

Relaxation Centre of Queensland

A place for all ages to recharge, make friends & feel uplifted!

Be True to Yourself

Many years ago, **a lady came to see me because she was very fearful**. Her doctor had prescribed some tablets for her, **but she felt strongly not to take them**. She told me she had an appointment with the doctor the next day and didn't know what to say to him. I confirmed that if she had a strong feeling about taking the tablets **she needed to tell him** and when the doctor asks her how she is going with the tablets she should be open regarding her reservations about taking them. She asked me to write down the words she should say and then called me another two or three times before her appointment to double check that she'd be saying the right thing, **her voice trembling with fear and uncertainty**.

Later, on the day of the appointment, I received a call from a woman **with a voice I didn't recognise**. It was strong and confident; however, it turned out to be the same lady telling me that she had an amazing story to tell. As expected, the doctor asked her how she was going with the tablets. Then, word perfect even though in a quiet voice, she said she had **a strong feeling that it was not right for her to take the tablets that he had prescribed**.

He got up out of his chair walked around his desk and pulled up another chair opposite her. She felt terrified at what might happen. Instead, he said, "I've read about these feelings that people have and I'd be really appreciative if you could tell me more about them." Their conversation went on for nearly 45 minutes with the Doctor saying how valuable what she was telling was to him. She said it was wonderful, but rather embarrassing when she went out to a full waiting room with everyone staring at her.

Another shy woman came to see me about her inability **to speak up and feel good about herself**. She felt she didn't have the right to tell others what she thought. Over several conversations we had she realised that from early in her life **she'd been trained to be a nice, good, girl and to never speak up**.

A few days later she called me and told me she'd joined a club on the week of the AGM. The President of the club was a professor **with a very strong voice**. He told all present that the club's guidelines/rules needed to be reprinted. He said, "We've had these rules for many years since the formation of the club and I suggest we go ahead and reprint them just as they stand. Please put up your hands **and confirm the motion** so that we can get on with the job." The lady told me that amidst hands going up all round her she said in her usual quiet voice, **"I don't understand them."** She was amazed when two other women near her said, **"Oh yes, I don't understand them either."** And suddenly all around the room people were agreeing that the rules needed to be rewritten.

So, in moments it was agreed to change the rules and a committee was set up to undertake the task, with the President looking on astonished. Just one little voice speaking up **can bring miraculous changes**.

Courses July to October

In date order
Pages 3-18

Welcoming You

Page 2

About Our New Presenters

Page 19

Our Weekly & Fortnightly Classes

See Back Page

See More About Our Shop

Page 19

Call & Visit Us

Tuesday - Thursday

9am - 7.30pm

Friday

9am - 6pm

Saturday

9am - 5pm

Other times according to our Programme

Closed Public Holidays

Lionel Fifield



Loving and Freedom in Relationships
See Sun 8th Sept
(page 14)

ROSIE STAVE



Fear, Nervousness, Anxiety & Panic
See Sat 14th Sept
(page 14)

PAUL SPOTTISWOOD



Writing your Story, Love & HOPE
See Sat 20th July
(page 3)

VICKI BENNETT

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

Street Address: 15 South Pine Road Alderley
(between Alderley Avenue and Wakefield Street)
Postal Address: PO Box 21 Alderley QLD 4051

Phone: (07) 3856 3733 – 0413 198 856 (emergency only)
Email: admin@relaxationcentreqld.org
Web: www.relaxationcentreqld.org

Release and Let Go

Welcome, Welcome



Even after fifty years of preparing our programmes I still become excited and **enthusiastic about the incredible range of courses we're offering** and the new opportunities we present to you here at the Relaxation Centre.

This time you will see a session to **help teenagers improve their learning skills with Laurie Kelly** who has assisted many thousands of people over the past decades. There are several sessions on **astrology** from a variety of perspectives, as well as some great opportunities to discuss death and our preparation for it. We look at **mental health** with three great presenters, as well as some new insights into the **power within our gut** and its influence on us.

Also, how good to really get to know ourselves in new ways and discuss more openly things that we've struggled with over the years. Our **Inner Child** sessions are proving really popular and valuable for gaining greater freedom from the past. And again, don't forget the wonders and insights that come from **Dowsing for Answers** – Fascinating! Plus, **Beautiful Ageing** with Julie Richardson – a new doorway for older people to get together on Tuesdays each week. Our **Movement, Sound and Wellbeing** classes are always very popular.

Yes, come and enjoy! **We're here to welcome you** and remember, money can't get in the way of your participation – just tell us if there's a problem. We're here to be with you and **look forward to seeing you**.

Lionel

Lionel Fildfield

Health and Wellbeing

Every second Thursday morning for several years we've offered a wonderful session presented by Elena Lymbery – **Health and Wellbeing**. Each session has a different focus and Elena puts a great deal of work into preparing for these sessions. You will also see a short but informative and often inspiring film to enable you to be healthier and better aware of what you can do for yourself. Elena has a master's degree in biology yet speaks in a way that is understandable and practical. Each session Elena creates a beautiful green healthy smoothie for you. Come along and enjoy the session and leave inspired with health giving food ideas and enriching information for the future.



ELENA LYMBERY

The Benefits of Volunteering

Many people look forward to retiring but soon find that they miss the daily routine, structure and regular association with others – as well as responsibilities to be accomplished. Over the years we have had hundreds of volunteers who have told us how valuable volunteering at the Centre has been for them, even if it was only one session a week. Some say they've been surprised by how many people they got to know, and the feeling of being valued and wanted, as well as other benefits they never expected such as enjoying lower fees for courses. We can look to many years of retirement so volunteering can assist us in our transition from a regular work life to these exciting new stages and eras of our life.

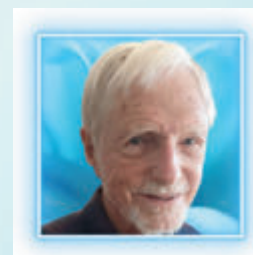
If you would like to join the Relaxation Centre as a volunteer – whether you're planning retirement, already retired, or in any other stage of your life where you have free time – we'd love to meet you.

Come and hear more on the following dates:

Sat. 3rd Aug. 12.30-1.30pm, Tues. 27th Aug. 5.00-6.00pm, Sat. 14th Sept 2.30-3.30pm

Two Long Term Speakers

Two of our favourite long-term speakers are **Cate Crombie** and **Rosie Stave** who, although using totally different methods, present ideas that we've seen open many thousands of doors and offered renewed freedom in relationships. Please check out Cate's courses on **Compassionate Communication** on Wednesday 28th August, Saturday and Sunday 7th and 8th September; and Rosie's **Loving What Is** on Saturday 7th September, and **Freeing Yourself in Relationships** on Sunday 8th September.



BILL MCCARTHY:

Bill has been assisting on Reception and elsewhere for about 35 years

Some of our Parent & Child books are highlighted on Page 19

See also our bookshop discounts

Thurs. 11th July

Freeing Yourself with Feldenkrais

10.00am - 11.00am (see page 20)

Health and Wellbeing Support Group:

11.00am - 1.00pm (see page 20)

Mindfulness and Meditation

6.00pm - 7.00pm (see page 20)



Mantras/Chanting & Meditation

Angela & Rob

7.00pm - 8.30pm

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 to **inner peace**. No experience is necessary, and **everyone is welcome**.

Please arrive early so we can all start together.

Fee: \$20 PLEASE BOOK

Fri. 12th July 2024

Deep Relaxation

1.00pm - 1.40pm (see page 20)



Dance Movement & Art Class

Lidia Fera

10.00am - 12.00pm

In this workshop you will **experience the healing benefits of the freedom of self-expression**. Lidia facilitates a dance and movement class that allows for connection to the body and teaches techniques to **realign the nervous system and release emotions through movement**. Her class pays attention to the chakra system for wellbeing.

Dance is followed by an art process to explore your experience. Lydia is a Masters level Counsellor interested in Somatic Therapy and a qualified Art Therapist. No prior art or dance experience is required.

Fee: \$20 PLEASE BOOK

Sat. 13th July 2024

Deep Relaxation with Jane Watson Brown

1.00pm - 1.40pm (see page 20)

One of our rare Saturday Sessions.



Why should we be anything like anybody else? Nobody has ever walked our path - or we theirs.

Tues. 16th July 2024

Yoga for Beginners

11.15am - 12.15pm (see page 20)

Deep Relaxation

6.00pm - 6.40pm (see page 20)

A Course in Miracles

7.00pm - 9.00pm (see page 20)

Wed. 17th July 2024

Qi Gong

10.00am - 11.15am (see page 20)

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Sound Healing - Meditation Relaxation

Elena Lymbery

6.30pm - 7.45pm (see page 20)

Thurs. 18th July 2024

Freeing Yourself with Feldenkrais

10.00am - 11.00am (see page 20)

Mindfulness and Meditation

6.00pm - 7.00pm (see page 20)

Fri. 19th July 2024

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Sat. 20th July 2024

Writing your Story

Vicki Bennett

10.00am - 2.00pm



Anyone who's had a full life at home, at work and in other areas has **something fascinating to share** with the world, whether it's an autobiography, biography, or your memoirs. Very importantly Vicki will share how to **get started**, how to **create** a story and how to introduce the cast of characters who influence you.

Learn how to write the **essence of your story** and how to **share what mattered** to you. We may think that there's nothing special about our lives but each of our lives is unique and someday your children's children or later generations will search out the **stories of those who came before**. Writing your story can be a great gift to them and can even assist you in making sense of your own personal journey. You may be surprised at how **your simple story** can enrich others. Vicki Bennett (author of 34 books) looks forward to helping you get started in writing **YOUR STORY**.

Fee: \$65 PLEASE BOOK with full payment

Sat. 20th July 2024 (cont.)

Vision Board
Virginie Fortin
10.00am - 12.15pm

What a **powerful gift is envisioning**. All too often we can drift from day to day without a vision – without goals – without dreams!

There is no better time to create your Vision Board than now – then the months ahead are waiting at your command to respond.

Come and hear Virginie as she introduces you to all sorts of ideas and subtleties in creating a Vision Board offering you the opportunity to give **birth to your dreams and deeply held visions**.

Just bring yourself – have a wonderful afternoon that can offer you benefits for the rest of your life.

Fee: \$15 PLEASE BOOK



The Choice to Make Change
Simon Preston
2.00pm - 3.15pm

Why do you think the way you do? **Why don't you do things that you'd like to do?** Why do you have limitless excuses but limited solutions? Do you find yourself consumed by self-deflating thought loops to find escape difficult and then repeat the pattern over and over again? Here is an **opportunity to meet with others and explore in real honesty** so new possibilities can emerge. Numbers strictly limited to five to allow for free-flowing discussion and sharing of ideas.

Fee: \$5 BOOKING by phone essential.



Colour Your Life & Deep Relaxation
Jo Ross
2.00pm - 3.30pm

Through using the gentle tool of visualization and relaxation it is possible to change our mindset **from stress to inner peace**. The power of colour can support our mental, emotional, and physical wellbeing. Colour is itself a **pure form of energy** and its electromagnetic wavelengths can **support our own life frequency**.

It may seem hard to believe that a particular colour can enhance our mood then come along and experience for yourself the magic of colour.

Jo works with colour vibration as a tool of healing daily. Come and enjoy this time of **relaxation, meditation and visualization**. **Fee: \$15 PLEASE BOOK**

Each person is a boxful of unique experiences and different ways to approach life.

Tues. 23rd July 2024

Yoga for Beginners
11.15am - 12.15pm (see page 20)

Deep Relaxation
6.00pm - 6.40pm (see page 20)

A Course in Miracles
7.00pm - 9.00pm (see page 20)

Wed. 24th July 2024

Qi Gong
10.00am - 11.15am (see page 20)

Deep Relaxation
1.00pm - 1.40pm (see page 20)



Beautiful Aging
Julie Richardson
10.30am - 12.00pm

As we age, we rarely think of our achievements and the **strength and wisdom we have acquired**. Our minds seem only to remind us of negatives.

With more time we tend to think about our past. There could be regret, guilt and resentment about things that cannot be changed. Concern over financial issues may cause depression especially as it's difficult to find employment as we age. Health issues may be present as our bodies start breaking down. Added to this we have those irritating short-term memory problems. This support group aims to **bring older people together to discover strengths from life** experiences, find ways to master negative self-talk and find more purpose in our lives. It is also hoped that we will develop some fun activities on the way. Julie is looking forward to welcoming you weekly until 2nd October – *more about her on page 19.*

Fee: \$5 Booking Appreciated

Thurs. 25th July 2024

Freeing Yourself with Feldenkrais
10.00am - 11.00am (see page 20)

Health & Wellbeing Support Group
11.00am - 1.00pm (see page 20)

Mindfulness and Meditation
6.00pm - 7.00pm (see page 20)

Dreams are wonderful to have - BUT dreams only dreamed are of little benefit. Having faith to put these dreams into form can bring joy to many people, and particularly to oneself.

Thurs. 25th July 2024 (cont.)**Freedom from Addiction**

Ian Ratcliffe

12.00pm - 1.30pm

After being addicted to alcohol for 40 years Ian got over it. That was 20 years ago! Ian says his life is now full of **meaning, success, and lots of satisfaction**. His talks are really inspiring. Ian says that in his search for answers, he discovered so much about himself and has been able to assist others in this search for freedom. He will also discuss how **depression** comes into this **whole scenario of addiction**. Ian would love to share his story with you, whatever your situation. **Virtually every one of us has some form of addiction**, whether we are aware of it or not. Ian looks forward to seeing you.

Fee: \$10 Just come along.

Fri. 26th July 2024**Deep Relaxation**

1.00pm - 1.40pm (see page 20)

Dance, Movement & Art Class

10.00am - 12.00pm (see page 20)

Sat. 27th July 2024**Don't Leave a Mess - for Others**

Paul Spottiswood

10.00am - 12.30pm

This session highlights the many possibilities and options that are available to you, to prepare for your departure from this world in creating a **Pre-departure Checklist**. Most of us have not thought through this subject carefully. You may be amazed at all the possibilities that Paul brings to this session.

Fee: \$25 PLEASE BOOK

**Realising Your Inner Potential**

Rod & Megan Middleton

10.00am - 12.30pm

The world is **changing, speeding up**, and on the **verge of more and more major changes**. You can either resist, or advance. Rod and Megan reveal **WHY** this is and will show you **HOW** to realise the potential within these changes - this short session can assist you to avoid so much stress, anxiety and exhaustion.

Fee: \$25 PLEASE BOOK

Sat. 27th July 2024 (cont.)**Cake, a Cuppa & a Chat Discussions on Death**

Jen Compton

1.30pm - 3.30pm

Come and join Jen Compton to explore the endless questions, topics and issues death raises in each of us. An opportunity to **share your thoughts and stories**, hear the thoughts and stories of others and **have a say in the topics explored**. We will begin with the question "Is death an ending or a beginning?"

Fee: \$20 PLEASE BOOK Cake and a cuppa supplied.

**Harness your Intuition**

Kirsten Barfoot

2.00pm - 4.15pm

Both in business and personal life, tapping into and utilising your **inner genius and intuitive ability** yields several advantages. This workshop delves into exploring your intrinsic motivation and applying this knowledge to achieve personal and professional growth. By activating these qualities within you can distinguish yourself and your business from conventional methods.

Kirsten will assist you to understand the **significance of intuition**, obstacles that impede us from harnessing it, three steps to activate your intuition, and see how the process enhances your innate value in all aspects of your life. **Fee: \$15 PLEASE BOOK**

Sound Healing - Meditation Relaxation

Elena Lymbery

2.00 - 3.15pm (see page 20)

Sound Healing - Meditation for Children & Parents

Elena Lymbery

3.45pm - 4.30pm (see page 20)



A complicated human mind has little chance of finding simple answers. Gee, you human beings make life difficult for yourselves.

Sun. 28th July 2024

Compassionate Communication (NVC) Practice Group
Karla Cameron
10.00am - 12.00pm

4th Sunday of each month.

Those who have completed the *weekend Compassionate Communication* course with Cate Crombie are welcome to attend these monthly practice sessions; they will keep the principles clear and allow for ideas from others, enabling a more **skilled approach to everyday attitudes** and remind us of the more subtle aspects of this wonderful course. Karla looks forward to meeting you.

See Cate's course **Wednesday 28th August** and **Saturday/Sunday 7th and 8th September**

Fee: \$5 Karla will provide morning tea and coffee.

BOOKING ESSENTIAL

Tues. 30th July 2024**Yoga for Beginners**

11.15am - 12.15pm (see page 20)

Deep Relaxation

6.00pm - 6.40pm (see page 20)

A Course in Miracles

7.00pm - 9.00pm (see page 20)



How to Learn - The Easy Way
Laurie & Benita Kelly
6.30pm - 8.30pm

Is **studying hard and boring** for your teen? **Do they work hard** but get **average results** and **lose motivation** while others seem to breeze through with great grades? Many students go through school without understanding their **unique learning style**. Everyone learns differently and discovering how they learn can **transform their educational experience**.

We invite you and your teenage students for an evening dedicated to exploring the brain and uncovering personalised study techniques. By understanding how they learn best **your teen can unlock their full potential and make learning enjoyable and effective**.

This evening will be presented by Laurie and Benita Kelly from *Brain Friendly Training* who have presented workshops for many years, assisting everyone to understand how they can use the potential of their brain once they know how it works.

Fee: \$20 PLEASE BOOK

Tues. 30th July 2024 (cont.)

Inner Child Healing
Jo Gifford
6.30pm - 8.30pm

Free Introductory Session

Unhealed childhood trauma can resurface and impact us later in life - but it's not just the trauma that impacts us it's the perspectives and decisions we made as children that can affect our entire lives. The **Inner Child journey is one of healing**, it is also a journey of **emotional intelligence and self-awareness**.

We will explore the 'autopilot' program that most humans live by. If you are wanting to make changes within your life but feel blocked the answer may lie within your inner child.

Jo's first course in June was so valued and enjoyed by participants. Come and join Jo for this enlightening, liberating journey of exploration.

Four-week course: Tuesday 6th, 13th, 20th and 27th August.

Fee: \$135 PLEASE BOOK

Wed. 31st July 2024**Qi Gong**

10.00am - 11.15am (see page 20)

Beautiful Ageing

10.30am - 12.00pm (see page 20)

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Thurs. 1st August 2024**Freeing Yourself with Feldenkrais**

10.00am - 11.00am (see page 20)

**FILM: Love Medicine and Miracles**

1.15pm - 3.00pm

Dr Bernie Siegel, 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.

Fee: \$5

Mindfulness and Meditation

6.00pm - 7.00pm (see page 20)

Fri. 2nd August 2024**Deep Relaxation**

1.00pm - 1.40pm (see page 20)

Sat. 3rd August 2024

**Active Gratitude**

Andrew Greentree

10.00am - 12.30pm

Here is a practice **that can enrich your life and bring ever increasing meaning** to each day.

Andrew will highlight how we can make decisions and take actions that can transform our perceptions of all that occurs and so allow us to see opportunities where previously we often saw problems. This is real empowerment and a huge all-embracing gift to ourselves. **Fee: \$20 PLEASE BOOK**

Volunteer Information Session

Lionel Fifield

12.30pm - 1.30pm See Page 2

**Finding Balance - Finding Me**

Alexander Robey

2.00pm - 4.30pm

Do you find yourself exhausted from living up to other people's expectations? And a constant inner chatter of to do lists, people to please, and who you should be? Do you feel that **just when you find the stop switch you are pulled from one post to another and never really seem to find time to be content?** If these recurring situations resonate with you and **you yearn to find some balance in the busyness of life**, want to find yourself again, and get insight into why you keep doing what you're doing - even when you say you won't - then take some time to come along and find yourself.

Fee: \$25 PLEASE BOOK**Procrastinate NO More**

Rose-Marie Pennisi

2.00pm - 4.15pm

Is procrastination holding you back?

Is there more you want to achieve but don't know how? You are not alone. This is a common challenge many of us face. Did you know that the average person **loses 3.5 hours each day** to procrastination? **That's 55 days each year!** Imagine if you could get this time back. What would you do with it? Join Rose-Marie in this practical workshop where you will gain **clarity on what you want and what is important to you**, insights into why you procrastinate, and what you can do to break free from this vicious cycle - boosting not only your productivity but also your wellbeing. She'll share tips and hacks to inspire you to procrastinate NO more so you can finally move forward and achieve your goals and dreams. What's holding you back?

Fee: \$20 PLEASE BOOK See more on page 19

Sat. 3rd August 2024 (cont.)

**The Chestahedron: The Female Heart Sixth Platonic Solid**

Robert Vicary

2.00pm - 4.30pm

Have you been experiencing the Female Energy rising from the Earth **causing your heart to open to new possibilities** for the way we could run the planet and care for each other? In 1924 Rudolf Steiner stated that there was a Female Heart Sixth Platonic Solid to counterbalance the Male dominating way the planet was currently being run.

Come and experience the Female Energy of the simple Chestahedron structure that is **resident in**

each of our Hearts to assist with the Conscious Evolution of our species during this transition period.

Fee: \$25 PLEASE BOOK. Handouts provided

Tues. 6th August 2024

Yoga for Beginners

11.15am - 12.15pm (see page 20)

Deep Relaxation

6.00pm - 6.40pm (see page 20)

A Course in Miracles

7.00pm - 9.00pm (see page 20)

**Your Gut Health**

Jen Compton

6.30pm - 8.30pm

Learn about the gut biome and how to treat it well. **When you understand how all disease starts in the gut, you will eat to keep your gut buddies happy.**

Jen Compton has been studying nutrition over the last 40 years and has found it fascinating. Her husband has commented that she should probably have a PhD by now in functional integrative medicine / naturopathy with all the books, podcasts and videos she's interacted with over the years .

Fee: \$20 PLEASE BOOK**Mental Health First Aid**

Donna Thistlethwaite

9.00am - 4.30pm - Day 1

This two-day Mental Health First Aid (MHFA) skills course equips people to have the **confidence, competence and courage to have a wellbeing conversation with someone they're concerned about**. Participants are provided with a conversation framework and become accredited in a similar way to traditional first aid (accreditation lasts for three years and can be renewed with Refresher training). Course participants will be a mix of individuals from the local community and employees of diverse organisations.

**For Bookings, payment and questions,
please call Donna on 0419 120 601**

Tues. 6th August 2024 (cont)

Inner Child Healing - Session 1 of 4

Jo Gifford

6.30pm - 8.30pm

See *Introduction* Tues 30th July

Wed. 7th August 2024

Qi Gong

10.00am - 11.15am (see page 20)

Beautiful Ageing

10.30am - 12.00pm (see page 20)

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Mental Health First Aid - Day Two

9.00am - 4.30pm See Tues 6th August

Thurs. 8th August 2024

Freeing Yourself with Feldenkrais

10.00am - 11.00am (see page 20)

Health & Wellbeing Support Group

11.00am - 1.00pm (see page 20)

Mindfulness and Meditation

6.00pm - 7.00pm (see page 20)

Mantras/Chanting and Meditation

Angela & Rob

7.00pm - 8.30pm

These are useful evenings.

See full details Thurs 7th July

Fri. 9th August 2024

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Dance, Movement & Art Class

10.00am - 12.00pm

See Friday 26th July and page 20

Sat. 10th August 2024



Our Lives - A New Chapter Every Seven Years

Eliane Mathiuet

10.00am - 12.30pm

Our lives are not level playing fields. They are in fact a series of mountains and gullies, comforts, and discomforts. **Every cycle in our life has its purpose** but often when we are deeply in them, we may be struggling just to survive and wondering why all this is happening to us.

You may be surprised as you begin to see the **connections between various ages and stages** and links with others in your life. The insight and overview into some of these challenges and changing periods will be invaluable.

Join Eliane and gain a new respect and understanding of yourself. **Fee: \$35 PLEASE BOOK**



The Power of Colour

Nicky Bassett

10.00am - 3.15pm

You can change your life through the colours you wear!

Colour impacts our emotional, mental, physical, and spiritual well-being through our choices of clothing, home, décor, car, etc.

In this workshop Nicky will describe **aspects of 14 different colours and how they can support and soothe us or lead us on a painful journey**. She will also discuss how we can refine the colour and denseness of our auras through our thoughts and feelings, facilitate a **deeply relaxing colour meditation**, and give you the opportunity to explore your choice and use of colours through mandala colouring in.

Nicky worked as a colour practitioner for 15 years and has taught this workshop at the Centre for over ten years.

Fee: \$25 PLEASE BOOK Bring your own lunch.

Reading **inspirational books** is a wonderful way of learning, however **integrating the wisdom into our hearts is the ultimate challenge to keep working on.**



If my humans swear at me or kick me out of the way before they leave in the morning, I always give them a huge welcome when they come home. **Would you?**

Tues. 13th August 2024**Yoga for Beginners**

11.15am - 12.15pm (see page 20)

Deep Relaxation

6.00pm - 6.40pm (see page 20)

Inner Child Healing - Session 2 of 4

Jo Gifford

6.30pm - 8.30pm

See **Introduction** Tues 30th July**A Course in Miracles**

7.00pm - 9.00pm (see page 20)

Wed. 14th August 2024

**Old Exhibition Day Public
Holiday.
Centre Closed**

Thurs. 15th August 2024**Freeing Yourself with Feldenkrais**

10.00am - 11.00am (see page 20)

Mindfulness and Meditation

6.00pm - 7.00pm (see page 20)

Fri. 16th August 2024**Deep Relaxation**

1.00pm - 1.40pm (see page 20)

Sat. 17th August 2024**Exploring Hope and Overcoming Anxiety**

Vicki Bennett

10.00am - 12.30pm

With humour, freshness, wisdom and real-life stories, Vicki will talk about coping with **change**, taking **risks**, creating a **hopeful** vision, **forgiving** quickly, **healing** relationships, dealing with **anxiety** and giving **yourself great customer service**. All these abilities generate a hopeful, healthy life. Vicki's insights on hope and anxiety give a fresh perspective and reveal extraordinary tools for dealing with 21st century anxiety and the challenge of **building a hopeful life**. Vicki is author of The Book of Hope – an Antidote to Anxiety
Fee: \$25 PLEASE BOOK

Sound Healing - Meditation Relaxation

Elena Lymbery

2.00 - 3.15pm (see page 20)

Sat. 17th August 2024 (cont.)**Heart Centre Intelligence**

Kath Howie

10.30am - 12.30pm

The Heart is an extraordinary organ with **traits and abilities that are not widely understood**. With new information continuing to come to light, this is an exciting time for our Heart centred community.

In this introductory session we will explore Heart Centre intelligence and how this differs from the other centres of intelligence. We will look at what it truly means to be a Heart centred person, which is far deeper and more complex than just emotions and feelings. With Insights into the **Heart centre**, this introductory session provides insights that may **change the way you view yourself and those around you**, and bring about more healthy, harmonious interactions.

Fee: \$20 PLEASE BOOK**The Choice to Make Change**

2.00pm - 3.15pm See Sat 20th July

Tues. 20th August 2024**Yoga for Beginners**

11.15am - 12.15pm (see page 20)

Deep Relaxation

6.00pm - 6.40pm (see page 20)

Inner Child Healing - Session 3 of 4

6.30pm - 8.30pm

See **Introduction** Tues 30th July**A Course in Miracles**

7.00pm - 9.00pm (see page 20)

Wed. 21st August 2024**Qi Gong**

10.00am - 11.15am (see page 20)

Beautiful Ageing

10.30am - 12.00pm See Wed 24th July

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Sound Healing - Meditation Relaxation

Elena Lymbery

6.30pm - 7.45pm (see page 20)



**Even the very best of
relationships usually bring out
numerous differences we need
to work with – it's called
spiritual growth!**

Thurs. 22nd August 2024**Freeing Yourself with Feldenkrais**

10.00am - 11.00am (see page 20)

Health and Wellbeing Support Group

11.00am - 1.00pm (see page 20)

Mindfulness and Meditation

6.00pm - 7.00pm (see page 20)

**Values, Virtues & Boundaries**

Virginie Fortin

6.30pm - 8.00pm

For us to discover happiness we need to align with our inner truth – but how? **What are our values?** Let's discuss and discover them. Let's embrace the ones we resonate with and not those imposed on us by society, family, or from those who are convinced they know.

It's time to set healthy boundaries that are important to you – Let's do it – one step at a time.

Fee: \$15 PLEASE BOOK

Fri. 23rd August 2024**Deep Relaxation**

1.00pm - 1.40pm (see page 20)

Dance, Movement & Art Class

10.00am - 12.00pm

See Friday 26th July and page 20

Sat. 24th August 2024**A Boost for your Mental Health**

Hilda Brunkhorst

10.00am - 1.00pm

With ingredients from courses such as *Bootcamp for Mental Fitness* and *Understanding Anxiety* this course offers participants a blend of **insights and practical tools to help reduce stress and anxiety**. The mix of gaining more understanding and learning how to **apply these helpful tools** in life empowers and supports participants on their way to living a mentally healthier life.

Hilda brings many years of experience to this course and what she offers has been invaluable to many people.

Fee: \$30 PLEASE BOOK

Cake, a Cuppa & a Chat Discussions on Death

Jen Compton

1.30pm - 3.30pm See full details Sat 27th July

Sat. 24th August 2024 (cont.)**Funeral Ceremonies - What are the Options?**

Jen Compton

10.30am - 12.30pm

Western society has begun to move away from the death industry developed by funeral homes, becoming more creative in the ways in which we choose to **farewell and honour** the lives of ourselves and/or family and friends by returning to **ancient traditions, embracing totally new ideas**, or melding a mix of the two. Come and learn about the multiple options you have. It's never too young to be prepared.

Fee: \$20 PLEASE BOOK

**Relaxing and Sleeping Deeply**

Lionel Fifield and Jo Ross

2.00pm - 4.15pm

Stress and insomnia are so prevalent in our society. These busy minds of ours can be **gems if working with us but cause so many problems when working against us**. Lionel and Jo have personally been deeply interested in these areas of comfort and discomfort for many years and look forward to sharing a wide range of ideas to assist you **reach greater calm and comfort in your life**. Lionel has given hundreds of talks on getting to sleep and has published a book on *Sleep* (available in our bookshop). Jo has focused on natural health for many years and leads Deep Relaxation sessions every Tuesday here at the Centre. Come and gain some valuable insights into the areas of relaxation and sleeping that can bring benefits in many areas of your daily lives.

Fee: \$20 PLEASE BOOK

Sun. 25th August 2024**Compassionate Communication Practice Group**10.00am - 12.00pm See full details Sat. 28th July
BOOKINGS ESSENTIAL

Who is the YOU behind your personality? Did you know that personality comes from an old Greek drama word 'persona' – meaning the mask you hold in front of your face.

Tues. 27th August 2024

Yoga for Beginners

11.15am - 12.15pm (see page 20)

Deep Relaxation

6.00pm - 6.40pm (see page 20)

A Course in Miracles

7.00pm - 9.00pm (see page 20)



Harness your Intuition

Kirsten Barfoot

10.00am - 12.15pm

Enhance productivity in both your business & personal life.

See full details Sat. 27th July

Fee: \$15 PLEASE BOOK

Volunteer Information Session

5.00pm - 6.00pm See page 2

Inner Child Healing - Session 4 of 4

6.30pm - 8.30pm See Tuesday 30th July

Wed. 28th August 2024

Qi Gong

10.00am - 11.15am (see page 20)

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Beautiful Ageing

10.30am - 12.00pm See Wed 24th July



Insights & Overview of

Compassionate Communication

Cate Crombie

6.30pm - 9.00pm

Don't underestimate this evening! It is more than simply an introduction. 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, and definitely read more about the **Compassionate Communication weekend on Saturday 16th and Sunday 17th June.**

Fee: \$25 PLEASE BOOK

Thurs. 29th August 2024

Freeing Yourself with Feldenkrais

10.00am - 11.00am (see page 20)

When we find ourselves entangled in differences with others, we need to ask ourselves, "Is my mind rigid, or is it open to answers? Or even to being wrong?"

Thurs. 29th August 2024 (cont.)



Teaching Kids Reading, Writing, Spelling

Jack L'Estrange

10.00am - 11.30pm

Introductory session: Parents can do so much at home for their kids when it comes to reading, writing, spelling and this course adds to parents' or carers' power and skills. Jack introduces you to **brain-friendly procedures** to enable the kids to catch up and improve. Jack loves hearing the exciting improvements reported to him.

Fee: \$10 per session. **PLEASE BOOK**

See session 1 on Thurs **5th September** & session 2 on Thurs **12th September**

Freedom from Addiction

Ian Ratcliffe

12.00pm - 1.30pm See full details on Sat 25th July

Mindfulness and Meditation

6.00pm - 7.00pm (see page 20)

Fri. 30th August 2024

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Sat. 31st August 2024

Colour Your Life & Deep Relaxation

2.00pm - 3.30pm See full details on Sat 20th July

Sound Healing - Meditation Relaxation

Elena Lymbery

2.00pm - 3.15pm (see page 20)

Sound Healing - Meditation for Children & Parents

Elena Lymbery

3.45pm - 4.30pm (see page 20)

A speaker who has worked through a difficult experience offers so much more for listeners to learn from, than one who has just learned from a book.

Sat. 31st August 2024 (cont.)


Growing Self Compassion - Putting Ourselves on the Gratitude List

 Andrew Greentree
9.30am - 12.30pm

In the face of a demanding world, it often may feel like we **'should'** be doing more and **'must'** be what we perceive others want us to be. This way leaves us feeling unworthy of love, **exhausted and unsupported**. Could we begin to give up a little of 'Musts' and 'Shoulds' which create so much turmoil and suffering?

This presentation gives participants practical useful exercises that support a practice of **deepening and growing a supportive compassionate relationship with oneself**. Andrew is insightfully honest about his self-compassion journey, stating that it is through developing a kind relationship with himself that a fundamental positive change has occurred in his life.

Fee: \$25 PLEASE BOOK


Dowsing for Answers
Rod & Megan Middleton
10.00am - 12.30pm

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 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 with lots of participants discovering **abilities that really surprise them**.

Fee: \$25 Just come along.

Tues. 3rd September 2024

Yoga for Beginners

11.15am - 12.15pm (see page 20)

Deep Relaxation

6.00pm - 6.40pm (see page 20)

A Course in Miracles

7.00pm - 9.00pm (see page 20)

Wed. 4th September 2024

Qi Gong

10.00am - 11.15am (see page 20)

Beautiful Ageing

10.30am - 12.00pm (see Wed 24th July)

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Thurs. 5th September 2024

Freeing Yourself with Feldenkrais

10.00am - 11.00am (see page 20)

Health and Wellbeing Support Group

11.00am - 1.00pm (see page 20)


FILM: The Shadow Effect

1.15pm - 3.00pm

Dr Deepak Chopra & Maryann Williamson. This cutting-edge documentary inspires us to step out of the self that we've known and break free of bonds of the past. Deepak Chopra and Marianne Williamson join Debbie Ford to reveal the transformative power of your shadow.

Fee: \$5

Mindfulness and Meditation

6.00pm - 7.00pm (see page 20)


Let Go of People Pleasing Using Tapping

 Desley Murphy
6.00pm - 8.30pm

Are you afraid to voice your truth? **Do you feel guilty when you say NO?** Do you avoid conflict by pleasing others?

Desley has helped hundreds of people break this people pleasing habit and **learn to respect and value themselves and their needs** by using Tapping which has proved to be very effective.

If you want to stop people pleasing so you can **show up authentically** in the world come along this evening and learn more.

Fee: \$25 PLEASE BOOK

Teaching Kids Reading, Writing, Spelling

Jack L'Estrange

Session 1 of 2 See Thurs 29th August

10.00am - 11.30pm

**Everybody is actually a genius -
but if a fish is judged by its ability
to climb a tree it will lead its whole
life believing it is stupid.**

Albert Einstein

Thurs. 5th September 2024 (cont.)**The Enneagram – Invaluable Personality Insights**

David Burke
7.00 – 9.00pm

Introduction: Here is an outstanding course that has opened the minds of thousands of people. The Enneagram is an **ancient spiritual system** that describes nine Personality Types. It is **astonishingly accurate** at predicting both observable unconscious behaviours and their hidden underlying motivations that trigger the habitual response. Further, it predicts how our behaviour **will change under stress, or alternatively when safe and secure.**

The Enneagram not only describes nine evolutionary habitual responses but also the ways to transcend them and **become a more conscious, dynamic and creative adult.** It is a wonderful aid to clearer more honest communication for warmer and more **intimate personal relationships** and for more creative and **successful work relationships.**

Here is a wonderful opportunity to spend ten evenings learning about each personality type – **this can bring far-reaching benefits at home, at work and relationships of all types.**

Fee: \$15 per evening (AIES Members \$5)

Total fee for all ten sessions: \$120 (AIES Members \$35)

BOOKING ESSENTIAL

See also **Thursday 12th September** – start of the nine- week course focusing on one of the **Nine Personality Types** each week.

Mindfulness and Meditation

6.00pm – 7.00pm (see page 20)

Fri. 6th September 2024**Deep Relaxation**

1.00pm – 1.40pm (see page 20)

Dance, Movement & Art Class

10.00am – 12.00pm See **Friday 26th July** and page 20

It is surprising when we really look at, and acknowledge, the qualities of everyone we interact with how we then become more aware of our own qualities which we've never seen before. It's like winning the lottery.

Sat. 7th September 2024**The Compassionate Communication (NVC) Workshop – Making Connections**

Cate Crombie
9.30am – 5.00pm **Day 1**

Imagine interacting with one another in a way that **allows everyone's needs to be equally valued.** This is what this two-day workshop is about. Cate offers a **practical process** to ensure 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 a remarkable course that people tell us has made a **huge difference to their family life and brought wonders at the workplace.** The ideas are now used world-wide in many major organisations. You will love it and Cate presents the wonderfully life-changing insights of this course so beautifully. It is essential that you attend both days.

Fee: \$195 **BOOKING ESSENTIAL WITH FULL FEE**

See **Introduction Wednesday 28th August**

See also **Practice Group** fourth Sunday each month

**Vision Board**

10.30am – 12.30pm

See full details Sat 20th July

**Loving What Is – The Work of Byron Katie**

Rosie Stave
2.30pm – 5.00pm

Rosie will introduce you to The Work of Byron Katie. This process has **transformed the lives** of millions of people. It can bring remarkable **immediate insights, freedom and happiness** in a most profound way – you need to experience it to understand why.

The Work, as it is often referred to, has the capacity to **liberate us.** 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.** **Fee:** \$25 **PLEASE BOOK**

Why should we be anything like anyone else?
Nobody has ever walked our path – or we theirs.



Sat. 7th September 2024 (cont.)**Six Strategies for Thriving**

Donna Thistlethwaite
2.00pm - 4.00pm

In 2012 Donna experienced a mental health crisis which culminated in her jumping from Brisbane's Story Bridge in an attempt to end her life. Today she is an award-winning entrepreneur and accomplished speaker who **empowers others to live their best life**. Join Donna in this workshop to discover insights from her crisis, and the **six key strategies** that transformed her life from **surviving to thriving**. A powerful and engaging session that will equip you to THRIVE in a whole new way.

Fee: \$25 PLEASE BOOK

Sun. 8th September 2024**The Compassionate Communication (NVC) Workshop - Making Connections**

Cate Crombie
9.30am-5.00pm **Day 2**
See Sat 7th September.

It is essential that you attend both days.

**Freeing Yourself in Relationships - The Work of Byron Katie**

Rosie Stave
9.30am - 5.00pm

We all come to recognise that our relationships – whether 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. We are often at a loss in regard to what we can do to **bring the harmony and connection and comfort between us that we yearn for**. Here you could well find your answers as have thousands of people before you.

Fee: \$85 PLEASE BOOK with a \$25 deposit

Tues. 10th September 2024**Yoga for Beginners**

11.15am - 12.15pm (see page 20)

Deep Relaxation

6.00pm - 6.40pm (see page 20)

A Course in Miracles

7.00pm - 9.00pm (see page 20)

Wed. 11th September 2024**Qi Gong**

10.00am - 11.15am (see page 20)

Beautiful Ageing

10.30am - 12.00pm *See Wed 24th July*

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Sound Healing - Meditation Relaxation

Elena Lymbery
6.30pm - 7.45pm (see page 20)

Thurs. 12th September 2024**Freeing Yourself with Feldenkrais**

10.00am - 11.00am (see page 20)

Teaching Kids Reading, Writing, Spelling

10.00am - 11.30pm
Session 2 of 2 - *See Thurs. 29th August*

Mindfulness and Meditation

6.00pm - 7.00pm (see page 20)

The Enneagram Focusing on Personality Type 3

7.00-9.00pm
See Introduction Thursday 5th September

Fri. 13th September 2024**Deep Relaxation**

1.00pm - 1.40pm (see page 20)

Sat. 14th September 2024**Volunteer Information Session**

2.30pm - 3.30pm (see page 2)

**Fear, Nervousness, Anxiety & Panic - Finding Answers**

Paul Spottiswood
2.00pm - 4.30pm

Paul went through many years of fear and much worry. He sought far and wide for answers. Participants love his talks and Paul loves sharing his **ideas, insights, and techniques**. Come and enjoy this little session which offers **big benefits** as it has done for many people previously.

Fee: \$20 PLEASE BOOK

Sound Healing - Meditation Relaxation

Elena Lymbery
2.00pm - 3.15pm (see page 20)

Sat. 14th September 2024 (cont.)
Esoteric Astrology
 Marion Neighbour
 9.00am-5.00pm **Day 1**

Esoteric (spiritual) Astrology is concerned with the **soul's journey and the unfoldment of consciousness**. It is centred around the 7 Rays, the Ascendant, and the ruling esoteric planets, all of which can help reveal the soul's purpose. Learn about the 7 Rays, the esoteric/spiritual meaning of the astrological signs, their ruling planets, and the Ray energies that flow through them. You will **use your own astrological chart to map your souls' journey**, helping to reveal your **soul's purpose**, and therefore the **lessons, strengths to be advanced and weaknesses to be overcome**. We will present these teachings in a fun and colourful way, using drama and experiential chart exploration. If you don't already have your chart we can draw one for you. We need your birthdate, birth time and place of birth (if no birth time we can work around that).
Fee: \$100 (incl Workbook) Bring your own lunch.

Sun. 15th September 2024
Reducing That Depression
 Dr Winfried Sedhoff
 10.00am-1.00pm

Depression seems to have become pervasive in recent years and numerous people are taking medication daily to deal with it.

Dr Winfried Sedhoff is a medical doctor with a deep understanding of not only depression but also of what we can do to **break its grip on our minds, our energy, and our relationships**.

Dr Sedhoff speaks with great authority and compassion because he suffered from depression himself. His desire is to assist you to empower yourself without changing whatever you are currently relying upon.

Winfried offers a **very human approach** to opening you up to seeing how you can gradually grow to no longer need those external aids and, all importantly, feel the joy of being you.

We have found Dr Sedhoff's sessions to be invaluable to everyone whether they have depression or not. Don't underestimate what these three hours can give you.

Fee: \$45 (Concession \$30) **BOOKING APPRECIATED**

Esoteric Astrology
 Marion Neighbour
 9.00am-5.00pm **Day 2**

Tues. 17th September 2024**Yoga for Beginners**

11.15am - 12.15pm (see page 20)

Deep Relaxation

6.00pm - 6.40pm (see page 20)

A Course in Miracles

7.00pm - 9.00pm (see page 20)


Linking Friends of the Relaxation Centre

Paul Spottiswood
 10.00am - 12.00pm

We put the Linking Friends session on in June and it was enthusiastically attended by ten people, so come along and share a cuppa and meet others with similar personal growth interests. This session seems full of possibilities.

No charge, please let us know if you're coming and bring a plate to share.

Wed. 18th September 2024**Qi Gong**

10.00am - 11.15am (see page 20)

Beautiful Ageing

10.30am - 12.00pm See Wed 24th July

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Thurs. 19th September 2024**Freeing Yourself with Feldenkrais**

10.00am - 11.00am (see page 20)

Health and Wellbeing Support Group

11.00am - 1.00pm (see page 20)

Mindfulness and Meditation

6.00pm - 7.00pm (see page 20)

The Enneagram Focusing on Personality Type 6

7.00-9.00pm

See **Introduction** Thursday 5th September

Never underestimate these minds of ours – They can be our greatest friends and supporters, or our greatest underminers and enemies.

Fri. 20th September 2024

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Sat. 21st September 2024

Cake, a Cuppa, and a Chat - Facilitated Discussions on Death

1.30pm - 3.30pm See full details Sat 27th July



100 Keys to Love - Tools for Self Care

Vicki Bennett

10.00am - 12.30pm

Each one of us longs for love and true happiness. This new course by Vicki Bennett is for those of us who are seeking to find true love and who want to write their own recipe for an authentic relationship.

The keys shared by Vicki are concise and clear so we can **create positive, happy and healthy relationships**. Each key offers tools and skills for the future, giving direction and guidance in the **journey of love**, and shares insights to unlock true love and joy. **This course will help you develop a positive mindset** for bringing authentic love into your life, keeping it alive, and loving yourself in the process. If you want to take positive steps towards finding love and building relationships based on self-worth, then this course is for you.

Fee: \$25 PLEASE BOOK



UFOs The Evidence: Incredible Sightings by Very Credible People

Paul Spottiswood

10.00am - 12.00pm

As an airline pilot, Paul was very interested in the subject of UFOs. In this session Paul will share a collection of **incredible UFO sightings in Australia, New Zealand and Papua New Guinea**. In June 2021, the United States Government finally admitted that UFOs, or UAPs, really do exist. This confession makes these sightings all the more credible.

Fee: \$12

Colour Your Life & Deep Relaxation

2.00pm - 3.30pm See full details Sat 20th July

The Choice to Make Change

2.00pm - 3.15pm See full details Sat 20th July

Sun. 22nd September 2024

Compassionate Communication Practice Group

10.00am - 12.00pm See full details Sat 28th July

BOOKINGS ESSENTIAL

Tues. 24th September 2024

Yoga for Beginners

11.15am - 12.15pm (see page 20)

Deep Relaxation

6.00pm - 6.40pm (see page 20)

A Course in Miracles

7.00pm - 9.00pm (see page 20)

Wed. 25th September 2024

Qi Gong

10.00am - 11.15am (see page 20)

Beautiful Ageing

10.30am - 12.00pm See Wed 24th July

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Thurs. 26th September 2024

Freeing Yourself with Feldenkrais

10.00am - 11.00am (see page 20)

Freedom from Addiction

12.00pm - 1.30pm

This has been an invaluable course for many.

See full details Thurs 25th July

Mindfulness and Meditation

6.00pm - 7.00pm (see page 20)

Mantras/Chanting and Meditation

7.00pm - 8.30pm

These are useful evenings.

See full details Thurs 11th July

The Enneagram Focusing on Personality Type 9

7.00-9.00pm

See **Introduction** Thursday 5th September

Fri. 27th September 2024

Deep Relaxation

1.00pm - 1.40pm (see page 20)

Sat. 28th September 2024

Sound Healing - Meditation Relaxation

Elena Lymbery

2.00pm - 3.15pm (see page 20)

Sound Healing - Meditation for Children & Parents

Elena Lymbery

3.45pm - 4.30pm (see page 20)

We are what we repeatedly do. Aristotle

Sat. 28th September 2024 (cont.)

**Your Life is in Your Hands**

Patricia Barton
1.00pm - 5.00pm

Patricia Barton has been a Hand Reader and teacher of Palmistry and Hand Analysis for many years. In this fun afternoon you will learn the basics of both these approaches and Patti will also read your hands. You'll be welcome to record your personal reading on your phone. You will learn how palm markings describe **your personality profile** and how your fingerprints can be analysed as **your soul's 'bar code'** to reveal your **life purpose** and some of its **challenges**.

Ink prints will be taken so we can see your palm markings and fingerprints more easily. Patti is flying in from Mackay to offer this amazing workshop and will also have a few copies of her book *A Handbook on Hand Reading* for sale. Please bring a magnifying glass if possible.

Fee: \$55 PLEASE BOOK

**A Good Death**

Jen Compton
10.30am - 12.30pm

Here are practical steps you can take to support a loved one who is dying. This course will give you some guidance on what you can do to help facilitate 'a good death'.

Fee: \$20 PLEASE BOOK

**Overcoming the Fear of Flying**

Paul Spottiswood
2.00pm - 4.30pm

For some years Paul presented the pilot's segment of the 'Fear of Flying Course' conducted by one of Australia's major airlines. Paul is a **retired commercial pilot with 35 years' experience** and is amazed how in these courses **many fear barriers seem to melt away**.

Fee: \$25 PLEASE BOOK

If you think you should be brilliant on computers but instead you are a brilliant natural gardener, then you will be blinded to your own gift to the world.

About Our Next Programme

Our final newsletter for 2024 will commence **Tuesday 1st October**. Weekly courses continue as usual. See page 20.

Exciting October Events
Advance Notice**Bookings now open**

We are delighted to present some outstanding speakers at the start of our next programme: **Joan Wilson Jones, Diane Belchambers, and Dr Heather Way** are three speakers who contribute much wisdom to audiences all over Australia and other countries. See more on Page 19.

Thurs. 3rd October 2024

**FILM: Proven Eating Breakthroughs
Backed by Science**

1.15pm - 3.00pm

A documentary series on the power of complementary and alternative medicines to heal diseases of our time. How to **balance your microbiome, reduce inflammation, heal digestive issues and overcome auto-immune disorders**. An evidence-based approach to repairing leaky gut, leaky skin, and leaky brain. Includes 5 exquisite herbs that will help you digest your foods and better absorb their nutrients.

Fee: \$5

The Enneagram Focusing on Personality Type 1
7.00-9.00pm

See **Introduction Thursday 5th September**

Sat. 5th October 2024

**Flourishing at Work - Despite All Odds**

Paula Wilson
1.00pm - 4.30pm

There are countless **situations that challenge us at work** - large workloads, looming workplace changes, poor leadership and management, needing to rapidly assimilate new information, aggressive personalities, being excluded, lack of respect and trust, receiving criticism, office politics, unrealistic expectations, not seeing progress happen and feeling unsupported.

Go beyond surviving these situations and **learn how to flourish** despite them. This experiential workshop **develops your toolkit** for working in an unhealthy organisational culture by helping you **find and sustain** your optimal state.

Fee: \$35 PLEASE BOOK

Sat. 5th October 2024 (cont.)

Procrastinate NO More

Rose-Marie Pennisi

2.00pm - 4.15pm

Here is an invaluable course.

See full details Saturday 3rd August

Thurs. 10th October 2024

The Enneagram Focusing on Personality Type 4

7.00 - 9.00pm

See *Introduction* Thursday 5th September

Fri. 11th October 2024



Cultivating Joy: Where it Hides and How to Find it

Diane Bellchambers

6.00pm - 7.15pm

Have you lost your joy... or questioned why it's so hard to find? Ever wondered if joy is more than just a happy feeling? If so, this seminar is for you!

In this empowering session we will explore the **secrets of joy, how it supports the process of self-discovery and ways to tap into its hidden power.** Ready to reap the rewards of joy?

Fee: \$20 PLEASE BOOK

Sat. 12th October 2024



The Secrets of Service: How To Make a Difference Without Feeling Depleted

Diane Bellchambers

10.30am - 12.15pm

Have you ever felt like you need to save the world...or would like to help others and don't know how to proceed?

In this empowering seminar we will unpack the **secrets of service what it is and isn't**, so we can avoid falling into the **trap of servitude.**

Come and understand why it is invaluable to unravel the secrets of service. People have said how uplifted they felt by this seminar and how much it has added to their life.

Fee: \$15 PLEASE BOOK

Sat. 12th October 2024 (cont.)



Unpacking Our Dilemmas: Knowing When to Act and When to Let Things Be

Diane Bellchambers

2.00 - 4.00pm

Are you ready to leave inner storms behind? Is being wise just a blend of knowledge and experience or is it something more?

This session will explore how to be **spiritually discerning in the face of competing values and responsibilities.** It will offer insights that will help you make **difficult decisions without feeling guilty or dwelling on them** unnecessarily. Are you ready to make peace with difficult decisions? Would you like a less complicated relationship with life? If so, you're invited to join this thought-provoking session and reinvent your inner world.

Fee: \$20 PLEASE BOOK

Thurs. 17th October 2024



Reclaim your Life

Joan Wilson-Jones

6.15pm - 9.00pm

John Lennon told us that life is what happens when we're busy making other plans. Life is also what can easily go off-track and often feel very challenging. In this uplifting session Joan will share with you **proven strategies that will help you to recharge, realign, revitalise, and redirect your life.** Full description in *October* newsletter.

Fee: \$30 PLEASE BOOK

Sat. 19th October 2024



A Guide to Healthy Ageing and Preventing Degenerative Decline

Dr Heather Way

2.00-5.00pm

We don't want to just live for a long time - we want to live well for a long time. There's a great deal that can be done to keep us fit, well and active for as long as possible.

Come along and give yourself a treat and hear Dr Heather Way talk about how we can **influence our genes positively, reduce inflammation and cell damage, and improve our brain power, gut function and detoxification** through nutrition. Dr Way has so much to offer and when we have previously had this session in our programme people call and say, "Please can you arrange for Dr Heather to come back soon!" Attendees at Dr Way's last course of this title described it as fantastic and a real eye opener.

Fee: \$25 PLEASE BOOK

Jobs not done can build up in our minds as we see them, and yet put off doing them. This avoidance can bring on stress and even insomnia.

More about our Presenters

Learning How to Learn *Laurie Kelly and Benita Kelly*



On 30th July come and meet two very alive presenters with years of teaching experience. Laurie was a popular speaker at the Relaxation Centre when we were in Fortitude Valley. He has inspired and motivated thousands of people of all ages over many years. Laurie's daughter Benita has now joined him in wishing to communicate to students that each of us has a unique way of taking in information and discovering what best works for us. What they share can make a world of difference and be life changing. We guarantee you'll love this evening

Cultivating Joy, Service not Depletion, Knowing When to Act *Diane Bellchambers*



Diane is from Adelaide and well known throughout Australia for her insights, learning, wisdom, generosity, and brightness. Diane shares a range of subjects such as interpreting dreams, turning problems into opportunities, the astral plane, and the art of being.

Don't miss this opportunity of spending time with Diane – she will be presenting three sessions: one on **Friday 11th** and two on **Saturday 12th October**. Come and benefit from all that Diane has to offer.

Esoteric Astrology Weekend *Marion Neighbour*



Marion has studied esoteric astrology and the Seven Rays for 25 years, beginning with completing a Masters in Esoteric Psychology with the University of the Seven Rays in USA. Esoteric Psychology is the science of soul in relation to the personality. Marion has facilitated workshops in many USA cities, Canada, Bolivia, and Scotland as well as in Sydney and Brisbane and has much to share. Come and enjoy Marion on **Saturday and Sunday 14th and 15th September**.

Beautiful Ageing *Julie Richardson*



Weekly from Wed 24th July 10.30am-12.00pm until 2nd October

We've known Julie for many years and are delighted that she's joined us to speak on a subject close to her heart – beautiful ageing. As we age most of us realise that we're entering a brand new chapter of our lives and Julie describes the challenges so well in her sessions. Julie has worked as a Counsellor, Social Worker and Teacher and has wide life experience. She is now semi-retired and personally experiencing the challenges and benefits of being retired.

Parenting and Children's Books at Our Wonderful Bookshop



Elena Lymbery
Bookshop
Co-ordinator

The array of topics covered in the Relaxation Centre bookshop is wide and the Parenting and Children's books are important sections of our store. We have books and CDs for kids and the following is simply a highlight of the section.

Oliver's First Big Spy Adventure is a small novel suitable for confident young readers, written by our presenter Vicki Bennett and illustrated by Oliver Orth. The book's brave young hero gets to save his grandmother from some nasty men. There's an island, kidnapping and guard dogs. What more do you want from a kid's adventure? **All My Treasures: a Book of Joy** written by Jo Witek and illustrated by Christine Roussey. This is a beautifully illustrated book, with surprise foldouts. In it a young girl receives a special porcelain box from her grandmother and decides to fill it with lovely treasures and gorgeous, intangible memories.

Our parenting books are always worth a browse for parents at all stages. **Raising Generation Tech: Preparing Children for a Media-fuelled World** by Jim Taylor. This book covers so many concerns and questions parents have about raising children in the 'information age'. He looks at information overload, the myths of multitasking, the sexualisation of young people – particularly young girls, and offers parents advice and reality checks.

The Secret of Half-Arsed Parenting by Australian author Dr Susie O'Brien gives parents advice on 'raising kids with half the guilt and twice the joy. Among the many topics covered by Dr O'Brien are how to drop guilt, make time, say no and have a 'normal' kids' birthday party. "It's not about doing a bad job. It's about recognizing that parents don't have to be perfect."

**Come in and browse, say hello, and remember that our regular bookshop sale is offering
20% discount on all new articles:**

**Thursday 11th July to Saturday 10th August
Saturday 28th September to Saturday 19th October**

WEEKLY CLASSES

Tuesdays



Yoga for Beginners
Sally Waters
11.15am - 12.15pm

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. **Fee:** \$12 or \$90 for 8 sessions



Deep Relaxation
Jo Ross
6.00pm - 6.40pm

Deep Relaxation came to us from Dr Ainslie Meares, the great Australian pioneer of this method for achieving the **life-changing benefits** available from quietening our minds and bodies. Participants sit in chairs. **Fee:** \$8 per session or \$48 for seven sessions (\$5 for pensioners) Just come along.



A Course in Miracles
Simon Jones
7.00pm - 9.00pm

A Course In Miracles has opened the minds and awareness of millions of people worldwide. A remarkable study book which many people **love to meet and share insights** about. Simon looks forward to meeting you and guiding this session. **Fee:** \$5

Wednesdays



Qi Gong For a Healthy Body and Peaceful Mind
Terri Kozak
10.00am - 11.15pm

Qi Gong movements enrich your brain and nervous system while enhancing your health holistically. Ten minutes a day makes a profound difference to mind and energy levels. Benefits can be gained from a single lesson. **Fee:** \$14 or \$48 for four sessions



Deep Relaxation Sandra Ballinger
1.00pm - 1.40pm
Fee: \$8/session or \$48/7 sessions. (\$5 for pensioners)
See also Tuesday s above

Thursdays



Freeing Yourself with Feldenkrais
Rita Ryan
10.00am - 11.00am
See also Tuesday Evening Session

Here is a method you need to experience yourself. This wonderful process has brought about **quite miraculous changes and healings for numerous people**. Rita Ryan is a highly trained teacher with many years of experience that she has shared with thousands of individuals and groups. **Fee:** \$14 or \$48 for 4 sessions

Thursdays



Mindfulness and Meditation
Jo Gifford
6.00pm - 7.00pm

Meditation brings many physical health benefits but also promotes **self-awareness** and a **deeper connection to something greater**. Jo combines exercises in heart/mind coherence, mindfulness, and energetic release work, and shows you how to move from the '**stress response**' to the '**relaxation response**' and help you feel more alive and connected to the world around you. **Fee:** \$10

Fridays

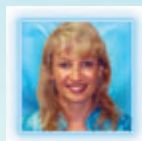


Deep Relaxation
Jane Watson Brown
1.00pm - 1.40pm
Fee: \$8 per session or \$48 for seven sessions. (\$5 for pensioners) Just come along. See Tuesdays

Other Recurring Courses



Health & Wellbeing Support Group
Elena Lymbery
11.00am - 1.00pm
See page 2 - plus Thurs 11th & 25th July, 8th & 22nd August, 5th & 19th September



Sound Healing - Meditation Relaxation
Elena Lymbery
See Wed 17th, Sat 27th July, Sat 17th, Wed 21st & Sat 31st August Sat 14th & 28th September

Come and experience the wonders of sound. People have been using sound in many ways for centuries. It **balances both hemispheres of the brain, improves sleep and helps with pain management**. You can sit on chairs or lie on the floor (bring a mat or towel to lie on). **Fee:** \$15



Sound Healing - Meditation for Children & Parents
Elena Lymbery
See Sat 27th July, 31st August, 28th September

Help your child discover their inner resources for calm, peace, resilience, confidence, and creativity. **Fee:** \$5 p/person



Dance Movement and Art Class
Lidia Fera
See Friday 12th and 26th July, 9th August and 23rd, 6th and 20th September

Lidia facilitates a dance and movement class that allows for connection to the body and teaches techniques to **realign the nervous system and release emotions through movement**.