

Relaxation Centre of Queensland

Courses in Date Order Pages 3-4

Then you'll find

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

On pages 5, 6

**Building Confidence/
Overcoming Fears &
Addictions**

On pages 7, 8

**Movement/Yoga/
Qi Gong/Feldenkrais/
Pilates**

On pages 8, 9

**Motivation/
Empowerment/ Health
and Healing – Ageing**

On pages 9, 10, 11, 12

**Supporting Kids &
Parents**

On page 12, 13

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

On pages .13, 14, 15

**Communication/
Relationships/
Connecting/Intuition**

On page 15, 16

Singing & Chanting

On page 16

Film Sessions

On page 17, 18

From Our Shop

On page 19

Other Information

On page 20

**Late Inclusion to
Programme**

On page 18

Never Give Up

I heard an interview with a man of 102 who was still very active. They asked him his secret and he said, “**never give up, never give up**”. It’s all too easy to say, “We can’t do this, we don’t have the energy – it’s too big, too painful, too overwhelming”. We can also quote others who have told us that we would probably never get over whatever it is. **Within us we have extraordinary power, strength, resilience, tenacity and amazing gifts** of enormous depth.

There are remarkable stories of people who it seemed could never walk again and stayed in bed day after day because of some accident or sickness, yet after some years of living in this way, **when an earthquake happened** or an air-raid threatened to destroy their house and their life these people suddenly jumped out of bed **and ran to the shelter** – remarkable. There are stories too of mothers who, when their child was pinned under a car somehow demonstrated superhuman strength and lifted the car off – **was that the power of maternal love?**

We can so easily just roll over and give up. However, it is only us who can access the power but often it means that we have to push against what might seem all odds. It’s always inspiring to read and see sometimes the stories of various people who, after being paralysed by a stroke or a terrible accident have just kept working on moving again, finger by finger, toe by toe, limb by limb day after day and actually **celebrating every little improvement**.

I remember a film of one man who had been totally paralysed in his 70s and there he was, **climbing a major mountain** a few years later.

Last September I fell down a hill on to my left side. My hip and all around it, my pelvis and spine pushed all over the place. I have never had such continuous pain before. As I improved little by little my chiropractor said that the all-important thing was that I didn’t at any stage say it was all too hard. Every extra few centimetres walked or movement with less pain **has been a moment to celebrate** step by step **towards recovery**.

Never give up are three words so invaluable from the day we are born to the day we pass on – there are so many challenges that can take us to the edge when we have to dig deep inside for whatever is needed – there are those challenges of addictions, the cruelty of others, deep fears, surviving floods, fires and the loss of everything, including those we love.

At all times we need to keep the words in our minds of, “I can do it”. **These words must be on our lips** and we must remind ourselves regularly that **we have all the strength we need** and we will find **the inner power to respond** to what we’re going through.

Yes, let’s not see age or anything else as getting in the way. At essence our energy is still there, powerful and ready to be called upon. AND it’s great if we can give very regular thanks for whatever the experience is because it is these experiences that allow us to tap into **deep qualities** that only such situations can bring out. Also, after such situations we can often have much greater compassion for others, an **increased sense of appreciation** for who we are and we are able to give genuine encouragement to others. — **Lionel Fifield**

I Can Do It!

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-1.00pm on Mondays and from 9am-7.30pm on Tuesday to Friday and 9am-5pm on Saturday – for other times telephone us before coming.

Phone 07 3856 3733 – Only in emergencies 0413 198 856

Email: admin@relaxationcentreqlld.org – Web: www.relaxationcentreqlld.org

New Presenters



Connecting

Julia Sawyer



**Yoga for Healing and
Self-Transformation**
P 9

Linking

Dr Peter Howie



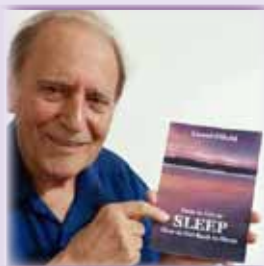
**Love, Sex and
Communication,**
P 15

Embracing

Donna Thistlethwaite
(Returns again)



**A Bridge to New
Possibilities, P10**



Sleep, Sleep, Sleep

Yes, Lionel Fifield's book – *How to Get to Sleep – How to Get Back to Sleep* is now on our shelves. In the weeks since it came out dozens have left our Shop.

We've already had a **lot of beautiful feedback** from a wide cross-section of people. The key things said are: It's so easy to read – It's down-to-earth – It's practical and all-importantly the **many ideas and techniques have assisted me already.** (our next Sleep Course is on Tuesday 10 May.

This friendly little book comes from **years of personal experience** (i.e., 14 years of insomnia) is available here at the Relaxation Centre and the Four Seasons Health Shop in Samford Village.

Welcome Again

Wow, this must have been the **most challenging year ever** to be running courses. Masks, or no masks – vaccinations – distancing – numbers limited – people isolating with Covid – floods – warnings of heavy rain – extensive leaks and presenters and/or participants isolated at home – AND as an organisation we still have to pay the rent and other overheads.

What a lot life can challenge us with and that's why our Programme is **packed with courses** giving you ideas, techniques, inspiration and encouragement. Our speakers are people who have needed to **deal with numerous major challenges in their own lives step-by-step** to find their own answers. They share years of collective experience and wisdom in our courses.

We are here with you – all the way. If you need assistance just give us a call.

Our Team of Volunteers

We are so fortunate to have a wonderful team of volunteers at the Relaxation Centre. There's a great team spirit and so often we see heart-warming kindnesses between them as they assist each other or stand in for each other so that the Centre is able to function as smoothly as possible. Sandra Ballinger, the Team co-ordinator does a fantastic job



Here is **Barrie Steel** who has been an outstanding volunteer here for about 40 years. Not only do you see him on Reception and projecting films but Barrie's great electric power experience has been invaluable. Also over the years he has produced thousands of CDs and DVDs.

It always has been and is now a wonderful team – great friendships, a lot of mutual support and sharing of ideas, information and life-skills.

If you'd like to know more come to one of the following Information Sessions. Please call and book. Dates as follows. **Thursday 14 April, 12.00pm; Thursday 28 April, 5.30pm; Saturday 14 May, 12.00pm; Tuesday 7 June, 2.00pm.**

From one of our Volunteers

One of our invaluable volunteers **Simon Preston**, wrote recently the following in appreciation of his experience of being here at the Relaxation Centre. We decided to share it, as it is very insightful. He wrote – Attending classes and deciding to volunteer at the center has provided me with a **sense of wellbeing and connectedness** that has proven invaluable to my personal development. I have learned many things about myself that for whatever reason eluded me throughout my prior forty something years.

Greater self-awareness no matter one's age, can be a beautiful gift, a brutal awakening, or as mine has been, a bit of both. **To begin healing a wound, its existence must first be acknowledged**, then between the realms of excessive positivity and negativity in the grey area of reality is where the **real change will happen.** In the beginning, you may even find that the more you learn the less you know.

Once you realize you have imprisoned yourself within **the beliefs and values of others**, your world will expand. While at times the grass may appear greener in another's yard, instead of focusing on them and theirs, in turn leaving yours to wither, take the time to maintain your own. Constructive comparison must lie within yourself, are you a better person than last week, last month or last year?

Where Are We?

If you are coming to visit us for the first time it's good to know that South Pine Road is a long road. Please **remember we're between Alderley Avenue and Wakefield Street, Alderley** – then we're very easy to find.



Hopeful 🌟 Loving 💖 Joyful
fulfilment 💖 Determination 💖
Support 🌟 Encouragement
💖 Friendship 🌟 Meaning 💖
Welcoming 🌟 Tenacity
💖 Perseverance 🌟 Generosity
💖 Gratitude 🌟 Compassion 💖
Hearing

When I run up to people and wag my tail in joy it is marvellous to see people's faces light up and some of the weights fall off their shoulders. The great thing is I didn't have to say anything! I am thinking of putting on courses for humans!



Courses in Date Order

Ongoing Weekly Sessions

NOTE: Sessions not held on Public Holidays

Tuesdays

Tuesday Evening Course in Miracles	P 13
Cancer – A very supportive weekly session	9
Healing Meditation – Relax, Visualise and Heal	P 6
Feel Calm Yoga	P 8
Yoga for Beginners	P 8

Wednesdays

Become More Flexible With Yoga	P 9
The Power Within Breath Work	P 9
Deep Relaxation	P 5

Thursdays

Freeing Yourself With Feldenkrais	P 8
---	-----

Fridays

Deep Relaxation	P 5
What is Tai Chi	P 8
What is KiGong	P 8
Yoga of Healing and Self-Transformation	P 9

Sundays

Course in Miracles – Discussion Group	
Every 2 nd and 4 th Sunday of each month	P 13

April

Monday 4 April

Rock and Water for boys and girls (8-12years)	P 13
---	------

Wednesday 6 April

Sound Healing: Meditation/Relaxation	P 6
--	-----

Thursday 7 April

Health and Wellbeing Support Group	P 11
Picture Planning	P 14
Film: A New Earth Awakening to Life's Purpose Episode 4	P 17

Friday 8 April

Film: A New Earth Awakening to Life's Purpose Episode 4	P 17
---	------

Saturday 9 April

Exploring Hope – Overcoming Anxiety	P 5
Nature Journaling for Connection and Self-Care	P 14
Sound Healing: Meditation/Relaxation	P 6

Thursday 14 April

Volunteer Information Session	P 2
Film: Hope For Humanity Parts 1 and 2	P 17

Friday 15 April

Centre closed for Good Friday Holiday

Saturday 16 April

Centre closed for Easter Saturday Holiday

Sunday 17 April

Centre closed for Easter Sunday Holiday

Monday 18 April

Centre closed for Easter Monday Holiday

Tuesday 19 April

Reclaim Your Life	P 12
-------------------------	------

Wednesday 20 April

Mantras, Chanting and Meditation	P 16
Shine Your Light	P 6

Thursday 21 April

Health and Wellbeing Support Group	P 11
Film: Becoming The Best We Can Be	P 17

Friday 22 April

Film: Film: Becoming The Best We Can Be	P 17
---	------

Saturday 23 April

Self Healing: A Metamorphosis	P 12
Introduction to Astrology	P 13
Sound Healing: Meditation/Relaxation	P 6

Sunday 24 April

Yoga and Sound Healing Retreat	P 6
--------------------------------------	-----

Monday 25 April

ANZAC Day public holiday	
--------------------------------	--

Tuesday 26 April

Love, Sex and Communication (4-week course).....	P 15
--	------

Wednesday 27 April

Qi Gong for a Healthy Body and Peaceful Mind	P 9
--	-----

Thursday 28 April

You and Your Addictions – Who is the Boss?	P 7
The Ageing Process – Exploring the Possibilities	P 10
Volunteer Information Session	P 2
Film: Proven – Healing Breakthroughs Episode 5.....	P 17
Film: Fighting Fire With Fire	P 17

Friday 29 April

Film: Proven – Healing Breakthroughs Episode 5	P 17
Film: Fighting Fire With Fire	P 17

Saturday 30 April

Writing Your Story	P 15
Unlock Your Future – Feeling Free to Move On	P 12
Anxiety and Stress – Finding Answers	P 5
Flourish at Work	P 7

May

Monday 2 May

Centre Closed Labour Day Public Holiday

Wednesday 4 May

Sound Healing: Meditation/Relaxation	P 6
--	-----

Thursday 5 May

Health and Wellbeing Support Group	P 11
Kids Can – Parents Can	P 12
Film: The Great Undoing (Gary) The Work of Byron Katie	P 17
Loving Your Inner Child	P 14

Friday 6 May

Film: The Great Undoing (Gary) The Work of Byron Katie	P 17
--	------

Saturday 7 May

Success in Relationship and Partnership	P 7
Introduction to Reflexology	P 11
Feng Shui – Home Harmony	P 18
Sound Healing: Meditation/Relaxation	P 6
Shine a Light on Your Life	P 12
Release and Let Go	P 11

Tuesday 10 May

Getting to Sleep Staying Asleep	P 6
---------------------------------------	-----

Thursday 12 May

Chinese Brush Painting (Iris).....	P 13
Film: Humanity Ascending – Part 1	P 17

Friday 13 May

Film: Humanity Ascending – Part 1	P 17
---	------

Continued on Page 4

Courses in Date Order (Continued)

Saturday 14 May

Boot Camp for Mental Fitness	P 5
Volunteer Information session	P 2
Energy Self-Healing	P 10
Loving What Is The Work of Byron Katie	P 16
Active Gratitude – focusing on what really matters to you	P 10

Sunday 15 May

Understanding the Mind Through Meditation	P 6
A Bridge to New Possibilities	P 10
Free Yourself in Relationships – The work of Byron Katie	P 16

Tuesday 17 May

Building Confidence to Speak in Public	P 9
--	-----

Wednesday 18 May

Exploring Intuition and Awareness	P 13
Mantras, Chanting and Meditation	P 16

Thursday 19 May

Health and Wellbeing Support Group	P 11
Film: Dealing With Anger - Robina Courtin	P 17

Friday 20 May

Film: Dealing With Anger - Robina Courtin	P 17
Don't Leave a Mess - For Others	P 7

Saturday 21 May

Enneagram All Day Showcase	P 15
Challenges of Change Using Adversity to Shift Old Patterns ..	P 14
Your Inner Strength is Real	P 7

Tuesday 24 May

Food Intolerances, Gut Health and More	P 11
--	------

Wednesday 25 May

Qi Gong for a Healthy Body and Peaceful Mind	P 9
--	-----

Thursday 26 May

You and Your Addictions – Who is the Boss?	P 7
Film: The Prison of The Mind - Petrea King	P 17
Film: Grow Your Own Drugs - Natural Therapy Episode 5 ...	P 17

Friday 27 May

Merged Essence: A Mixed Circle for Women and Men	P 16
Film: The Prison of The Mind - Petrea King	P 17
Film: Grow Your Own Drugs - Natural Therapy Episode 5 ...	P 17

Saturday 28 May

Journaling – A Key to Healthy Living	P 14
Understanding Emotions	P 6
Sound Healing: Meditation/Relaxation	p 6
Love in Action – What is It?	P 15

Sunday 29 May

Yoga and Sound Healing Retreat	P 6
--------------------------------------	-----

June

Thursday 2 June

Health and Wellbeing Support Group	P 11
Picture Planning – Wonderful Holidays	P 14
Film: Proven - Healing Breakthroughs Episode 6	P 17
Loving Your Inner Child Advanced Workshop	P 14
Film: The Man Who Planted Trees	P 17

Friday 3 June

Proven Healing Breakthroughs Episode 6	P 17
Film: The Man Who Planted Trees	P 17

Saturday 4 June

Girl Talk (for girls 12-20)	P 11
The Fear of Flying	P 8
Depression – A Different and Human Approach	P 5
Autism – ADHD and ADD - Recovery is Possible	P 9

Monday 6 June

Freeing Yourself With Feldenkrais 4-week course	P 8
---	-----

Tuesday 7 June

Volunteer Information Session	P 2
Dyslexia, Depression and Vibrational Medicine	P 11

Wednesday 8 June

Sound Healing: Meditation/Relaxation	P 6
--	-----

Thursday 9 June

Homeopathy – One of the most used medicines	P 10
Film: A New Earth – Awakening to Life's Purpose	P 18

Friday 10 June

Film: A New Earth – Awakening to Life's Purpose	P 18
---	------

Saturday 11 June

Astrology – Part 2	P 14
Nature Journaling for Connection and Self-Care	P 14
Building Self Compassion	P 18
Sound Healing: Meditation/Relaxation	P 6

Tuesday 14 June

Insights and Overview of Compassionate Communication	P 15
--	------

Thursday 16 June

Health and Wellbeing Support Group	P 11
Finding Renewed Joy in Your Life	P 7
Film: The Power of Community	P 18
Film: Me Depressed ? Don't Make Me Laugh	P 18

Friday 17 June

Film: The Power of Community	P 18
Film: Me Depressed? Don't Make Me Laugh	P 18

Saturday 18 June

The Heart – Doorway to Health and Inner Power	P 12
Self-Healing: A Metamorphosis	P 12
Our Lives - A new chapter every 7 years	P 18

Tuesday 21 June

Reclaim Your Life	P 12
-------------------------	------

Wednesday 22 June

Qi Gong for a Healthy Body and Peaceful Mind	P 9
Shine Your Light	P 6

Saturday 25 June

Dowsing For Answers	P 10
Compassionate Communication (NVC weekend workshop) ..	P 15

Wednesday 29 June

Mantras, Chanting and Meditation	P 16
--	------

Thursday 30 June

Health and Wellbeing Support Group	P 11
You and Your Addictions – Who is the Boss?	P 7

July

Saturday 2 July

Sound Healing: Meditation/Relaxation	P 6
--	-----

Sunday 3 July

Yoga and Sound Healing Retreat	P 6
--------------------------------------	-----

Late Inclusions

We had 4 late inclusions in our Programme this time. You will see these on page 18 and not under the relevant headings like the others. Two of them are brand new courses to our Programme.



April / May / June 2022 Programme

PLEASE NOTE:

In line with spacing requirements we now need bookings with payments in advance.

Courses covering Stress, Anxiety, Sleep, Depression and Meditation



Anxiety and Stress – Finding Answers

Lionel Fifield (left) and *Tom Wixted* (below)

Ever-increasing numbers of people are desperately looking for answers from their medical advisors to assist them to overcome the effects of anxiety and stress. Many others are trying to find out what's causing them so many personal discomforts and they don't realise it is the effects of anxiety and stress.

So often, though, we think we have something more sinister happening to our bodies because **anxiety and stress can touch every aspect of us** – cause us times of panic – accelerate our worrying and forgetfulness, AND totally disrupt our sleeping patterns. The **good news** is there is so much **we can do naturally** and easily to break their hold on us.

Both presenters have been through difficult periods of **anxiety and stress** themselves and had to find what worked for them. What you hear today **can bring you benefits for the rest of your life.**

FEE: \$35. PLEASE BOOK.

SATURDAY 30 APRIL, 1.00-5.00pm



Boot Camp for Mental Fitness

Hilda Brunckhorst

This boot camp is different. It is a **workout** to help you **feel mentally stronger** in dealing with stressful situations. Yes, in a very short time learn some ins and outs of: **Reducing**

and avoiding stress, breaking the stress cycle, changing control issues, limiting your worries and embracing a healthier outlook on life situations.

It is not about physical fitness, but about **training for your mental fitness.** NO exhausting physical exercises, but mental exercises to empower you. Here is an opportunity to be better **equipped to deal with those challenging situations.** Expect eye-openers, insightful information, drills for effective change, fun and maybe a bit of a sore brain at the end... **Are you ready?** Then let's get under way.

FEE: \$30. PLEASE BOOK.

SATURDAY 14 MAY, 10.00am-1.00pm

Every human being is different and unique in the way they look, the way they think, the way they speak and the way they walk – also their reactions and their tastes. All these differences make for an interesting world even though sometimes life may seem confusing.

Let's celebrate the differences – they add colour to our world.

Depression – A Different and Human Approach

Dr Winfried Sedhoff



Here is an outstanding 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** 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.**

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

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

SATURDAY 4 JUNE, 10.00am-1.00pm

Deep Relaxation

Annette Henry (Friday) & *Sandra Ballinger* (Wednesday)

Deep Relaxation came to us from Dr Ainslie Meares, the great Australian pioneer of this method to achieve the life-changing benefits available from quietening our minds and bodies.

Many people find calming and stilling their minds extremely difficult but Dr Meares demonstrated in his work with thousands of people, how **this method can have such profound beneficial effects.** Please note though that we suggest that you come to several sessions in order to fully experience what these sessions can give us – although many people get benefits immediately.

We've been offering Deep Relaxation for many, many years with wonderful results. For some people we hear it's been a life saver. We are so pleased to welcome Annette Henry back who had to unfortunately discontinue her Wednesday evening sessions a few years ago. You will really enjoy Sandra and Annette. **Participants sit in chairs.**

FEE: \$8 per session or \$48 for 7 sessions. (\$5 for Pensioners). Just come along.

WEDNESDAYS, 1.00-1.40pm from 6/4/22

FRIDAYS, 1.00-1.40pm from 8/4/22

EVERY WEEK. – Except on Public Holidays.

Exploring Hope – Overcoming Anxiety

Vicki Bennett

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 anxiety** and the 21st century challenge of **building a hopeful life.**

Vicki is author of *The Book of Hope - an Antidote to Anxiety* her 29th book. **See also page 20.**

FEE: \$25. PLEASE BOOK.

SATURDAY 9 APRIL, 10.00am-12.30pm

More Stress Anxiety, etc. over page.



Getting to Sleep – Staying Asleep

Lionel Fifield

What a gift to give yourself. Whether you find yourself unable to sleep when you go to bed, or going to sleep quickly, but waking at 1 or 2am and unable to get back to sleep again **then here's the session for you.**

Lionel went through years of chronic insomnia in his teens and 20s and **had to find answers.** In this session he'll share **lots of invaluable and very practical ideas** for you to test out. They have worked wonderfully for many previous participants and Lionel often shares letters of gratitude sent to him.

FEE: \$25. PLEASE BOOK.

TUESDAY 10 MAY, 5.30-7.30pm

Healing Meditation – Relax, Visualise and Heal

Michael Dunn

Come and enjoy **30 invaluable minutes of meditation incorporating images that heal.** In our hurried world with so much to fit in, this is thirty minutes well spent to **lift your energy**, ease your mind, bring clarity and focus, a better functioning body and surprising healing – A lovely session to enjoy. Michael has over 40 years of **assisting people to find greater peace and tranquility within themselves.**

FEE per session \$7. Just come along.

EVERY TUESDAY, 12.30-1.00pm



Yoga and Sound Healing Retreat

Jeffrey Hodges and Elena Lymbery

Many people struggle with methods of meditation that often may not be the right ones for them or suit them. **Come and find out and test out a range of approaches with Jeffrey and Elena.** These include Yoga Asanas, Breathing, Chanting, Mindfulness, Chi Gong, Stillness, Silence, Sound and Surrender. Here is an opportunity to quieten the internal chatter and feel the peace of 'Being'.

FEE: \$35. BOOKING ESSENTIAL.

SUNDAY 24 APRIL, 9.45-1.00pm

SUNDAY 29 MAY, 9.45am-1.00pm

SUNDAY 3 JULY, 9.45am-1.00pm

Understanding Emotions

Alexander Robey

If your emotions have a life of their own and drag you down and leave you with a sense of overwhelm with the busyness of the day, feeling swamped and reactive to other people, then this is an ideal workshop to attend. Imagine how great it would be if you were able to cope better by feeling calm and unflurried and being in charge.

Alexander will guide you through 7 aspects of understanding emotions, show you how you can develop healthy coping strategies to everyday occurrences. Alexander brings years of experience of assisting people in a huge range of ways.

FEE: \$25 (Repeater fee \$10). PLEASE BOOK.

SATURDAY 28 MAY, 2.00-4.30pm



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 song.

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.** People have loved these sessions with Elena. You can sit on chairs or lie on the floor (**bring a mat or towel to lie on**).

FEE: \$15. BOOKING ESSENTIAL.

MID-WEEK SESSIONS

WEDNESDAY 6 APRIL, 6.30-7.45pm

WEDNESDAY 4 MAY, 6.30-7.45pm

WEDNESDAY 8 JUNE, 6.30-7.45pm

WEEKEND SESSIONS:

SATURDAY 9 & 23 APRIL, 2.00-3.15pm

SATURDAY 7 & 28 MAY, 2.00-3.15pm

SATURDAY 11 JUNE & 2 JULY, 2.00-3.15pm

Shine Your Light

Jeffrey Hodges and Elena Lymbery

Researchers at the university of Kassel have shown that an average person emits 20 photons of light per second, but someone who meditates on their heart center and sends love and light to others emits an amazing 100,000 photons per second. When these photons are **infused with loving and healing intent**, their frequency and vibration increase to the point where they can literally **change matter, heal disease, and transform negative events.**

Join Jeffrey and Elena to shine your light with **an hour of light yoga and meditation** and concluding with **50 minutes of sound healing.**

FEE: \$20. PLEASE BOOK.

WEDNESDAY 20 APRIL, 6.45-8.45pm

WEDNESDAY 22 JUNE, 6.30-8.45pm



Understanding the Mind Through Meditation

Alan Carter

Alan says our behaviour at times can be reactive as our mental inner workings become triggered with events and experiences. This class is to **explore the mind through meditation.** In particular we will discover how it engages with the world and how it motivates actions.

Alan has been exploring the nature of the mind for thirty years through meditation and will **lead you through some simple and very revealing meditations** for you to gain a greater understanding. This approach then assists in better managing your internal world. **See also page 20.**

FEE: \$30. PLEASE BOOK.

SUNDAY 15 MAY, 9.30am-12.30pm

Building Confidence and Determination – Overcoming Fears and Addictions



Don't Leave a Mess – for Others

Paul Spottiswood

Most people have been told from childhood: “Don’t leave a mess.” Yet so many people when they pass from this

life, do just that!

They leave a mess for others to clean up, usually due to lack of knowledge or consideration or being prepared to face the fact that as with everybody else our time will come.

This session highlights and discusses the many possibilities and options that are available, to prepare for your departure from this world by using a “Pre ‘Departure’ check list.

Most of us unfortunately, just have not thought the subject through carefully and properly. You may be amazed at all the possibilities that Paul highlights in this session.

Just like the Scouting Motto, “Be Prepared”, can leave us with a great peace of mind.

Paul has many personal stories to share and believes this is a really important area for us all to look at.

FEE: \$20. PLEASE BOOK.

FRIDAY 20 MAY, 6.30-9.00pm



Flourish At Work

Paula Wilson

There are a myriad of things that **get in the way of us flourishing at work** – and it can cause us enormous stress and take a huge toll on our mind, body and emotions, breaking down health and wellbeing at all levels.

Paula shares a seven-step pathway to flourishing at work, going beyond surviving to **feeling valued, empowered and supported.**

This **experiential workshop** helps you to find and sustain your optimal state; and build a toolkit to enable you to **contribute your fullest potential** and bring meaning to your work.

FEE: \$45. PLEASE BOOK.

SATURDAY 30 APRIL, 1.30-5.00pm



Your Inner Strength Is Real

Tom Wixted

In times of stress our brain freezes and we find it **hard to solve our problems.** Tom teaches a simple one-two-three **process to unlock our inner power.** After 18 years, he is still excited to see people discover this

inner power for the first time. **Participants feel it. They know it is real.**

They can **use this power to cut through the fog** of a panic-stricken moment. They can be more assertive and stand up for themselves, and they can **be more authentic, more present and connected** with family and friends. **Wear casual, relaxed clothing for some simple movements.**

FEE: \$30. PLEASE BOOK.

SATURDAY 21 MAY, 1.00-5.00pm

Is it possible to be our own best friend?

You and Your Addictions – Who is the Boss?

Ian Ratcliffe



This motivating course highlights the need to **Accept** that you **can’t change yesterday** but really live now – It’s about **Connecting with yourself** and the power within you – then feeling how you **Evolve and Flourish.**

Ian has inspired and given hope to hundreds of people struggling with addictions, or feeling stuck, or unable to free themselves. Many of them express deep gratitude for what Ian has shared with them.

PLEASE NOTE: For people **really keen to master** their addiction Ian sometimes works **one-on-one** each day for a week – if you’re **interested call** him on 0401 550 670.

FEE: \$20. Just come along.

THURSDAY 28 APRIL, 12.00-1.30pm

THURSDAY 26 MAY, 12.00-1.30pm

THURSDAY 30 JUNE, 12.00-1.30pm



Success in Relationship and Partnership

Eliane Mathiuet

Values, Trust, Clarity, Directions, all importantly defining ourselves and our individuality it is important for defining our direction and

recognising who we are and **what success in relationships mean to us in our lives.**

Relationships need healthy boundaries and the ability to recognise what is okay for you in your relationship with others. Learning to say ‘**Yes**’ or ‘**No**’ to make your life and relationships more rewarding is **vital, liberating and empowering!**

Join Eliane, a Counsellor and Art-Therapist and discover revealing ways of maintaining a healthy relationship with self and others. Develop a different way to communicate, and **create a flourishing relationship** with your partner, family, siblings and others.

Ultimately this is all about trusting yourself.

FEE: \$35 (all materials supplied). PLEASE BOOK.

SATURDAY 7 MAY, 10.00am-1.00pm

Finding Renewed Joy in Your Life

Louisa Sgarbossa



Are you living the life you want to live?

Would you like to find out how past experiences are influencing who you are and what you do? Let’s then discover whether it’s possible to make lasting changes to cultivate a more joyful life.

Come along to this session, where Louisa will take you on a journey of uncovering some of the possibilities that could make a huge difference. She will show you a new way of moving forward and embracing in a more expanded and purposeful way, to bring renewed joy to your heart.

FEE: \$20. PLEASE BOOK.

THURSDAY 16 JUNE, 6.00-8.00pm

Building Confidence and Determination – Overcoming Fears and Addictions over page.

It’s so easy to give up and think it’s all too hard – but this is our life, to make it the best it can be.



The Fear of Flying

Paul Spottiswood

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.

SATURDAY 4 JUNE, 10.00am-12.30pm

Movement – Yoga – Qi Gong – Feldenkrais – Tai Chi



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 Ryan is a teacher with many years of experience working with individuals and groups.

BOOKING ESSENTIAL.

FEE per session: \$14 or \$48 for 4 sessions. Please bring a mat or towel to lie on.

EVERY THURSDAY, 10.00-11.00am

What is Tai Chi?

Paul Jones

Tai Chi is a series of slow, flowing low-impact movements to gently stretch the body and promote functional mobility.

Why should I do it?

It's fun, will help prevent falls, boost your immune system and blood circulation. **It's safe** and can keep you fit and healthy as you keep doing it into old age.

PLEASE BOOK. FEE: \$14 per session (\$98 for 8 sessions).

EVERY FRIDAY, 11.30am-12.30pm

Except Public Holidays.



What is KiGong?

Paul Jones (see above and below)

KiGong uses standing postures, movements, meditation and breathing to build and balance life-energy in the body.

Why should I do it?

It's fun, feels good and is not difficult to start. You can get a feeling of **vitality and strength** and feel more at peace, relaxed and grounded.

PLEASE BOOK.

FEE: \$14 per session (\$98 for 8 sessions).

EVERY FRIDAY, 12.35-1.35pm

Except Public Holidays.

Freeing Yourself With Feldenkrais – 4-week course

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 Ryan** is a teacher with many years of experience working with individuals and groups.

FEE: \$55 or \$14 per session. PLEASE BOOK.

MONDAY 6 JUNE, 10.00-11.00am (4 weeks)



Yoga for Beginners

Sally Waters

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.**

BOOKING ESSENTIAL.

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

EVERY TUESDAY, 11.15am-12.15pm

Are you kind and caring towards yourself? Do you congratulate and encourage yourself even when you make mistakes? Remember there is always one person present with us at all times, and that is ourselves. Be your own best friend.

Feel Calm Yoga

Carina Aloni

Carina is an Okido and Yin trained certified Yoga teacher. Everyone is welcome to these **calming, joyful and restorative classes. Feel the magic combination** of gentle Okido and calming Yin yoga. **Relaxing your body, mind and heart through breath and movement.**

BOOKING ESSENTIAL.

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

EVERY TUESDAY, 5.45-6.55pm



Movement – Yoga – Qi Gong – Feldenkrais – Tai Chi – etc continued over page.

Perhaps the greatest challenge in our lives is FEAR. It's our biggest hurdle – our most formidable opponent and our largest impediment. Of course, it comes with so many faces and pops up at very inappropriate times – BUT always bringing hidden gifts.

Often we feel that fear is chasing us, however when we run from it, it seems to become bigger. When we look it in the eyes we see it for the imposter it is.

Become More Flexible with Yoga

Jeffrey Hodges

Jeffrey will lead a moderate level yoga session with a flowing sequence of precise asanas to mobilise and activate your body and energise your life-force, and meditation to calm and focus your mind and emotions.

FEE: \$12. PLEASE BOOK.

EVERY WEDNESDAY, 9.15-10.15am



The Power Within Breath Work

Jeffrey Hodges

We can live for 3 weeks without food, 3 days without water but only 3 minutes without oxygen – which makes your breath more important than your diet. Wim Hof (the 'ice man') has demonstrated that breathing techniques drawn from the yogic traditions can have extraordinary health benefits. Come and experience for yourself.

FEE: \$7 per session. PLEASE BOOK.

EVERY WEDNESDAY, 10.20-10.50am

NOTE: You are welcome to attend both of Jeffrey's sessions for \$16.

Yoga of Healing and Self-Transformation

Julia Sawyer

Lower back bothering you? Can't stop thinking? Yoga and meditation is a powerful and time-tested way to heal your Self from the inside out. Classes with Sky Blue Yoga have a powerful focus on alignment and Breathwork that, with practice, will transform your Body and Mind.

Suitable for all levels and bodily conditions, experience the benefits of learning with an experienced, nurturing yoga teacher together in a supportive environment. Join us to feel better – on all levels.

FEE: \$14 per session. PLEASE BOOK.

EVERY FRIDAY from 22 APRIL, 10.00-11.00am



Qi Gong for A Healthy Body and Peaceful Mind

Terri Kozak



Qi Gong movements enrich your brain and nervous system while enhancing your health holistically. Just ten 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.

FEE: \$14 per session \$48 per course. BOOKING ESSENTIAL.

WEDNESDAY 27 APRIL, 10.00-11.15am (4 weeks)

WEDNESDAY 25 MAY, 10.00-11.15am (4 weeks)

WEDNESDAY 22 JUNE, 10.00-11.15am (4 weeks)

I kept expecting to find a perfect person – then after many, many years when I didn't, I thought to myself, 'Why do I try to be perfect all the time?'

Motivation – Empowerment – Health and Healing – Ageing

Autism – ADHD and ADD – Recovery is Possible – A session full of hope

Dr Heather Way

Autism rates are skyrocketing. Dr Way has two children of her own on the autism spectrum who have recovered using her own science-based protocol. We know that autism is caused by genetic predispositions combined with environmental triggers.



Dr Way works with many, many children with autism, ADHD and ADD and much more. She is the head researcher for a number of world-leading Genetics and Microbiome companies working on autism particularly. Before Covid she often went overseas and interstate to speak at medical and scientific conferences. For the past year she has been addressing such groups by Zoom.

Dr Way has some invaluable advice and insights and is certainly inspirational to listen to. So come and hear what can be done to help your child reach their full potential.

FEE: \$25. PLEASE BOOK.

SATURDAY 4 JUNE, 2.00-5.00pm



Building Confidence to Speak in Public

Gavin Blakey

So many people tell us that the prospect of speaking at an event for whatever purpose has caused them so many discomforts, such as upsetting their eating and sleeping and consumed so much of their thinking.

So, what can we do about it? Well, it's good to realise at the outset that however it might appear when we see others get up to speak many of them are always deeply anxious but have found ways to hide it. How good if we can come to actually enjoy each speaking opportunity.

From being really nervous of giving talks Gavin Blakey has achieved so much and now loves encouraging others and giving us all a range of valuable ideas.

FEE: \$20. PLEASE BOOK.

TUESDAY 17 MAY, 6.00-8.00pm



Cancer – A very supportive weekly session

Michael Dunn

Numerous people each year come to the Centre or call us and tell us either of their recent diagnosis of cancer or that of somebody close to them.

We don't advise one way or another in regard to medical treatments but over the years more and more is becoming discovered as to what we can do for ourselves.

This weekly session is guided by Michael Dunn who has over 35 years of experience in leading such groups and working with many, many hundreds of people. He has a wealth of ideas, insights and suggestions to share with you.

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

EVERY TUESDAY, 10.45am-12.00pm



A Bridge to New Possibilities

Donna Thistlethwaite

Donna's remarkable story has been shown on ABC TV. Donna found herself in a dark hole of hopelessness and made a decision one day to throw herself off the Story Bridge.

Miraculously she was pulled out of the water by a ferry boat crew and so **started a new life** – now she speaks to many organisations, often as a keynote speaker, using the titles – “We Need to Talk” – or “**Thrive – six strategies for success**”.

Come and hear about Donna's amazing journey from the depths of the Brisbane River to be a sought-after and inspiring speaker. She will focus on Resilience, including six easy-to-implement strategies that she found invaluable for transforming her life. **These are the practices which Donna found invaluable** for coming out of where she found herself to where she now is.

FEE: \$25. PLEASE BOOK.

SUNDAY 15 MAY, 10.00am-12.00pm

Active Gratitude – focusing on what really matters to you

Andrew Greentree

Andrew has worked in a range of areas but in recent years he has been moving into running Support Groups to assist others with a range of issues. He was recently accepted to study Bachelor of Counselling at Griffith University.

He described himself for many years, as a loner, but his life has now opened into something that brings him **great joy and fulfilment**. He now sees himself as a privileged person **living the life he loves**.

Come and hear him as he assists you to **embrace all the benefits of active gratitude** in aligning our actions with what really matters to each of us in our uniqueness.

Andrew says the important question we need to ask ourselves is, **how am I showing my gratitude today?** These should be a really **valuable and insightful sessions**.

FEE: \$20. PLEASE BOOK.

SATURDAY 14 MAY, 10.00am-12.30pm (2 weeks)



The Ageing Process – Exploring the Possibilities.

Margo Knox

Journey into Your Wisdom involves developing the inner resources to **adapt to ageing** instead of denying it; it is taking a step to ensure that the next phase of life is

filled with self-discovery and deliberate choices. Today, using texts and discussion, journaling, contemplation, inquiry and experiential exercises **we will review our past, extracting lessons we've learned and identify unfinished business** to be completed, **envision the life we want to live now** and how we would like to be remembered. It's a relief to **move from fear and denial to envisioning and creating** a purposeful and joyful last 30 or 40 percent of our life.

Participants come out of this course often saying they now feel renewed hope and excitement for all that lies ahead.

FEE: \$30. PLEASE BOOK.

THURSDAY 28 APRIL, 10.00am-1.30pm

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

FEE: \$25. PLEASE BOOK.

SATURDAY 25 JUNE, 10.00am-12.30pm.



Energy Self-Healing

Robert Vicary

Here is a very **self-empowering session**. Most of us have been taught to look to other people to give us what we need and not to **recognise what we can do for ourselves**.

Robert Vicary is a myotherapy masseur with a fascination for the connectedness of our bodies, the effect of one area on another and **the remarkable possibilities that exist** for all of us who seek answers.

Robert will **show you a range of self-massaging techniques** so we can give ourselves free treatments whenever we wish. Come **discover and enjoy the power of your touch**. Participants say they gain so much from this empowering session and come away amazed at all they find they can do for themselves.

FEE: \$25. PLEASE BOOK.

SATURDAY 14 MAY, 1.30-4.30pm



Homeopathy – One of the most used medicines in the world

ilma Hynton

Many people ask what homeopathy is – how does it work – what can it be used for – what proof is there?

There are millions of people worldwide who find homeopathy is ideal for them, and has **given them the outcome of good health they needed**.

Come and hear ilma tonight and **ask any questions you may have**.

ilma has been practising homeopathy for 30 years here in Australia and overseas.

FEE: \$10. PLEASE BOOK.

THURSDAY 9 JUNE, 6.00-7.30pm

More Motivation, Health,
Healing, Ageing, etc. over
page.

What special gift do you have that you can contribute to others in need. Could it be fresh fruit or vegies that you have grown? Perhaps you can share your gift and love for cooking? Words of encouragement can be invaluable. We all have our own special gift to be shared with others. This is our way of making the world a better place to live, particularly in times of crisis – for everybody including ourselves.



Dyslexia, Depression and Vibrational Medicine

Margaret Bridgeford

Do you know someone with dyslexia? Did you know that the position of their **skull bones, often misaligned** since birth, could

be **contributing to the issue?**

Perhaps you **know someone suffering from anxiety or depression?** Skull bone **misalignment may also contribute** to this condition. Or it may be due to the **storing of old memories that impact on the subtle energy framework** of your body, thus generating unhelpful thought patterns.

Join **Margaret Bridgeford**, a teacher and practitioner of vibrational medicine and learn how the **gentle use of sound frequencies** can improve or reverse the dyslexic condition. Also, it can **release locked up energy** from old thought patterns or experiences **to relieve depression** and improve concentration and decision making. Margaret is the author of 'Eat ... Think ... Heal...'

FEE: \$25. PLEASE BOOK.

TUESDAY 7 JUNE, 6.00-8.30pm

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 a past president of the Reflexology Association of Australia.

FEE: \$55. PLEASE BOOK.

SATURDAY 7 MAY, 9.30-1.00pm



Food Intolerances, Gut Health and More

Margaret Bridgeford

The comments from Margaret's last workshop started with the lines "Absolutely invaluable information" – "Such a wealth of knowledge given in such an interesting way." These are

typical of the enthusiastic comments from this course.

Join Margaret Bridgeford for one of her popular health presentations. This time she is covering the vexed issue of food intolerances, how they come to be, what to do about them and how they tie in with gut health. She will also incorporate the latest research into viruses and the role they play in your body – it may not be what you think.

FEE: \$25. PLEASE BOOK.

TUESDAY 24 MAY, 6.00-8.30pm

What's in our food becomes our physical body – Isn't it wonderful and encouraging that more and more people are beginning to explore the make up of the food they eat – how nutritional it is and how energising and life-enriching it is.



Girl Talk (for girls 12-20years)

Skye Fitzpatrick

This is a period and **body positive workshop for teen and pre-teen girls**, aiming to empower young women with the wisdom of their bodies and their cycles. This is an invitation for young girls to come home to

themselves and their bodies as they **evolve into womanhood**. We are going to discuss our biology, the four seasons of our menstrual cycle as well as accompanying feminine archetypes. Throughout the session we will also delve into **self-care rituals** to aid in deepening our relationships with ourselves for a joyful month. This will be an **informative and supportive morning of shared insight, discussion and fun**.

Skye has participated in similar workshops during her teenage years as well as continued learning, which she described as invaluable going forward. She is able to bring awareness of the content as well as personal experience and relatability to her students. **See also page 18.**

FEE: \$10. PLEASE BOOK.

SATURDAY 4 JUNE, 9.30-11.30am

Health and Wellbeing Support Group

Elena Lymbery



Do you feel overwhelmed with so much contradictory advice on food and diet being given these days? Here is an opportunity to look at your health and wellbeing in small easily digestible chunks. Great results can come from consistent, smaller steps, seeing how they work for you. In these sessions you also have Elena to talk things over with. Elena has many years of interest and study in healthy lifestyles and says, "Making changes comes much **easier with the help** of a similar-minded and **very supportive group of people**." There will be a **demonstration, short films, health tips and discussions**. We regularly demonstrate the value and making of fermented foods. A nutrition-filled delicious smoothie is included! **Everyone is welcome.**

FEE: \$12. PLEASE BOOK.

SESSIONS: 11.00am-1.00pm

THURSDAYS – 7 & 21 APRIL – THURSDAYS – 5 & 19 MAY

THURSDAYS 2, 16 & 30 JUNE.

Release and Let Go

Lionel Fifield



One of the greatest qualities we can ever develop is the **capacity to release**. Many of us immediately think of material things we own when release is mentioned. However, there are so many ideas, perceptions, judgements that we hold on tightly to. We have fixed expectations, addictions and lots of should's and ought to's **that prevent us from moving on**, expanding, exploring new things and finding answers in different ways. Life is full of opportunities to discover, hear anew, **reenergise our relationships and revitalise our energy**.

When we hold on it's like the brakes in our car – we prevent ourselves from moving on. Come and hear Lionel today as he expands and opens up an **aspect of our lives that holds so much potential** for us to explore.

By donation of your choice. PLEASE BOOK.

SATURDAY 7 MAY, 2.30-4.45pm



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**. It's board game format originated at the Findhorn Foundation in Scotland and is conducted worldwide.

The feedback from this half-day with Rod is always appreciative of the experience.

FEE: \$55. PLEASE BOOK. Maximum of 4 players.
SATURDAY 7 MAY, 1.00-5.00pm

Self-Healing: A Metamorphosis

Sonia Bailey



We are **more than** just our **physical body** and must **learn to be conscious of our whole self**. In our world today our most important task is to **keep ourselves uplifted**; to **let go of the past** as well as anything weighing us down **mentally, emotionally, physically and spiritually**.

Learning Metamorphosis as a **self-help tool** will enable you to do this naturally and without force. Sonia says she has **seen and experienced healing at all levels with Metamorphosis**; physically, mentally, emotionally and spiritually, it is **simple and effective**, fast and everlasting. No experience necessary.

FEE: \$55. PLEASE BOOK.

SATURDAY 23 APRIL, 9.30am-1.30pm

SATURDAY 18 JUNE, 9.30am-1.30pm



The Heart – Doorway to Health and Inner Power

Tony Petcopoulos and Nicky Bassett

Would you like to improve your physical, emotional, mental and spiritual wellbeing? In this workshop, Tony and

Nicky will explore **the power and significance of the heart** and its capacity to activate the soul to achieve **higher states of consciousness**. They will share specific techniques that can lead to an expansion of intuition, joy, connectedness and oneness.

These techniques, which are based on the qualities of love, release a cascade of neural and bio-chemical processes which **positively impact** one's physical, spiritual, mental and emotional health.

Tony and Nicky have over 50 years combined experience in assisting others to embrace significant qualities and personal breakthroughs through their courses and counselling. Come and enjoy – they have so much to offer.

FEE: \$35. PLEASE BOOK. Bring own lunch.

SATURDAY 18 JUNE, 10.00am-3.00pm

What causes wars – it is greed, living in the past, playing power over others? What causes war in families, are they the same scenarios?

Unlock Your Future – Feeling free to move on

Rod and Megan Middleton



Join Rod and Megan and discover some **practical methods** on how to move forward in your life. Learn how the **wonderful and at times intriguing law of karma** can be your guide and friend.

Rod and Megan have together been great students of life with years of exploration behind them. They have encouraged and taught many people over the years.

FEE: \$25. PLEASE BOOK.

SATURDAY 30 APRIL, 10.00am-12.30pm

Reclaim Your Life

Joan Wilson-Jones



John Lennon told us that **life is what happens while we are busy making other plans**. Life is also what can easily go off track and can often feel very challenging.

In this 3-hour session Joan will share with you proven **strategies that will help you to recharge, realign, revitalise and redirect your life**.

Joan is very **familiar with tough times herself**; she is a fellow traveller along the rocky road and her **approaches are practical, able to be implemented** in any life (no matter how busy or complicated) **and ABSOLUTELY WORK!**

Feedback on Joan's programs is always outstanding – **what you will take away really will change your life for the better**. Joan has a great reputation throughout Australia for what she presents.

FEE: \$35. PLEASE BOOK.

TUESDAY 19 APRIL, 6.15-9.15pm

TUESDAY 21 JUNE, 6.15-9.15pm

Supporting Kids and Parents



Kids Can – Parents Can

Jack L'Estrange

Parents. Did you know?

Kids Can write, spell, read, and lots more.

This message is for all parents, including those who see their kids struggling at school or those children with learning difficulties.

Parents can, at home, coach their kids so that **they themselves feel empowered and so will the kids**. When you use brain friendly procedures not used in schools, your kids can start to catch up and/or improve. **You really can do it and your children will benefit.**

Parents Can! You will learn what to do and say daily and you will see your children having positive learning experiences. We will provide you with **materials that you can use every day with your children**.

Writing, spelling, and reading will be covered in three sessions. **Demonstrations will be given for all techniques.**

FEE: \$35. PLEASE BOOK.

THURSDAY 5 MAY, 10.00-11.30am (3 weeks)

More Supporting Kids and Parents over page.



Rock and Water – For Boys and 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.

Tom has had many years of experience as a teacher in both the outdoors and in the classroom. Rock and Water has been a wonderful course over many years and **brought surprising benefits to countless kids.**

FEE: \$25. PLEASE BOOK.

MONDAY 4 APRIL, 9.30am-12.30pm

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



A Course in Miracles

Discussion Group Members

More and more people are asking what this Course in Miracles is all about. It's a **remarkable home-study book now in many languages** published by Penguin and

claimed by many to have opened them to some **remarkable new personal and valuable insights.**

Here is an opportunity to spend a morning with several people of varying experience with the Course in Miracles who meet regularly. They then discuss between themselves aspects and **insights of the Course.** Come and join in.

Call Simon on 0431 266 407 or Kay 0411 245 535.

FEE: \$5. Just come along.

EVERY 2ND AND 4TH SUNDAY, 10.30am-12.30pm



Tuesday Evening Course in Miracles

Kay Woodall and Simon Jones

You will see above *A Course in Miracles fortnightly session* which is proving increasingly popular. These have been happening for over two years. Kay and Simon have now decided to offer a weekly opportunity on Tuesday evenings.

FEE: \$5. Just come along.

EVERY TUESDAY, 7.00-9.00pm

It's often said that figures and words can be very manipulative and confusing. For instance, if you heard that 4 percent of the population in Australia were infected with something you might say that that's not very much. But if you heard that 1 million people (which is 4% of Australia) it might seem quite horrific to you. You will see by this that according to the influence people want to have they choose the most appropriate way to back up their argument.



Introduction to Astrology

Nicky Bassett

Come on an **exciting journey of personal discovery** into the horoscope/natal chart. This inspiring introduction will give you a practical understanding of many fundamental concepts. Learn about the ascendant and

its importance when you meet people; how the moon sign can help comfort you and reduce stress; also, the logical progression of each house and the role it plays during different stages of your life.

Optional: Bring your own natal chart to gain additional **insights into your potential.** Nicky's **easy-to-understand teaching style** and stories, together with her years of experience as a practising astrologer and group facilitator **guarantees a very enjoyable and memorable experience.**

FEE: \$25. PLEASE BOOK.

SATURDAY 23 APRIL, 9.30am -1.00pm

Chinese Brush Painting

Jean Turnbull



Chinese Brush Painting is **essentially a meditation.** The flowing and soothing energy of **breath and movement facilitates spontaneous brush strokes.**

People often comment on the remarkable capacity Jean has as a teacher of this art.

Many people tell us beforehand that they have never had any artistic ability or been able to paint a picture – yet they are often so proud and amazed at what they've achieved. **So, come and surprise yourself.** Over 3 Thursday morning sessions Jean will teach you how to **paint a picture of a beautiful Iris.**

FEE: \$75. PLEASE BOOK. (includes materials)

THURSDAY 12 MAY, 10.00am-12.30pm (3 weeks)

Exploring Intuition and Awareness

Jeffrey Hodges and Elena Lymbery

Have you always wanted to learn how to **find your own answers?** How to tune into your own knowledge and wisdom? How to **trust your intuition?**

Here is a very practical workshop where Elena and Jeffrey will take you through some specific **activities to fine-tune your senses** and develop your extra-sensory perceptions so that you can **find your unique solutions** to your problems with trust and confidence.

Jeffrey will teach specific practices to enhance your capacity to see hear and feel more precisely. Elena will help you find your own inner guidance and learn to listen to that quiet knowing inside you.



FEE: \$25. PLEASE BOOK.

WEDNESDAY 18 MAY, 6.30-8.45pm

More Creativity – Expressing from Within You – Nurturing Yourself Into New Possibilities over page.

If you ever want to chat over a situation or you'd like some advice or suggestion of a course that could be most beneficial to you don't hesitate to call Lionel Fiffeld our co-ordinator here on 38563733.



Loving Your Inner Child – A 4-evening hands-on Workshop

John Bligh Nutting

There is a part of you that never grows up, nor does it need to. That part is **your very own wonderful inner child**, still there, incredibly real and still carrying many of your deepest memories of pain, stress, sadness and vulnerability.

Do-it-yourself and hands-on activities each evening will enhance your joy as your grown-up side creates a real two-way connection with your magical inner child. You will discover better ways to protect her or him so they feel truly safer, ways to heal childhood emotional wounds and **improve self-confidence**. **The outcomes** for both you as the grown up and your inner child are **powerful and positive**, real and long lasting.

John's training and experience includes 30 years of Inner Child work both in Australia and overseas. These evenings will focus on the very latest ways of developing your internal "grown up" strengths to help you love and protect your inner child.

FEE: \$115 (including \$35 for 150-page book). **PLEASE BOOK.**

THURSDAY 5 MAY, 6.45-9.00pm (4 weeks)

John will present an **Advanced Workshop** commencing **Thursday 2 June – Fee \$80.**



Journaling – A Key for Healthy Living

Vicki Bennett

Many people use journaling as a doorway to **access their creative spirit**. Daily writing can help make sense of thoughts and emotions that otherwise may go untethered. It also helps the mind with linkages, making valuable connections between thoughts and ideas. Writing about thoughts and emotions somehow brings them into the light, into clarity. **Journaling is a valuable tool for mental health.**

Participants will walk away with an understanding of when, how and what journaling can be for them. They will learn about the many different types of journaling and **start practising their own style** of journaling. **See also page 20.**

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

SATURDAY 28 MAY, 10.00am-1.00pm



Picture Planning

Jean Turnbull



Come for a fun morning creating your own beautiful, vibrant picture board. See how what you create can **bring you happiness, gratitude, joy, feelings of hope and ever-increasing health and energy**. In this

session our focus will be on **Wonderful Holidays**.

Here is a beautiful experience with Jean who loves these sessions. She has seen numerous participants in previous groups go out of the classes **full of excitement and delight** with what they are taking home.

One child free with parents, more than 1 child 50% for each child. **All materials supplied.**

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

THURSDAY 7 APRIL, 10.00am-12.30pm

THURSDAY 2 JUNE, 10.00am-12.30pm

Nature Journaling for Connection and Self-Care

Bethan Burton



Nature journaling is the practice of **connecting with the intricate wonders of this world**, cultivating curiosity and asking questions. It's

about living with a sense of wonder for the life that is within us and around us, observing closely, and capturing all this on paper using a combination of words, pictures and numbers.

Connecting with nature has **tremendous calming and healing benefits** for the body and mind. Through this workshop we will explore the power of this simple practice to create more **joy, presence and connection in our lives**. We will work with natural subjects, and a variety of art materials, to create a vibrant journal page. The workshop will also provide the tools and inspiration to bring this nature journaling practice into our everyday lives.

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

SATURDAY 9 APRIL, 2.00-4.30pm

SATURDAY 11 JUNE, 2.00-4.30pm

Challenges of Change – Using Adversity to Shift Old Patterns

Vicki Bennett

Are you looking for a way to redefine your life? You may recently have had **big changes in your life**: been separated from a partner, someone close to you may have died; you may be **experiencing fear, anxiety and pain** from the past and crave a new way of thinking and living. **If you are looking for answers**, this workshop **will help you fill the gap and expand your vision** of what you are capable of becoming.

Vicki Bennett is a Corporate Trainer, author of nearly 30 books, and the latest being ***The Book of Hope – an Antidote for Anxiety***. She brings insights into breaking old patterns and thoughts that cause pain and worry and no longer serve us – so onwards to a new life – **a life full of possibilities** that may not have been available to us before.



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

SATURDAY 21 MAY, 10.00am-1.00pm

Astrology – Part 2

Nicky Bassett



Come on an **exciting journey of personal discovery** into the horoscope/natal chart. This inspiring introduction will give you a practical understanding of many fundamental concepts.

You will learn about the ascendant and its importance when you meet people; how the moon sign can help comfort you and reduce stress; also, the logical progression of each house and the role it plays during different stages of your life.

Optional: Bring your own natal chart to gain additional **insights into your potential**.

Nicky's **easy-to-understand teaching style** and stories, together with her years of experience as a practising astrologer and group facilitator **guarantees a very enjoyable and memorable experience**.

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

SATURDAY 11 JUNE, 9.30am-1.00pm

Writing YOUR Story

Vicki Bennett

Anyone who has lived a full life has **something fascinating to share** with the world; whether it's an autobiography, biography or your memoirs.

In this Workshop you will begin the **journey of uncovering your life** and of those around you. Everyone has had someone who influenced them and the story around this can be your stepping stone to **writing a ripping yarn**.

Learn **how to get started**, how to **create** a story and how to introduce the cast of characters who influenced you. Learn how to write the essence of your story and how to share what mattered to you.

You may think there isn't anything special about your life but someday your children's children, or their children will search out **the stories of those who came before**. Writing your story offers the breadcrumbs for them and can assist you to make sense of **your own personal journey**. You may be surprised at how your simple story can enrich others. Join Vicki Bennett (author of 30 books) to help you get started in writing your story.

FEE: \$65. PLEASE BOOK with full payment.

SATURDAY 30 APRIL, 10.00am-3.00pm



Communication – Relationships – Connecting and Intuition

All Day Enneagram Showcase

David Burke

What a wonderful assistance and eye-opener this system has been to countless thousands of people worldwide.

Often people suddenly find they understand other people as never before, and of course understand patterns of their own behaviour, and doing things they may have criticised or condemned previously.

Yes, this insightful process guided skillfully by David Burke can bring so many beneficial effects into our lives, our relationships, our self-esteem and how we work with others.

FEE: \$65. (AIES members \$25). PLEASE BOOK.

SATURDAY 21 MAY, 10.00am-4.00pm



Insights and Overview of Compassionate Communication

Cate Crombie

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 about the **Compassionate Communication weekend** below.

FEE: \$25. PLEASE BOOK.

TUESDAY 14 JUNE, 7.00-9.30pm

What a gift it can be when we can turn apparent crises
into opportunities..



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 **2-day workshop** is about – Cate offers 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. It is required that you attend both days.

FEE: \$195. BOOKING ESSENTIAL with full fee.

SATURDAY 25 & SUNDAY 26 JUNE, 9.30am-5.00pm

Love, Sex and Communication

Dr Peter Howie

This workshop is for people who would like to develop their capacity to discuss sex, pleasure and their erotic health with their significant others. It will make it possible for you to **engage in ongoing constructive and loving dialogues** that are, in most cases, long overdue. It suits couples and individuals who would like to become proficient at discussing sex, eroticism, desire, yearning, touch, preferences, consent. The focus is not on how to have sex, but on how to have better conversations about sex, like the ones we use to discuss our day, our meals, our holidays, and the news. See also page 20.

FEE: \$130. PLEASE BOOK.

TUESDAY 26 APRIL, 6.30-8.45pm (4 week course)



Love In Action – What Is It?



Rod and Megan Middleton

Rod and Megan have been fascinated with this thing we **all look for, yearn for** or find in a range of ways.

They say few people **understand the true power of LOVE**, which is **an energy** – NOT just emotion – a powerful force

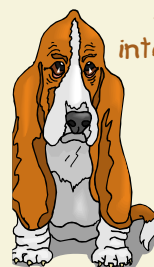
at one's disposal, **demonstrated by historic greats** such as Nelson Mandela and Gandhi.

Rod and Megan invite you to come along and **gain ideas** on how you can **harness this energy to your advantage**.

FEE: \$25. PLEASE BOOK.

SATURDAY 28 MAY, 10.00am-12.30pm

**More Communication – Relationships – Connecting and
Intuition over page.**



I am glad I am all heart and not
intellect. Much less confusing – I don't
have to argue with
myself.





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, 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** and therefore so usable. **See also Rosie's full day workshop below.**

FEE: \$25. PLEASE BOOK.

SATURDAY 14 MAY, 2.30-5.00pm

Free Yourself in Relationships – *The Work of Byron Katie*

Rosie Stave

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. 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.

Rosie Stave has been a leading practitioner of this work for over 20 years and takes this remarkable course throughout Australia, New Zealand and elsewhere. See also *Loving What Is*, above.

FEE: \$85. PLEASE BOOK with a deposit of \$25.

SUNDAY 15 MAY, 9.30am-5.00pm



Merged Essence: A Mixed Circle for Women and Men

Alexander Robey

What a great opportunity to develop deeper listening, heartfelt authentic communication while being heard in an unique and profound way that so many that have previously attended said they have not experienced before.

A Circle is a space with meditation, connection and personal sharing around a set theme; facilitated to be authentic, emotionally safe and heart-felt. A mixed circle offers women a place to be heard by men without being fixed, dismissed or hurried. It also offers a place to hear how men speak of their inner world. For men, they share without the pretense of role of fixer, know it all or rescuer. It offers men the opportunity to speak and be listened to.

Facilitated by Alexander who combines his unique facilitation skills with men and women, to merge together a circle that is respectful and loving with open communication.

FEE: By donation. PLEASE BOOK.

FRIDAY 27 MAY, 6.30-8.45pm



Open, honest and clear words always have power
behind them.

Singing and Chanting



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**. Participants tell us they feel wonderful during and after these sessions. **Please arrive early so we can all start together**. If you would like to enjoy a beautiful, memorable session come along, **relax and bask in the lovely sounds of this evening.**

FEE: \$20. PLEASE BOOK.

WEDNESDAY 20 APRIL, 6.00-7.30pm

WEDNESDAY 18 MAY, 6.00-7.30pm

WEDNESDAY 29 JUNE, 6.00-7.30pm

They Loved Her

After *Skye Fitzpatrick's* recent presentation Girl Talk (for girls 8-15years), many praising comments were made such as: *"Skye made such an open beautiful space where all experiences could be shared"* – *"Great discussion – extremely informative – will recommend friends – great job Skye"* – *"This was an amazing class – I got the chance to understand my womanhood – I would love to do it again"* – *"Great to talk about a subject that is sometimes considered taboo"* – *"Loved this course"* – *"A very eye-opening experience in a comfortable environment that can be hard to find – I made lots of new friends"* – See Saturday 4 June, page 11.



Us Funny Human Beings

Have you ever found yourself **telling a friend or associate about a particular person** and continually describing their behaviour, personality, traits, **funny ways of doing things etc. etc.** You probably have unless you are very rare.

Do you find yourself time and time again saying, "Wouldn't you have thought they would ...?" "Why would they say that and then do this?..." "I can't believe they'd behave like that – or be so mean or unthinking."

It's interesting if we can catch ourselves in doing it when we're in full flight because **this is becoming conscious**. It is then some little phrase can be invaluable to **help us break the pattern**. The phrase such as, "I suppose **he or she is just a human being** in the same way as I am" and then, "I wonder what strange, funny old, peculiar, irritating, **infuriating for others habits and patterns I have** that other people talk about or find really annoying?"

Remember, this **honesty about yourself takes a lot of courage** to begin with but it can be so freeing – and of course we've all heard *"The truth shall set you free"*.

Film Sessions

Entry to Films \$5 – Booking Essential

The DVDs shown are virtually always available for sale in our Shop, subject to availability.

A New Earth: Awakening to Your Life's Purpose – Episode 4

Eckhart Tolle discusses his book "A New Earth: Awakening to Your Life's Purpose" with Oprah Winfrey. **This is the Fourth of 10 interviews** recorded for Oprah's web series, Super Soul Sunday.

THURSDAY 7 APRIL, 1.00-3.00pm

FRIDAY 8 APRIL, 6.00-7.30pm

Hope For Humanity Parts 1 and 2

Gifted children, being born with remarkable abilities, are said to be souls wanting to come back to make a difference. They need conscious parents with great integrity. We need to validate intuitive children, not medicate them. Networks created to support such parents are growing in many countries.

THURSDAY 14 APRIL, 1.00-3.00pm

Becoming The Best We Can Be

History shows us that the only time that cycles of suffering, cycles of inherited thinking are broken is when someone has the courage to say in a loud, clear voice "We are better than this". This is an excellent film of a talk by Lyn White about the work of Animals Australia. There are a couple of brief shots of battery hens and pigs but no animal slaughter scenes. Gentle and inspiring it can be emotional at times in a positive way. Some say it should be compulsory viewing for all adults and children.

THURSDAY 21 APRIL, 1.00-3.00pm

FRIDAY 22 APRIL 6.00-8.00pm

Proven – Healing Breakthroughs backed by Science Episode 5

Healing Heart Disease, Diabetes and Obesity are challenges faced by numerous people all over the planet. Here is a wonderful film exploring powerful alternative treatments which are now readily available for these conditions and others. All importantly, they are backed by major scientific studies which has proved their effectiveness. This film has opened up numerous possibilities for numerous people. Also we will be showing

Fighting Fire With Fire.

Here is a really interesting little film of Indigenous Land Management which could certainly be the future for Australian Forests so as to prevent some of the devastating and horrific fires we've had in recent years.

THURSDAY 28 APRIL, 1.00-3.00pm

FRIDAY 29 APRIL, 6.00-8.00pm

The Great Undoing (Gary) The Work of Byron Katie

The Work of Byron Katie is now world-wide – It has had the most wonderful, transforming, freeing and beneficial effect on millions of people. It is basically so simple when applied with skill and careful listening as you will see in this film. People with every type of condition has found it had opened their minds to surprising possibilities and new perceptions and taken so much repetitive stress out of their lives.

THURSDAY 5 MAY, 1.00-3.00pm

FRIDAY 6 MAY, 6.00-7.45pm

Humanity Ascending – Part 1

Barbara Marx Hubbard, a leading futurist for 40 years says it may be that this intelligent species which has finally gained understanding of the atom, the gene and the brain is now getting a signal to evolve or die. Come for this ground-breaking documentary series where Barbara presents essential elements to awaken codes for our conscious evolution.

THURSDAY 12 MAY, 1.00-3.00pm

FRIDAY 13 MAY, 6.00-7.15pm

Dealing With Anger – Ven Robina Courtin

Robina Courtin is a Buddhist Nun who grew up in Melbourne but now lives in USA. She speaks in over 20 countries each year and is eagerly sought after for her very open, down-to-earth and practical approach to life and understanding our minds. Her work in prisons in many countries has been sensational where she has brought huge changes, sometimes in men who have had uncontrollable anger and known for their violence. She tells many remarkable stories of changes she has seen and been part of. Ven. Robina has so much to offer.

THURSDAY 19 MAY, 1.00-3.00pm

FRIDAY 20 MAY, 6.00-8.00pm

The Prison of The Mind – Petrea King

Petrea King has spoken at the Relaxation Centre on several occasions in the past. She had a life full of challenges in her early years including being given only weeks to live with leukemia. However with her fascination for her mind and the wonderful things we could do for ourselves she triumphed over this and has gone on to bring benefits to thousands of people, many of them with cancer. Through her books, CDs, courses at her Centre in New South Wales and speaking the radio. Great to listen to always.

Also we will be showing

Grow Your Own Drugs – Natural Therapy Episode 5

Here is a series full of great ideas and things we can do for ourselves.

THURSDAY 26 MAY, 1.00-3.00pm

FRIDAY 27 MAY, 6.00-7.30pm

Proven – Healing Breakthroughs Backed by Science Episode 6

This episode covers overcoming pain – complementary and alternative treatments which are available to us and been the subject of major scientific studies. We are in wonderful times where more and more breakthroughs are happening and the fields of complementary practitioners are widening and deepening continually. Also we will be showing

The Man Who Planted Trees.

Here is an extraordinary little film that has touched the lives of many. What this film really highlights is our individual power as human beings to change our world.

THURSDAY 2 JUNE, 1.00-3.00pm

FRIDAY 3 JUNE, 6.00-8.00pm

We are all part of this extraordinary thing called life, our challenge is to reconnect with it and experience the wonders in its totality.

A New Earth – Awakening to Your Life's Purpose

Eckhart Tolle discusses chapters from his book of that name with Oprah Winfrey. Episode 5 of 10 recorded for Oprah's web series, Super Soul Sunday. Eckhart Tolle has touched the lives of millions of people with his simple down-to-earth approach. See our book reviews on page 19 where one of our volunteers has written of his love for The Power of Now, which was Eckhart Tolle's first book.

THURSDAY 9 JUNE, 1.00-3.00pm

FRIDAY 10 JUNE, 6.00-8.00pm

The Power of Community

This film suggests that by feeding your staff's craving for community it seems the more connected we are through emails, smart phones and social media the more disconnected we've become on a personal human level and team work suffers tremendously. He also says that if this is happening in your company, don't worry solutions are definitely available. Also we will be showing

Me Depressed? Don't Make Me Laugh

If you or others associated with you go through periods of depression you might find this little film of value. One of the participants is Spike Milligan who was known for years for his quirky sense of humor. You may find something worthwhile in this little movie.

THURSDAY 16 JUNE, 1.00-3.00pm

FRIDAY 17 JUNE, 6.00-8.00pm

Two Film Sessions each week

Yes, you will see above on Thursdays at 1.00pm and Fridays at 6.00pm we show a wide range of films. In this way we can introduce you to many really well-known and inspiring international speakers and authors. A lot of people that having read various books it's really good to see the authors giving talks.

We generally select these films very carefully to be of interest to a wide range of people. The numbers attending isn't great but it is so pleasing to see participants often coming out with big smiles on their faces and full of enthusiasm and gratitude for what they have seen.

As mentioned above the numbers are generally small but this is a service we love to provide as we've seen it make a big difference to some attendees and all this for only \$5.



There once was a person,
Called ME,
Who strangely enough,
I couldn't see.

I looked in the mirror,
There was a body,
But beyond that,
It was just too foggy.

I began to realise,
Much work to do,
To uncover the ME,
And start being WHO.



Late Inclusions to Programme

Our Lives – A new chapter every 7 years – Read Your Life Like a Book

Eliane Mathiuet



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 this is all happening to us.

Let's **explore these different cycles in stages** and you will begin to identify major trends, characteristics and patterns which enrich and deepen our knowledge of self. You may be surprised how you see connections between various ages and stages and links with others in your life. The insight and overview into some of these challenging and changing periods will be invaluable.

Join Eliane and **gain a new respect and understanding of yourself.**

FEE: \$35. PLEASE BOOK.

SATURDAY 18 JUNE, 10.00am-1.00pm

Building Self Compassion – Putting ourselves on the Gratitude List



Andrew Greentree

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 much turmoil and suffering?

This presentation gives participants practical useful exercises that support a practice of deepening and growing supportive compassionate relationship with ourselves.

Andrew is insightfully honest about his self compassion journey stating that through developing a kind relationship with himself that fundamental positive change has occurred in his life.

FEE: \$15. PLEASE BOOK.

SATURDAY 11 JUNE, 10.00am-12.30pm

Feng Shui – Home Harmony

Julia Ashfield



Many of us have heard of Feng Shui but only a few of us know much about it. However, we all are aware that some places feel good and they say that's all about Qi energy.

Feng Shui is an ancient Chinese art indicating energy (Qi). It is a way of collecting, retaining and protecting this Qi energy at a place in order to bring happiness and success in all areas of one's life.

Come along and find out from Julia how Feng Shui can bring modifications at your home or work by looking at its history and principles and seeing how you can harness what you learn to bring renewed health and happiness.

Julia will share much with you this morning.

FEE: \$15. PLEASE BOOK.

SATURDAY 7 MAY, 10.30am-12.30pm

Books – Books – and More Books – And Lots More!

Welcome to our Shop



Some of you know **Elena Lymbery** for Co-ordinating our Shop activities, her always popular **Sound Healing sessions** and her twice a month **Health and Wellbeing Support Groups**. Elena has a Master's Degree in science and is deeply interested in Natural Health Products which she sees as invaluable for improving health.

You will see in our Shop a range of food items she has carefully chosen to be available for our customers.

For each of our Programmes we ask several of our volunteers to write something about a book or two that has really appealed to them. You will see the reviews and comments below.

The Power of Now – Eckhart Tolle

This is simply one of the best books I've ever read, and I can honestly say I've read it at least six times and benefitted each time. Like all great works of literature, it's simple to read, yet provides a profound insight into the human condition and our spiritual imperative to evolve and raise our consciousness. More importantly, Tolle doesn't just offer philosophical theories or platitudes – the book is replete with practical techniques to address the core dysfunctions that we can easily recognise in ourself and others. In addition, the style of writing which involves typical questions that a reader may have to which Tolle provides brilliant answers – satisfies the most critical thinker. My advice: buy it from the Centre and read it today and start seeing the benefits of the Power of Now in every aspect of your life.

The Anxiety Journal: Exercises to soothe stress and eliminate anxiety wherever you are – Corinne Sweet

This New York Times Bestseller provides a modern, no nonsense take on self-help. Written for a millennial audience this book cuts through the positivity myth and delves into living a practical and balanced life. Mark is a popular blogger whose casual writing style lends itself to resembling a personal conversation with the reader through easily digestible chapters and anecdotes. The essence of the book is to help redirect focus to what really matters in our lives and to stop worrying about the things we cannot change.

You Can Heal Your Life – Louise Hay.

If you're looking for some positive therapies then I can highly recommend you read this easy-to-read little gem.

I read his book a few years ago and have picked it up again and again during this period of madness. The way we think manifests in our reality.

Gas Lighting – Dr Stephanie Sarkis

This book discusses the tried and true methods used in gas lighting. It sets up specific scenarios and then explains the what's, who's, hows, and whys of such manipulative behaviour. It shows how it is used by various mediums to create a false perception, whether the intended victim is a single person or a mass audience. It provides the reader with the necessary tools required to combat against such tactics, break the cycle, take your power back. This is also a relevant read if you spend a lot of time on Social media, regularly use a digital device or are exposed to relentless advertising.

Your Own Perfect Medicine – Martha Christy

Here is a book that can and probably really surprise you. What the author writes about with such enthusiasm may leave you amazed.

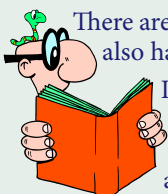
When you read Martha Christy's personal story of her first 40 years and where she is now helps you understand what doors this "perfect medicine" can open – then read what many outstanding doctors and researchers and wise people have written. I hope I have not given you any hints what this perfect medicine is.

Pre-Loved Books

We used to call these second-hand books but we know that some of the books brought in have certainly so meaningful and so loved by their owners.

There are several boxes coming in currently from a family where the owner was a beloved doctor who also had deep spiritual connections far and wide. Yes, I remember how much he loved his books.

It's always a joy to see visitors going through some of these books and every now and then saying – "Wow, I've looked for this everywhere, and here it is!" As you know we put very low prices on these books as we are certain that previous owners would love to see them going into the hands of others who will treasure them as much as they did.



Discounts – Discounts – Discounts

Monday 11 April to Sunday 24 April and Saturday 28 May to Saturday 11 June.

Yoga of Healing and Self-Transformation – Julia Sawyer

We welcome **Julia Sawyer** to our team of yoga teachers. **She has been an Avid Yoga practitioner for 20 years.** Julia has taught in Ashrams, Gyms, and Yoga Studios in Europe, US and Australia. She now teaches Hatha, Yin, Trauma-informed Yoga as well as active meditation, Breath Practice and walking meditation as well as shoulders/neck/upper back yoga workshop.



Julia says **Yoga and Meditation is a powerful and time-tested way to heal yourself** from the inside out. Her courses will commence here at the Relaxation Centre on Fridays at 10.00am **starting on April 22.** – Come and benefit, **see page 9.**

Understanding the Mind Through Meditation – Alan Carter



We welcome **Alan Carter** to the Relaxation Centre for the first time. **Alan has been a Buddhist in the Tibetan tradition for 30 years.** He has graduated from a 7-year Buddhist study Programme, attended many retreats and has led two one-month retreats at Chenrezic Institute.

Alan has been teaching for about 20 years and **brings much wisdom,** a huge amount of practical, personal experience and much understanding to **share with you about the mind.**

Here is a session we believe will give participants many **profound and insightful moments** and individual breakthroughs. Alan will be with us on **Sunday 15 May, see page 6.**

Journaling – A Key to Healthy Living – Vicki Bennett



In addition to Vicki's other courses on Writing YOUR Story, Developing Hope and Dealing with Challenges in March Vicki Bennett introduced a new course called **Journaling – A Key to Healthy Living.** Wow! Didn't it go well. Comments included phrases such as A really exceptional course – Very affirming and challenging old beliefs – This course had so many positives – 100 ways of expanding our creativity – An inspiring session, I learnt about myself and I was able to write in a safe place – If you want to test it out for yourself, it's on again

Saturday 28 May. **See page 14.**

Love, Sex and Communication – Learning to Talk About Sex

Dr Peter Howie has been specialising in assisting others in what he sees as a general lack of adult sex education in our culture and how it impacts individuals and relationships.

Peter says if a problem **cannot be talked about** what chance is there of solving it? He also says that he has found in previous sessions it's a simple way to get people more conscious of what they might be avoiding in the area of sex in their lives and can **see immediately what a difference it makes** when they are **able to communicate,** open up and make **real connection** with their partners.

Sessions like this are long overdue and really needed. We have heard so often from individuals **how sad they are** that their partners can **never discuss these intimate moments.** **See more on page 15 for this 4-week course** commencing **Tuesday 26 April.**



Don't Leave a Mess for Others – Paul Spottiswood



Here is a new session, but **a very important one.** It's well documented and experienced that all of us human beings depart from this earthly life sometime – but are you prepared?

Many of us attempt to avoid thinking about it and keep putting it off until later and unfortunately this then becomes a habit and **all too often later never actually comes** and we leave without doing a range of things that would make life much easier for those we leave behind.

This is not a depressing session but one that is really motivating and can help us feel relieved, freer and have **peace of mind.** Paul will be here on **Friday 20 May, see page 7.**

Active Gratitude – focusing on what really matters to you



Andrew Greentree has been coming to the Relaxation Centre for many, many years and recently told us of the huge step forward he had been making. He said he would now love to run a course here sharing on what he has been working on in recent months. Andrew said these ideas and changes have brought profound benefits to him.

When he gave his course in March participants were full of praise and very thankful for all they gained from these two sessions. **See page 10.** See also Andrew's new course *Building Self Compassion – Putting ourselves on the Gratitude List* on Saturday 11 June, **page 18.**

Explore each day and every day how you can contribute and what you can contribute to enrich the lives of others.
Compassion needs to be developed. It is a wonderful partnership and combination of our heads and hearts.
– So powerful!.