in sport or in studies **many teenagers are striving hard to achieve their best**. Tension, setbacks and the attitudes of other people can all undermine our best intentions. **This evening with Tom Wixted**, using techniques from our very successful Rock and Water programme, **will help you to get "into the zone"** when dealing with pressure situations. You will learn a range of invaluable ideas to develop **calm, inner strength, courage and success techniques** and how best to have your mind and body working powerfully together – **We work in casual clothes and bare feet**.

**FEE: \$25. PLEASE BOOK** with full fee.

**MONDAY 11 APRIL, 6.30-9.00pm**

## Rock and Water – for boys & girls 8-12yrs

Tom Wixted



This programme is for young people, to **develop a stronger sense of identity and self-confidence** when faced with life's challenging moments.

Participants will **learn to become purposely grounded, centred and focussed** and **experience** how they can become **more in control of their minds and bodies**. This enables them to **maintain calmness** and **choose their response** when challenged or threatened – **Great parent feedback**.

**Tom Wixted is very experienced as a teacher** in the outdoors and in the classroom. **Great for the holidays**.

**FEE: \$25. PLEASE BOOK** with full fee.

**FRIDAY 8 APRIL, 9.30am-12.30pm**

**MONDAY 27 JUNE, 9.30am-12.30pm**

## Sing a Lullaby to Your Baby

Maxine Chisholm



Research shows that **singing lullabies** to your baby teaches them **skills that will help them** as they grow. Through this, children develop feelings of acceptance, trust and care and it's **proved to be much better than playing recorded music**. This is also the perfect way to create a bonding experience.

As you **start humming softly** you will most probably **feel the child relax** and you will probably as well. Don't worry if you think you cannot sing or hold a tune because Maxine will show you lots of possibilities – here is an afternoon for fun, enjoyment and learning with **far-reaching possibilities**. **See more on page 20.**

**FEE: \$35. PLEASE BOOK** with full fee.

**SATURDAY 30 APRIL, 1.30-4.30pm**

## The Gift of Effective Parenting

Glen McGowan and Mike Percival



Our society has many skilled professionals working with child development and support: teachers, counsellors, social workers, psychiatrists, psychologists. However the people who can **most influence the children are the parents** who are generally untrained.

Glen and Mike are teaming up to present an **interactive workshop** on **core elements** of parenting, encouraging parents to **share concerns and ideas** and providing skills for **effective parenting**.



Glen has been the principle of a primary school on the Sunshine Coast and is now a consultant with the Australian Council of Educational research – he is married with two children. Mike has led many parenting courses, has 3 children and 4 grandchildren.

Both presenters are very passionate about what they've learned and eager to listen, to be with you, to help and provide supportive ideas to assist others with their experience.

**FEE: \$20. PLEASE BOOK** with full fee. **See more page 20.**

**TUESDAY 17 MAY, 6.30-9.00pm**

Unfortunately we can know in our heads lots of great wisdoms but live very few of them.





## Creativity – Expressing from Within You – Nurturing Yourself Into New Possibilities



### A Course in Miracles Study Group

**Maurice Robertson**

*A Course in Miracles* is a home study course that challenges our thinking and brings very insightful realisations. **Its ultimate goal is giving up fear for love.** These popular and excellently presented sessions are for people who are already into *A Course in Miracles* rather than newcomers. They are enjoyable, supportive and so helpful.

**FEE per session \$10.** No need to book.

**EVERY TUESDAY, 7.00-9.00pm.**

**EACH WEEK except on Public Holidays.**

### Chinese Brush Painting

**Jean Turnbull**

Here are two separate **opportunities to enjoy** Chinese Brush Painting with Jean. Chinese Brush Painting **is essentially a meditation.** The flowing and soothing energy of **breath and movement facilitates spontaneous brush strokes.**



People comment regularly on the remarkable capacity Jean has as a teacher of this art and are amazed at what they find they are able to paint only after one session.

**FEE** for each session: \$45 (including materials).

**PLEASE BOOK. Bring lunch to share.**

**MONDAY 18 APRIL, – The Orchid – 10.00am-3.00pm**

**SUNDAY 15 MAY, – Plum Blossom – 10.00am-3.00pm**

### Drawing on the Right Side of The Brain

**Carolyn Wilson**

Drawing on The Right Side of The Brain is mentioned in books such as *The Brain That Changes Itself* because of the **new pathways it opens in our brains** which means more than simply discovering the ability to draw.

**Participants are amazed at the creative skills they awaken** and develop even with absolutely no previous experience. Over the years this has been a **popular and deeply valued course.** It has also **surprised many people** in their 50s, 60s and 70s who have **spent a lifetime saying they could never draw.**



**FEE:** \$90 (includes all materials). **PLEASE BOOK** with a deposit of \$20.

**WEDNESDAY 4 MAY, 5.30-8.00pm (6 weeks)**

**FRIDAY 6 MAY, 10.00am-12.30pm (6 weeks)**

Who said you couldn't draw, paint, sing, create?  
Perhaps you can!

Rather than letting your mind keep criticising you or condemning you it's much better if you can direct your mind to asking questions as to why you do something, asking your motivation or asking is it simply habit.

### Life Context (Workshop 1)

**Jan Watson**



These workshops are based on the **Intensive Journal method**, used over several decades by counsellors, artists and others wishing to **integrate inner and outer life.** This is an experiential workshop where you write in whatever language you wish and **your personal privacy is respected.**

This weekend workshop is the **essential introduction to the Intensive Journal method.** It is like a **journey through your life, private but in company,** using carefully designed and sequenced exercises, recognising and integrating the continuities and connections and accessing energy toward our future. See follow-on workshop below.

**FEE:** \$160. **PLEASE BOOK** with full fee. **Numbers are limited. Bring lunch to share.**

**SATURDAY & SUNDAY 9/10 APRIL, 10.00am-5.00pm**

### Depth Contact (Workshop 2)

**Jan Watson**

**Building on the first workshop,** these exercises are about **social dimensions of living,** influential events and circumstances, dreams and images, **spiritual questions** and experiences of meaning, faith and connection.

**FEE:** \$160. **PLEASE BOOK** with full fee. Numbers Limited.

**Bring lunch to share.**

**Please Note:** This is the only 4-day session in Australia this year and already we have enquiries from overseas.

**MONDAY & TUESDAY 11/12 APRIL, 10.00am-5.00pm**

### Love Your Inner Child Introduction

**John Bligh Nutting**



There is a part of us that never grows up, nor does it need to. That part is our **very own wonderful Inner Child,** incredibly real and still carrying many of your deepest feelings of pain, stress, sadness and vulnerability.

Today's hands-on activities are the **first steps as you rebuild contact between your inner child** and your grown-up side (she or he is longing for this).

John is recognised internationally for his Inner Child work and Brings many years of expertise, practice and counselling to these sessions. **See John's follow on 4-week workshop below.**

**FEE:** \$65 (including \$15 book). **PLEASE BOOK. Bring lunch to share.**

**SUNDAY 8 MAY, 10.00am-4.00pm.**

### Love Your Inner Child Workshop

These four evenings will be very much "hands-on" as you experience the **joy of communicating** more and more openly **with your magical inner child.** You will also discover ways to **heal childhood emotional wounds** and improve self-confidence as your grown-up parts take over life's tasks. Includes creating two Inner Parents to help look after your Inner Child, resolving trauma-based work and relationship issues.

**Attending Sunday session 8 May is not a prerequisite.**

**FEE:** \$105 (including \$25 book). **PLEASE BOOK.**

**THURSDAY 12 MAY, 6.45-9.00pm (over 4 weeks)**

Are you in charge of your mind or is your mind the boss?



**More Creativity, Expressing from Within etc next page**



## Making Powerful Changes – Introduction

Today we will look at **Understanding Personal Power** (it's never about controlling people) – why and when you shouldn't give your Personal Power away (except to share it as a gift or a sign of love).



It's now time to **embrace the** person you really are, **authentic and real** with **your own real personal powers** – Authentic Intimacy and Empathy.

John is recognised internationally for his work on power and control issues and brings many years of expertise, practice and counselling to these sessions.

**FEE:** \$65 (including \$15 book). **PLEASE BOOK. Bring lunch to share.** See John's follow on 4-week workshop below.

**SUNDAY 12 JUNE, 10.00am-4.00pm.**

## Making Powerful Changes Workshops

These evenings are very much “hands-on” and will cover – Building and keeping your Personal Power; Unblocking things inside you that slow, clamp or disempower your life, especially one big but false idea that “...who I am and how much I matter in the world is decided by other people” (**This is Not True**). Learning to say “No” without feeling guilty and making the changes in your life you have always wanted to make. **Attending session on 12 June is not a prerequisite.**

**FEE:** \$110 (including \$30 book). **PLEASE BOOK.**

**THURSDAY 16 JUNE, 6.45-9.00pm (over 4 weeks)**

**NOTE:** John's **Advanced 4-week Workshop** will commence on **Thursday 14 July, 6.45-9.00pm.**

## The Artist's Way – Awakening Creativity



**Jean Turnbull**

This 6-week course potentially develops **creativity in every aspect of our lives.** It's gently and brilliantly insightful. As **we learn to recognise our inner artist** we **become more able to articulate** our own boundaries,

and true goals. **Our desire to explore and discover becomes more alive** than ever before.

**Many participants claim** that the journey they go through over the weeks is one of the most meaningful, enjoyable, **exciting and relaxed experiences** they've had.

**FEE:** \$125 (\$65 for repeaters) **PLEASE BOOK** with a deposit of \$25.

**THURSDAY 14 APRIL, 10.00am-12.30pm (over 6 weeks)**

## Shine a Light on Your Life

**Rod Smith**



Use the **Transformation Game** as a tool to **shed light** on the way you **play your life.** Streamline your life and get your **energy moving** as you allow the game to **assist you** in highlighting strengths, identifying blind spots and bringing **fresh perspectives** to current challenges.

In more than 20 years of working with the game Rod continues to be amazed and inspired at the **beneficial outcomes achieved by players.** Its board game format originated at the Findhorn Foundation in Scotland and is conducted worldwide.

**FEE:** \$45. **PLEASE BOOK. Maximum of 4 players.**

**SUNDAY 8 MAY, 1.00-5.00pm**

**SUNDAY 19 JUNE, 1.00-5.00pm**

## Writing Your First Book – How to Get Started

**Vicki Bennett**

Here is a one-day workshop with **Vicki Bennett** who has **written 26 published books.** The workshop is designed for people who just want to **get started on their Great Book.** Vicki will cover – The **basics** of getting started; **Mind map** your way to a brilliant creation; **Tools and skills** to unlock the creative mind; How to **discipline** the process; Different **ways to publish** and **Marketing and follow through.**

Vicki Bennett is an artist, writer and corporate trainer – her courses are full of fun and participants say they are amazed and excited by all they gain from this new course.



**FEE:** \$65. **PLEASE BOOK** with full payment. **Bring lunch to share.**

**SATURDAY 7 MAY, 10.00am-3.00pm**

## Communication – Relationships – Connecting and Intuition

### Insights and Overview of Compassionate Communication



**Cate Crombie**

**Don't underestimate this evening;** it is more than simply an introduction. You will receive many **concepts you can put into immediate use;** at home, at work, and in

every aspect of your life.

This valuable session will give you an understanding of a **life- and relationship-changing** concept using ideas and approaches which are now **bringing profound benefits** to people in many countries. Enjoy this evening.

**FEE:** \$25. **PLEASE BOOK.**

**THURSDAY 28 APRIL, 7.00-9.30pm.** See below Cate's **Compassionate Communication (NVC) Workshop.**

### Compassionate Communication (NVC Workshop) – making connections

**Cate Crombie**

Imagine **interacting** with one another in a way that **allows everyone's needs to be equally valued.**

This is what this **weekend workshop** is about – offering a practical process to ensure that everyone's needs are **heard and understood;** bringing **resolution to personal conflicts** with personal empowerment and learning how to be **fully present** when people **express emotion,** including anger, resentment, or criticism.

This is an **outstanding workshop** offering **invaluable skills** for everyone. See also **Insights & Overview of Compassionate Communication** above.

**FEE:** \$175. **PLEASE BOOK** with full fee (Repeaters \$125). **Bring lunch to share.**

**SATURDAY & SUNDAY 14/15 MAY, 9.30am-5.00pm**

**More Communication Relationships etc over page**

A complicated mind has little chance of finding simple answers..



## Couple Magic!

**Andrew Lindsay**

Join Andrew with his engaging and entertaining style to embrace **fresh insights** into how to create and build **that special magic** feeling in your relationships. The key is strengthening your emotional connection, but how do we do this and why is it the life-blood of relationships?

Did you know it is quite normal for emotional connections to dwindle as relationships become longer term? Today you will understand **the typical processes** that cause this and **give you key tools** to counter it.

Today is open to both individuals and couples. It's **full of valuable information** and your **privacy is totally honoured and respected**. The benefits from this session could be far reaching.

**FEE:** \$35 (couples \$65). **PLEASE BOOK** with full fee.

**SATURDAY 7 MAY, 9.30am-12.30pm**

## Loving What Is – The Work of Byron Katie

**Rosie Stave**

Rosie will introduce you to *The Work of Byron Katie*. **This has transformed the lives of millions of people**. It can bring the most **remarkable immediate insights** and movement in a most profound way: **you need to experience it to understand this**.



*The Work*, as it is often referred to, has the capacity to **liberate us** into a renewed sense of being with ourselves after what have often been **years of stress, struggle** or thinking there's nothing we can do. It is simple yet so powerful. It assists us to **embrace and accept life's surprises** as well as the differences in other people's personalities and approaches. It is the apparent simplicity of it that makes it so effective and therefore so usable – **see also a full day with Rosie below**.

**FEE:** \$25. **PLEASE BOOK**.

**SATURDAY 18 JUNE, 2.30-5.00pm**

## Free Yourself in Relationships with The Work of Byron Katie

We all come to recognise that our relationships – whether they be with our **partners, parents, children, friends** or **people at work** – can bring out the most unexpected pain, guilt, fear, anger, misunderstandings, frustrations and much more.

Rosie Stave has been a leading practitioner of *Byron Katie Work* for over 15 years and takes her work throughout Australia, New Zealand and elsewhere.

Don't underestimate the **extraordinary breakthroughs, insights and renewed freedom** that can come out of this day. See also *Loving What Is* above.

**FEE:** \$85. **PLEASE BOOK** with a deposit of \$25. **Bring lunch to share today**.

**SUNDAY 19 JUNE, 9.30am-5.00pm**

These minds of ours are marvellous aren't they? They can be marvellous critics of ourselves, marvellous condemners, marvellous at worrying, marvellous slave drivers: the list goes on! With practice these minds can be wonderful friends – that's what these courses are assisting with!

## The Enneagram – Offering Profound Insights Into Relationships

**David Burke**



Do you sometimes scratch your head or **get frustrated** because of how other people behave? Are you often **at a loss** to believe what people close to you **do in ways you just don't understand?**

These evenings **offer remarkable insights into personalities** and why we find some people easier to relate to than others and how we can **best communicate** and find our way through differences. David is **recognised as an international authority** on The Enneagram. His insights are always fresh, informative and mind-opening. What he presents is so insightful and enlightening that many people want to hear him time and again so they can get a better understanding of themselves and everybody they interact with.

**FEE:** \$25 per individual session or \$65 for all 3. **PLEASE BOOK**. **Enneagram Institute members \$8 per evening**.

**THURSDAY 16 JUNE, 7.15-9.30pm (over 3 weeks)**



## Radical Forgiveness

**Margo Knox**

True **forgiveness** is one of the greatest and most profound paths to healing, to deeper freedom and to overall wellbeing BUT it is one of the **most misunderstood words** in

our language.

The whole subject of forgiveness has long been treated with a strange type of sentimentality and thought to be legitimately deferrable – until, that is, we're ready to forgive. Margo believes **there is a high cost in deferring forgiveness** and today she is presenting a version that is spiritually based (not religious), **clear cut, disciplined and practical**. She says it's a process we can all use to **bring greater happiness, peace and joy** into our lives.

True forgiveness can **open up doors** in our lives, **new possibilities** and changes in others around us.

**FEE:** \$35. **PLEASE BOOK**.

**SATURDAY 16 APRIL, 2.00-5.00pm**

## Your Remarkable Ageless Brain

## Get Your 3 Brains On The Same Page!

**Bill Lee-Emery**



The latest **scientific research** shows you have **complex, adaptive** and fully functional **neural networks or 'brains'** in your **head, heart and gut**. But if they are not cooperating you may have scattered, **confused or indecisive thinking**. You **could be** procrastinating, feeling overwhelmed, unsure or over-vigilant and also **lacking fulfilment, direction**, inspiration or passion. The list goes on and on including anxiousness, **depression and burn-out**.

Join multiple brain integration coach Bill Lee-Emery for some **intriguing and fascinating insights** into the realms of your 3 brains... and how to get them **to play co-operatively together!**

**FEE:** \$30. **PLEASE BOOK**.

**SATURDAY 23 APRIL, 2.00-4.30pm**

Another session with Bill about our Remarkable Brains next page



## Evolve – Firing Up Your 3 Brains

**Bill Lee-Emerly**

Here is a programme opening you to **using the latest in neuroscience research** and marrying it with **insights from ancient wisdom**. Bill says in a world of accelerated multiple stressors, fragmentation and disconnection of head, heart and gut brains, this programme offers a welcome relief, practical tools and experiences to **evolve your personal world**.

You'll have a chance to **connect with yourself** and others in ways you may not have experienced before, to **liberate your human spirit** and get in touch with your passions and heartfelt joy and **enthusiasm for life**.

All importantly we learn to **repattern how our brains work together** to support and enhance life success and open up to deep intuitive **wisdom to our decision making** and **action taking** and at the same time making wise and compelling goals. We also look at resolving internal conflict so you can **powerfully move on in your life**.

Don't miss this **unique 2-day programme** – it is essential to have a copy beforehand of **mBraining** – this is available from the Relaxation Centre.

**FEE:** \$185 – \$160 discount if attended Bill's *Get Your 3 Brain on The Same Page* (see page 16). **PLEASE BOOK. Bring lunch to share each day.**

**SATURDAY & SUNDAY 4/5 JUNE, 9.30am-5.00pm**

## Singing and Chanting

### I Just Want to Sing

**Maxine Chisholm**



There are so **many reasons** that we don't sing and only one as to why we ought – **It's so good for us!** After these sessions people often look so alive, their eyes bright, colour in their faces and they say they feel full of energy. Singing is so natural yet we as a society have shut it down in so many of us, it's time to feel the joy of it again as we often did as little kids.

Maxine believes everyone who is vocal can sing, even if they have been told they can't.

Today is about **uncovering that voice**, learning to **practise easy vocal techniques** and letting that voice out! **Shy singers very, very welcome.**

**FEE:** \$35. **PLEASE BOOK.**

**SATURDAY 28 MAY 1.30-4.30pm**



### Sing Your Hearts Out

**Liz Thomas**

There is something about those **old songs** that just **gets us singing and laughing and feeling good**. For those of us over 50 they were all part of our daily diet and most of us still **love them and sing along** when we hear them.

Liz has brought together a great selection of songs which people just love singing. Feel free to **sing our hearts out**.

**FEE:** \$5 – teas/coffees/biscuits all included. **Just come along.**

**TUESDAY 19 APRIL, 10.30-11.45am**

**THURSDAY 19 MAY, 10.30-11.45am**

**THURSDAY 23 JUNE, 10.30-11.45am**

## Mantras/Chanting and Meditation



**Rob and Angela**

Join Angela and Rob from *SpiritSong* for a blissful evening of **mantras, chanting and meditation**. When we sing **mantras** we invoke the **stillness of the heart** which is the presence that lives within us all. It is a simple and easy practice that helps quiet the mind and lead us to **inner peace**. No experience is necessary and **everyone is welcome**. Join us as we gather together in a sacred space of sound and silence.

Rob and Ange use **sacred mantras from around the world**. The sound created is beautiful and participants tell us often they feel wonderful during and after these sessions. **Please arrive early so we can all start together.**

**FEE:** \$15. **Just come along and enjoy.**

**FRIDAY 29 APRIL, 7.00-9.00pm**

**FRIDAY 27 MAY, 7.00-9.00pm**

**FRIDAY 24 JUNE, 7.00-9.00pm**

## Special Events

### Circle of Wisdom

**Old 1 and Alexander Robey**



Here is an invitation for those of you who feel called to **embrace their next life stage into eldership** and to learn more and to consolidate their eldership.

The younger generation are needing **the wisdom of eldership to develop, flourish and harness their energy** whilst the **older generation need to pass on their wisdom** to grow, share and continue developing their wisdom – here is a symbiotic relationship and therefore the **Circle of Wisdom** is forever evolving and necessary.

We will look today at the difference between Elderly, Eldership, Elder and Eldering as well as the stages and aspects of Eldership

**Old 1 is an Indigenous Elder.** Together with Alexander Robey they have presented this **powerful workshop** to many people and is **open to men and women of all ages**.

**FEE:** \$60. **PLEASE BOOK. Bring lunch to share.**

**SUNDAY 22 MAY, 10.00am-4.00pm**



### Climbing the Matterhorn

**Alexander Robey and Stephen Sutton**

Walt Disney fell in love with the iconic shaped Matterhorn Mountain that sits on the border of Italy and Switzerland and its presence has **captured the inspiration of climbers, artists and childlike wonder**.

It actually took five years and several attempts for Alexander and his friend Stephen to climb the Matterhorn in fascinating repeat journeys to the northern hemisphere.

Here is a wonderful opportunity to **hear an inspiring story** and **see some amazing pictures** of this beautiful mountain – at the same time come and enjoy Alexander's and Stephen's wonderful sense of playfulness in **exploring such a stunning part of the world**.

**FEE:** \$8. **PLEASE BOOK.**

**FRIDAY 3 JUNE, 7.00-8.30pm**

**More Special Events over page**

True friendship is of immeasurable value.





## Colouring In – for grown-ups

**Sandy Morrow**

Adults all over the world are **reconnecting to the joy** of colouring-in. Bring your own colouring-in book and pencils or **you can buy your book here** at the Centre. A great way to switch off your mind and free the colour within you to flow onto paper with joy and fun and much, much more.

**FEE: \$8. PLEASE BOOK.**

**THURSDAY 28 APRIL, 10.00am-12.00noon**

## Sound Healing – Meditation/Relaxation

**Elena Lymbery**

Come and **experience the wonders of sound**. People have been **using sound in many ways for centuries**. Every culture has its own instrument and a particular kind of songs. Recent studies have shown that certain frequencies can have relaxing and healing effects on us. Sound has the ability to positively affect our whole being. Tibetan Crystal bowls and gongs were used for centuries to **create feelings of peace, relaxation** and to deepen **meditation**. They also balance both hemispheres of the brain, **improve sleep** and **help with pain management**. **You can sit on chairs or lie on the floor.**

**FEE: \$10. BOOKING Preferred.**

**WEDNESDAY 20 APRIL, 6.30-7.15pm**

**WEDNESDAY 25 MAY, 6.30-7.15pm**



## Treasure Mapping



**Rothy Benson**

**Treasure maps are** not only fascinating and insightful creations but also **voyages of discovery and insights**. These are **totally engrossing sessions** and they also offer many long-term benefits of **direction and motivation**. You will be **surprised at what you create** and the meaning your collage has for you: AND it's all done with **spontaneity and fun** – these are calming **creations you take away** and they often keep speaking to you each time you look at them in the weeks ahead.

**FEE: \$30. PLEASE BOOK.**

**SATURDAY 30 APRIL, 1.30-4.30pm**

## Wholebody Focusing

**Lynette Lancini**

Here is an **introductory session** on Focusing. Focusing helps you to **connect with yourself** more fully probably than ever before. This includes your **innate bodily wisdom**.

In learning to do this there are many benefits – these include **relaxing and unwinding** from daily stresses, accessing **more life energy** and tapping into your **inner resources**. It helps us **reduce suffering** from pain; experience more ease and **less anxiety**. Very importantly, you'll have a deeper connection with yourself and your essence and this flows out into your relationship with others.

Lynette has been a keen practitioner of Focusing for many, many years and loves showing others the **great benefits to be found in Wholebody Focusing**.

**FEE: \$35. PLEASE BOOK.**

**SUNDAY 24 APRIL, 10.00am-12.30pm**

**MONDAY 23 MAY, 6.45-9.15pm**



## Films Sessions

– Entry to Sessions \$5 – No booking required

### A Course in Miracles – Introduction and Film

**Robbie Aquilina**



Come and enjoy hearing about this **remarkable self-study course** known as *A Course in Miracles*. The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at **removing the blocks** to the awareness of love's presence, which is our natural inheritance – now in over 30 countries.

**MONDAY 16 MAY, 10.00am-12.00noon**

**FRIDAY 3 JUNE, 7.00-9.00pm**

### Resentment and Jealousy

**Two films to experience the remarkably freeing work of Byron Katie** as she works publicly with people wanting to move on from regular resentment, jealousy and other patterns of recurring behaviour. See *Loving What Is* and *Free Yourself in Relationships*, page 16.

**THURSDAY 7 APRIL, 1.00-3.00pm**

**FRIDAY 8 APRIL, 7.00-9.00pm**

### Molecules of Emotion

**Candace Pert, Ph.D. discovered the opiate receptor on brain neurons** in 1973. Candace speaks about her work, **the brain**, and the link between **molecules and emotions**, laying a foundation for our understanding of brain **neuroplasticity**, **the brain's ability to change itself**.

**THURSDAY 14 APRIL, 1.00-3.00pm**

**FRIDAY 15 APRIL, 7.00-9.00pm**

### You Can Heal Your Life

This film shows how **Louise Hay** developed her views on self-esteem, abundance, and **the metaphysical causes behind physical ailments**. A number of luminaries in the fields of self-help, philosophy, health, spirituality and New Thought **share their thoughts** on success, happiness, and ways in which people can heal their own lives.

**THURSDAY 21 APRIL, 1.00-3.00pm**

**FRIDAY 22 APRIL, 7.00-9.00pm**

### Love, Medicine and Miracles

**Dr Bernie Siegel** is a pediatric surgeon and **pioneer** of the groundbreaking work **"Exceptional Cancer Patients"**. In this film he shares from over 30 years of medical practice and tells amazing stories, anecdotes, insights and strategies that will wonderfully **touch your heart** and powerfully uplift your spirit.

**THURSDAY 28 APRIL, 1.00-3.00pm**

**FRIDAY 29 APRIL, 7.00-9.00pm**

### The Illusion of Time – Eckhart Tolle

Guidance from Eckhart on **finding the fullness of life in the here and now**. Discover less stress & greater productivity, how to transcend the personal and collective ego, wisdom greater than our intellect, and **realign with nature, life and what is**.

**THURSDAY 5 MAY, 1.00-3.00pm**

**FRIDAY 6 MAY, 7.00-9.00pm**

More Films Sessions next page

## The Mystery of Consciousness

**Peter Russell** Ph.D questions the two most unquestioned assumptions in science. Peter will present us with amazing insights into the nature of reality, and the meaning of consciousness.

**FRIDAY 22 APRIL, 7.00-9.00pm**

**THURSDAY 12 MAY, 1.00-3.00pm**

## Awake – The Life of Yogananda

This documentary explores the life and teachings of **Paramahansa Yogananda**, who authored the spiritual classic *Autobiography of a Yogi*, which has sold millions of copies worldwide and is a go-to book for **seekers, philosophers and yoga enthusiasts** today.

**THURSDAY 19 MAY, 1.00-3.00pm**

**FRIDAY 20 MAY, 7.00-9.00pm**

## The Magic Hand of Chance

This film beautifully illustrates the magical power of belief. A clumsy magician's life is turned around when **he starts to believe** he is great because two clowns trick him into believing he has been awarded the highest honour by a fictitious Magicians Society.

**FRIDAY 8 APRIL, 7.00-9.00pm**

## My Greatest Teacher

A professor battles the memories keeping him from a successful career. This is a compelling drama made by Hay House, exploring the transformational power of forgiveness. 1 Hour + additional footage with Wayne Dyer.

**FRIDAY 15 APRIL, 7.00-9.00pm**

## Magnesium - Master Mineral

It seems that in Australia we suffer from a **deficiency in Magnesium** and most of us do not understand **what an incredibly significant mineral** this is for us. In this film **Graeme Sait** explains why so many of us lack this essential nutrient and **how we can correct this shortage**.

**FRIDAY 6 MAY, 7.00-9.00pm**

**THURSDAY 26 MAY, 1.00-3.00pm**

## Health and Longevity

**Norm Shealy Ph.D** is a **doctor** who has forever remained **curious, exploring, researching and experimenting**. He shares a life-time of **information in regard to keeping healthy** and living longer. Dr Shealy has been an outstanding physician, psychiatrist, neurosurgeon and **world leader in pain management**.

**FRIDAY 20 MAY, 7.00-9.00pm**

**THURSDAY 2 JUNE, 1.00-3.00pm**

## The Beautiful Truth

Garrett, a home-schooled teenage boy was fascinated by a book by Dr Max Gerson which maintains that there is a direct link between diet and a cure for cancer. He takes a cross-country road trip to meet with scientists, doctors and cancer survivors.

**THURSDAY 9 JUNE, 1.00-3.00pm**

**FRIDAY 10 JUNE, 7.00-9.00pm**

Love is not necessarily something we get  
but something we always have the  
capacity to give.



## Books – CDs – DVDs – Cards – Our Treasure Trove



People are increasingly looking for **answers to situations** in their lives whether it be in connection with their relationships, communication, addictions, emotions, health, happiness or changes they are facing. Sometimes our answers lie in areas we've never looked at before, or we are in **need of encouragement** so we don't feel so alone, or we know there is **something changing in our lives** and we're looking for clues. Many people at this time feel they are on the **verge of finding a new direction**.

We have a **huge selection** of books focusing on human expansion, empowerment and evolution plus a **wonderful range of CDs** to relax by, music to calm, CDs to inform and an ever-growing, inspiring and **thought-provoking range of DVDs** – See some in our Film Section of our Programme, pages 18 and 19.

Some of our more recent titles include: **Autism Breakthrough** – Diagnosed as a child as severely autistic Raun Kaufman presents the groundbreaking principles behind the revolutionary method his parents created that helped him and thousands of other families ♡ **The Four Agreements** – this little book offers a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness and love ♡ **The Abundance Code** – How to Bust the 7 Money Myths for a Rich Life Now ♡ **Dark Emu – Black Seeds** – Here is a must read for all Australians understanding the real truth about Aboriginal Australians. The evidence insists that Aboriginal people right across the continent were using domesticated plants, sowing, harvesting, irrigating and storing – behaviours inconsistent with the hunter-gatherer tag ♡ **Mindful Eating, Mindful Life** – end your struggle with weight ♡ **The Probiotic Promise** – Simple steps for healing your body from the inside out ♡ **Rumi Oracle** – A Beautifully packaged set of 44 cards and Guidebook.

Here you see **Roseann Schoch** (left) and **Elena Lymbery** (right) who enjoy meeting you when you come in, listening to ideas, buying the stock and presenting the books and CDs, DVDs for you to explore when dropping in or taking part in courses.

Yes we're here listening, responding, exploring and always open to fresh ideas. We have a very diverse stock including a number of gift items. At the same time have a cuppa and a biscuit which is part of our ongoing welcome.



**Wisdom ♡ Cook Books ♡ Mandalas ♡ Health ♡ Kids Books ♡ Parenting ♡ Guilt ♡ Your Brain ♡ Addictions ♡ Dreams ♡ Phobias ♡ Living Now ♡ OCD ♡ Ageing ♡ Nutrition ♡ Humour ♡ Relaxation ♡ Forgiveness ♡ Meditation ♡ Yoga ♡ Qi Gong ♡ Colouring-in ♡ Sleeping Better ♡ Recipes**

## Venerable Robina Courtin



Venerable **Robina Courtin** is a must to come to. She was brought up in Melbourne and then turned over every pebble in a **search for what would give her a true sense of peace and happiness**. When she says she's tried everything – she tried absolutely everything, but nothing gave her what she was looking for until **she met the Buddhist teacher** who has been her mentor/guru ever since.

Now Ven Robina is one of the **most popular teachers in the Western world** and is known for her remarkable energy, humour, directness, **honesty and clarity**. She says we need to start with ourselves, delve deep into our hearts and become accountable for everything that there is and knowing with confidence that we can grow ourselves into whatever we want to be. She is currently on a 20 nation tour and **will not be back in Australia until 2018**.

Robina is offering two sessions ***Be Your Own Therapist*** and ***Courageous Compassion***. See pages 11 and 12. Robina's teachings are so entertaining and unforgettable.

## Malcolm Huxter – Mindfulness, Loving Kindness, Compassion and Joy

We welcome **Mal Huxter** to present what we believe will be an outstanding weekend with an introductory session on Friday. He **comes with such a rich background of experience** – this includes his Buddhist meditation training as well as his experience as a clinical psychologist using a range of contemporary approaches such as: Mindful Self Compassion (MSC), Compassion Focussed Therapy (CFT), Acceptance Commitment Therapy (ACT) and Rick Hanson's Positive Neuroplasticity Training. Mal is the author of ***Healing the Heart and Mind with Mindfulness. Ancient Path, Present Moment***. He has been teaching these practices to the general public, a wide range of cultures, therapists and other professionals since 1991. He began his Buddhist training in 1975 living as a monk in Thailand.

Here is a **great opportunity to benefit from a blend of highly effective approaches**. Numbers need to be limited. See page 6.



## Conscious Ageing

**Conscious Ageing** is the title of **Margo Knox's** book. She describes this as the third phase of life and such a **great opportunity** for spiritual, emotional and psychological growth – as well it's **time to celebrate a life's journey**.



In addition it's a chance to really begin **listening to our inner wisdom and guidance**, integrate **inspirational ideas** and in a group of others harvest the **collective wisdom** – that's what this morning is all about. Margo says that she's found seniors yearning to engage in dialogue together on a range of issues whilst they **seek meaningful connection and community** to fortify themselves for those ageing years. **This session is only rarely offered** so don't miss it and the feedback is so enthusiastic. See page 11.

## Parenting – What a Challenge!



**M**ost of us who are parents are untrained. What we do may work for one or two of the kids but not the next one – they can **be so different**. Some kids want to please – others want to challenge everything.

Here are two presenters, **Glen McGowan** (left) and **Mike Percival** (right), with **broad experience to share** and both very keen to **assist you in finding answers**. See more on page 13.



## Our First Lullaby Afternoon

**Maxine Chisholm** said that recently she held a very young child for a friend and started to hum softly when he was restless – almost immediately his **whole body** became heavier in her arms and he **relaxed and listened intently**.

When you hold your baby and sing you're **connecting with them through your breath, your heartbeat** and feelings of **love** that emanate through your voice. In these moments there's much more happening than we generally realise with **surprising far-reaching benefits for that child**. See page 13.



## Book Launch – Coaching for Cancer Survival

Here is a unique session by **Jeffrey Hodges** as he launches his new book and tells a fascinating story of Dr Lisa Briggs who is an osteopath and exercise physiologist who had been diagnosed with stage 4 lung cancer. You'll hear an amazing story of a woman, 32 years old with two beautiful young children.

Jeffrey claims nothing except that he **set up this 120 day Programme** which brought about a **profound change in a few months**. Come and hear the full story. See page 12.

## Dr Rachel Darken – Mindfulness Meditation

So good to have **Dr Rachel Darken** back – over 40 years of being a psychiatrist and an interest in the **beneficial effects of meditation** on our bodies and minds plus Mindfulness as a bonus. She has explored, tested and observed herself and others and what she shares obviously has **great meaning for participants** and really assists them in **understanding the beneficial effects** on our physical bodies and minds.

Since moving from Brisbane just rarely we have the opportunity to offer one of her **very calming and relaxing days here**. Come and enjoy – see page 5.

