

Relaxation Centre of Queensland

Est. 1974
Brisbane

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

The Hidden Gems Within

We come into these lives with an incredible range of bodies and a huge variety of minds and personalities. What a **smorgasbord of opportunities come our way**.

We can talk of being lucky or unlucky, blessed or cursed. We can judge all our experiences as good or bad, fortunate, or unfortunate.

Yes, our minds are brilliant judges - But how much can we start to see that life is not against us or punishing us. Instead, it is giving us opportunity after opportunity – even if this seems ridiculous.

I find that sometimes now after years of doing what I do, teaching, and writing ideas that people tell me have assisted them more than I would ever know - yet my mind can still put me in a prison of fear and judgement, creating attitudes that are self-destructive and plunging me into low energy and sadness. I can blame it on my age, other people, or bad luck.

Dear oh dear, here I am writing and speaking to uplift others with words indicating that life is an endless opportunity to bring out from our spiritual essence those inner strengths of **hope, commitment, tenacity, flexibility, persistence, patience, faith, strength, courage, compassion, love, resilience, determination, trust, perseverance, gratitude**, and so on.

Unfortunately, these qualities can seem so deeply buried at times but so are many of the greatest treasures in our lives. It can be like searching for gold, diamonds, and other so-called precious things external to us – But these treasures are buried in us and its only in these times when we're struggling that we consciously and unconsciously search deeply into our hearts and spirits and often the answers come to us when we are asleep and have put aside the judgements of our rational mind.

Yes, it would be great not to have to go through such times of torture, (for some people these down periods can seem endless) – But **know that the sun is shining deep within so you can see and claim these inner jewels**. I can guarantee that they are there – our lives are indeed, a treasure hunt until our last breath.

Lionel Fifeild



**From Sweden
Health, Healing,
and Body
Diagnosis**
See page 13

Steven Acuff



**Yoga for
Beginners**
See page 20
and each week
from 6 Feb See page 4

Sally Waters



**From USA
New Group of World
Servers**
See page 8

William Meader

Contents

Courses January to April

In Date Order
Pages 3 - 18

Welcoming You
Page 2

**Speakers
from USA and
Sweden and
Four Great Local
Speakers**
See Page 19

**Our Weekly and
Fortnightly
Classes**
See Back Page

Shop

See More About
our Shop
Page 19

Call & Visit Us

**Tuesday to Friday
9am to 7.30pm**

**Saturday
9am - 5pm**
Other times according
to our programme.
Closed public holidays



50 years
2024!

Welcome



07 3856 3733



admin@relaxationcentreqld.org

RelaxationCentreQld.Org

15 South Pine Road Alderley (between Alderley Avenue and Wakefield Street)

Postal Address: PO Box 21 Alderley QLD 4051

Relaxation Centre of Queensland Limited (by guarantee) is an Income Tax Exempt Charity - ABN 010 302 968 - founded in 1974.
There are no owners or shareholders.

Welcome Welcome

Here's welcoming you to our first programme for 2024.

I'm always excited by the huge variety of opportunities we are able to provide. Visitors from interstate and overseas often say they've never seen so many courses offered elsewhere.

In meeting and listening to countless people and of course observing ourselves we've come to realise that stress and anxiety can manifest so quickly for a multitude of reasons – for many people they are daily companions. Every time we encounter something new to us or we don't feel in control our minds and bodies unconsciously take up our defense/attack positions affecting our moods our sleep, our relationships, and much more.

All these reactions can be exhausting, and we can start to give the effects on our bodies many different names – But at the heart of it all it is stress and anxiety.

Always remember that all our presenters are human beings who have spent years exploring answers for themselves, then sharing the answers they have found to be effective. There's nothing more freeing and comforting than being with others who know from their own experiences what is going on for you. Our greatest fears can be triggered when we think we are different and nobody else would understand our situation.

We at the Centre are here to welcome you, listen to you, and assist you in any way we can.

We like to say when you come here you can always relax, you are with friends, and we're with you all the way.

Lionel Fifiield

Stress Sense

*What is the sense
Of getting stressed?
Does it assist?
Do you hope to be
blessed?*

*Does it change outcomes?
Make things better?
Do you feel a winner?
Or even a trendsetter?*

*I'm sorry to say,
After a lifetime of stress
With regular practice
It doesn't get less.*

*No recognition comes,
No medals awarded,
and what a pity
You won't be rewarded.*

*It's one of those habits,
It's hard to break,
But do it for you,
For goodness' sake.*

You deserve it!

Lionel

Three Cheers for our Volunteers!

Yes, yes, yes – our volunteers are so valuable in all they contribute to our Centre. Without our Vollies over the past 50 years we could never have provided so many wonderful courses at such affordable fees.

Here are two of our great volunteers, **Karla and Maggie**. Most of our volunteers now come for one four-hour shift a week, but some so love the company and meeting others that they start to volunteer more often. Several of our Vollies have been with us for more than 20 years whilst others join us for just a few weeks.

Volunteer Information Sessions

If you would like to find out more, come to one of our one-hour sessions to see whether volunteering here would appeal to you.

Please call beforehand to confirm or simply call at other times. Registering for these sessions can be very valuable.

January 27th Saturday 2pm

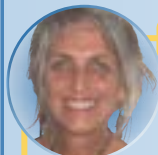
February 15th Thursday 12pm

March 5th Tuesday 5pm

April 11th Thursday 7pm



What's This Happy Stuff?



**When people
wish you
a Happy New Year**

what does happy mean to You?

After thinking about it, set your goals for 2024 - for assistance see
Joan Wilson Jones Ditch
the New Year Resolutions on
Saturday 10th February

SPECIAL PREVIEW MORNING

Join our **annual special morning** to hear a preview of our **upcoming courses**.

Listen to up to 12 presenters and gain invaluable insights.

Don't miss out on this fantastic **free opportunity**.

See Page 5.



Thursday 25th January

Centre Reopens
9am to 6pm

Friday 26th January

Australia Day Public Holiday
Centre Closed

Saturday 27th January

Special Deep Relaxation

Jo Ross
1-1.40pm
See Page 20



Your Best Year Ever!

Jeffrey Hodges
2.30-4pm

Set your intentions for this year
And beyond. What do you want to do?

What do you want to have? **Who** will you become in 2024? What you **focus on**, you **create** - so access the vibrational frequency of what you want to bring into reality.

Join Jeffrey for a transformational experience of **Yoga life coaching** using the power of the Sri Yantra, Chidananda Chant and Bindu Meditation to manifest for your highest good.

Jeffrey has practiced Yoga for 12 years, and previously Aikido for 16 years. He has focused deeply on meditation starting with six months overseas and has explored numerous techniques and approaches on the spiritual path. Fee: \$10 Please Book

Tuesday 30th January

Yoga for Beginners 11:15am-12:15pm See Page 20

Deep Relaxation 6-6.40pm See Page 20

A Course In Miracles 7-9pm See Page 20



Taking Control of Your Life by Understanding Karma

Alan Carter
6-7.30pm

Alan will give an in-depth interesting presentation on the **basic laws of karma** and the consequences of our actions of body, speech, and, mind. We will discover if it is possible to stop unfortunate karma arising and if good karma can be destroyed? Alan will show through a better understanding of karma that we can take a better control of our lives. We will explore this interesting topic through a presentation and interactive discussion.
Fee: \$12 Booking Helpful



Wednesday 31st January

Qi Gong 10-11.15am See Page 20

Deep Relaxation 1-1.40pm See Page 20

Thursday 1st February

Freeing Yourself with Feldenkrais 10-11am
See Page 20



Film: Happiness is an Inside Job
1-3pm

Petrea King has touched the lives of thousands of people and been regularly interviewed on radio. People from all over Australia have turned to her for help, often after being diagnosed with illnesses such as cancer. What she offers can be so practical, inspiring, and uplifting. Petrea developed the Quest for Life Foundation which has assisted many many people through their health issues.
Fee: \$5



The Enneagram – Invaluable Personality Insights
David Burke
7-9pm

The Enneagram not only describes nine evolutionary, habitual responses but also ways to transcend them and become a more conscious, dynamic, and creative adult. It is a wonderful aid to clearer, more honest communication for warmer and more intimate personal relationships, and more creative and successful work relationships. Here is a wonderful opportunity to spend ten evenings learning about each personality type. This knowledge can bring **far-reaching benefits at home, at work, and to relationships of all types.**
Please Book. Fee: \$15 per evening
(AIES Members \$5) Total fee for all ten sessions \$120
(AIES Members \$35) Please Book
See also Thursday 8th February, the start of the nine weeks, each focusing on one of the Nine Personality Types.

Friday 2nd February

Deep Relaxation 6.00-6.40pm See Page 20

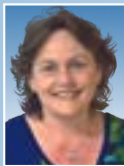


Film: Happiness is an Inside Job
6-8pm

See Thursday 1st February
Fee: \$5

BOOK SHOP DISCOUNT DAYS
20% Off all **NEW** items
Thu 25 Jan– Sat 17 Feb

Saturday 3rd February



Introduction to Reflexology

Sonia Bailey

9.30am-1pm

Discover the **reflexes** in your hands and feet, and the **amazing ability of your body to help heal itself** through natural reflex signals.

Take a look at how the feet and hands are microcosms of the whole body and **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



Vision Board

Virginie Fortin

10am-12pm

What a powerful gift is envisioning.

All too often we can drift from day to day without a vision – without goals – without dreams!

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

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

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

Fee: \$15 Please Book

Sound Healing Meditation Relaxation

Elena Lymbery

2.00-3.15pm See Page 20

Tuesday 6th February

Yoga for Beginners 11:15am-12:15pm See Page 20

Deep Relaxation 6-6.40pm See Page 20

A Course In Miracles 7-9pm See Page 20



Fear, Nervousness, Anxiety, and Panic - Finding Answers

Paul Spottiswood

10am-12.30pm

Paul went through many years of fear and much worry. He sought far and wide for answers.

Participants love his talks and Paul loves sharing his ideas, insights, and techniques.

Come and enjoy this little session which offers **big benefits** as it has done for many people previously.

Fee: \$20 Please Book

Wednesday 7th February

Qi Gong 10-11.15am See Page 20

Deep Relaxation 1-1.40pm See Page 20

Sound Healing Meditation Relaxation 6.30-7.45pm See Page 20

Thursday 8th February

Freeing Yourself with Feldenkrais 10-11am See Page 20

Health and Wellbeing Support Group

Elena Lymbery

11am-1pm

See Page 20

The Enneagram

Focusing on Personality Type 3 - The Achiever

David Burke

7-9pm Session 1 of 9 week programme

See Thursday 1st February

Small Steps towards Your Goals!

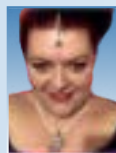
Friday 9th February

Deep Relaxation 1-1.40pm See Page 20

Dance Movement and Art Class

Lidia Fera

10am-12pm



In this workshop you will experience the freedom of self-expression through dance, by concentrating on the chakras for inspiration and somatic release.

Dance is followed by a reflective art process and shamanic meditation with crystal singing bowls and instruments.

No prior art or dance experience is required.

Fee: \$18 Please Book

The Enneagram describes **nine evolutionary**, habitual, responses but also ways to transcend them and become a more conscious, dynamic and creative adult. Everyone welcome to single evenings of the Enneagram.

Type One:

Type Two:

Type Three:

Type Four:

Type Five:

Type Six:

Type Seven:

Type Eight:

Type Nine:

The Perfectionist

The Helper

The Achiever

The Individualist

The Investigator

The Loyalist

The Enthusiast

The Challenger

The Peacemaker

Saturday 10th February

Special Preview Morning

Only once a year!

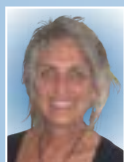
It was in January 2015 that we offered our first preview morning and had no idea **how popular and appreciated it would be.**



So, here's another one today - **from 10am to 1pm Lionel Fifield** will introduce ten to twelve Presenters who will speak for 10-15 minutes, and as we've found from experience it is interesting how much can be shared in what seems such a short time.

People tell us each year that they leave knowing which courses they would really like to attend and many of the participants say they leave with a notepad full of ideas and information they can use immediately. Q&A periods built in.

Yes, here's a wonderful morning – **it's all free** and as always with the Relaxation Centre, nobody will try and get you to do a course unless you request it. **Please book if possible or just come along.**



Ditch the New Year Resolutions

Joan Wilson Jones
2-5pm

Joan Wilson Jones says setting intentions and action plans for 2024 will rarely work. Apparently, a study has found that over 80% of people quit their New Year resolutions after just one week and **only one in five sticks to their New Year goals.** So, what can we do that would have a positive impact? In this workshop, Joan unpacks proven approaches for **creating sustainable positive change in your life.** If you feel like a bit of a recharge and are ready to shake off the discontent, let's make 2024 the best it can be. People love Joan's workshops so join us for some **fun, creativity, a heap of motivation and determination.** You'll be amazed at what you can make happen when you unleash your capacity to create and attract your inner yearnings – and you can also consider adding to world peace as well.
Fee: \$25 Please Book

Tuesday 13th February

Yoga for Beginners 11:15am-12:15pm See Page 20

Deep Relaxation 6-6.40pm See Page 20

A Course In Miracles 7-9pm See Page 20

Tuesday 13th February



Empowering Yourself through Mentally Re-framing

Alan Carter
6-7.30pm

We can be the victim of circumstances or be empowered by the situation by mentally re-framing our experience.

Alan will give an interactive presentation exploring the various mind re-framing approaches we can take to be empowered and grow through exploring real-life difficult circumstances.

Fee: \$12 Booking Helpful

Wednesday 14th February

Qi Gong 10-11.15am See Page 20

Deep Relaxation 1-1.40pm See Page 20

Thursday 15th February

Freeing Yourself with Feldenkrais 10-11am
See Page 20

Volunteer Information Session
12-1pm See page 2

The Enneagram
Focusing on Personality Type 6 - The Loyalist
David Burke
7-9pm Session 2 of 9 week programme
See Thursday 1st February



Life is Not Black or White

John Nutting
10am-12.15pm

Our laws, our police, our governments, banks, social media all like us to stick to their **oversimplified black or white, totally right or totally wrong** way of looking at the world. That works for them because it gives them far greater control over us, limiting our **ability to think outside the square for ourselves, look openly at both sides of an issue and see many different options** and opportunities. Taking one side against the opposite one ignores a universal law of nature that for **every side there must be an equal and opposite side** altogether as a pair in flexible balance. We see this every day in nature – in the tides, the seasons, male and female, and hundreds more of these opposites. Spend just two hours with John Nutting looking at this trap, how much it can cost you, and some easy ways to free yourself from it. Free printed handouts come with this session.

Fee: \$20 Please Book See also 6th March





Friday 16th February

Deep Relaxation 1-1.40pm See Page 20

Saturday 17th February



Writing Your Story

Vicki Bennett

10am-2pm

Anyone who's had a full life at home, at work and in other areas has **something**

fascinating to share with the world, whether it's an autobiography, biography, or your memoirs.

Very importantly Vicki will share how to **get started**, how to **create** a story and how to introduce the cast of characters who influence you.

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

Fee: \$65 Please Book with full payment

Are You a Perfectionist?

Hilda Brunkhorst

1-4pm

Calling all perfectionists! Are you a perfectionist, or do others say you are?

Do you experience stress around trying to be perfect – find it stressful wanting to make everything perfect 24/7? Do you feel, or do others say you are pedantic or a control freak? Do you feel you want to loosen up a little but still strongly hang on to your view of how things should be?

Do you often think 'I should ...' or 'I should have ...'? Are you not able to sit still? Are your To Do lists getting too long? Then this session is for you. Hilda will talk with you about what drives perfectionism and how to reduce the stress that comes with it. You'll gain more insights around perfectionism and your mind. For example, how perfectionism is connected to your sense of self-worth – this and so much more. Being able to reduce the stress around perfectionism, situations, and events in your life you will start to feel lighter. Here is a session full of great insights. Looking forward to meeting you.

Fee: \$30 Please Book

Sign up to our e-newsletter

To keep informed and receive our weekly mailout as well as encouraging messages from Lionel, please enter your email on our website: RelaxationCentreQLD.org



Saturday 17th February



Active Gratitude

Andrew Greentree

10am-12.30pm

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

Andrew will highlight how we can make decisions and take actions that can transform our perceptions of all that occurs and so allow us to see opportunities where previously we often saw problems.

This is real empowerment and a huge all-embracing gift to ourselves.

Fee: \$20 Please Book

Sound Healing Meditation Relaxation

Elena Lymbery

2pm-3.15pm See Page 20

Sound Healing – Meditation for Children and Parents

Elena Lymbery

3.45pm-4.30pm See Page 20

Tuesday 20th February

Yoga for Beginners 11:15am-12:15pm See Page 20

Deep Relaxation 6-6.40pm See Page 20

A Course In Miracles 7-9pm See Page 20



Champion Mindset for the Young and Old

Jeffrey Hodges

6.30-8pm

Success in sport (and life) requires a specific mindset – a mindset that can take years of experience to develop, but with the proper coaching, this **champion mindset** can be learned in a few months.

Tonight, Jeffrey will focus on **using your visual power** and he quotes Tiger Woods who said, "My creative mind is my greatest weapon. It's a kind of **inner vision, which enables me to see things others may not**. I cannot overemphasize the importance of you developing yours now." Come and learn how to develop YOUR visual power.

Note: If you want to continue and learn more, there are further Tuesday evenings available in the coming weeks covering **your inner drive, your performance zone, and creating a champion self-image**.

Fee: \$10

Wednesday 21st February

Qi Gong 10-11.15am See Page 20

Deep Relaxation 1-1.40pm See Page 20



Thursday 22nd February

Freeing Yourself with Feldenkrais 10-11am

See Page 20

Health and Wellbeing Support Group

Elena Lymbery

11am-1pm

See Page 20

The Enneagram

Focusing on Personality Type 9 - The Peacemaker

David Burke

7-9pm Session 3 of 9 week programme

See Thursday 1st February



Mantras/Chanting and Meditation

Angela and Rob

7-8.30pm

Join Angela and Rob from **SpiritSong** for a **blissful evening of mantras, chanting and**

meditation. When we sing mantras, we invoke the **stillness of the heart** which is the presence that lives within us all.

It is a **simple** and **easy** practice that helps **quiet** the mind and lead to **inner peace**.

No experience is necessary, and **everyone is welcome**.

Please arrive early so we can all start together.

Fee: \$20 Please Book

Friday 23rd February

Deep Relaxation 1-1.40pm See Page 20



We welcome Susie and Julie for a special Crystal Bowl Concert



Crystal Bowl Concert

'Angel Whisperings'

Susie Nelson-Smith

and Judy Anne Cockram

6.30pm-7.45pm

Susie Nelson-Smith comes to us from Sydney.

She says she loves life and all its mysteries.

For 28 years she's shared a passion for sound, crystals, and transformation by teaching and guiding people to activate their own inner wisdom in in her Path of the Heart and has taught sound therapy in many countries.

Judy Anne Cockram has been running her Love Light Crystal Temple in Qld for 17 years and is a crystal bowl sound therapist and meditation teacher. Judy has travelled extensively world-wide facilitating **Awaken Your Heart retreats and crystal bowl courses**.

\$25 Please Book



Saturday 24th February



The Solar Angel – The Soul and its Divine Companion

William Meader

9.30am-5pm

For those who are consciously walking the Path, the search for the soul is a central feature on the journey toward enlightenment. To walk it well is to rightly sense the love and intelligence of the soul, then to dedicate oneself to living and expressing it through every aspect of life. Yet it is often not realized that the soul has an eternal companion that provides divine assistance every step of the way. Often referred to as the Solar Angel, this divine being seeks to illuminate our thoughts with profound wisdom. In this way, the evolution of consciousness occurs, and the loving mind of the soul begins to emerge within our lives more fully.

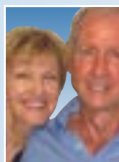
In this seminar, we will deeply consider **the Solar Angel** and its influence in our personal lives. This will involve a profound look at the nature of the causal body—the vehicle used by the soul to express the Solar Angel's wise guidance. We will also consider the various states of consciousness that emerge at each step in the soul's unfoldment. Participants will gain a deeper understanding as to where they are upon the path of evolution, and what soulful qualities are seeking to be developed within their individual lives. Participants gain so many new insights from William's sessions.

Fee: \$130 Booking Essential

See also Page 19



"Life is all about seeking, discovering, and living."



Dowsing For Answers

Rod and Megan Middleton

10am-12.30pm

Dowsing has been used for thousands of years and by many cultures.

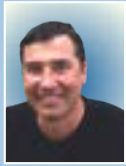
It is a way of **tapping into your mental and intuitive powers**. When skills have been developed dowsing can be used in revealing answers to unanswered questions, finding lost objects and exploring what foods can be helpful – these along with other possibilities. Rod and Megan Middleton have been teaching dowsing for many years. These are fascinating sessions with lots of participants discovering **abilities that really surprise them**. Fee: \$25 **Just come along**.



The more we think we know the less we are open to hearing, embracing, and learning each day.



...Saturday 24th February



Understanding Emotions *Alex Robey* 10am-12.30pm

If your emotions have a life of their own and drag you down, leaving you with a sense of

being overwhelmed with the business of the day, feeling swamped and reactive to people then this is the ideal workshop to attend. Imagine how great it would be if you were able to cope better by **feeling calm, unflurried and in charge**. Alexander guides you through seven aspects of understanding emotions and shows you how you can develop **healthy coping strategies** for everyday occurrences.

Alexander brings years of experience in assisting people in many ways and in situations.

Fee: \$25 ((Repeater \$10) Please Book

Loving What Is – The Work of Byron Katie



Rosie Stave 2.30-5pm

Rosie will introduce you to The Work of Byron Katie. This process 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.

Fee: \$25 Please Book



Your Inner Strength is Real – It's Time to Feel It *Tom Wixted* 1-5pm

In times of stress our brain can often freeze, and we find it **hard to solve problems**.

Tom teaches a simple one-two-three process to unlock our inner power. After 18 years of teaching this technique, he is still excited to see people discover this inner power for the first time. **Participants feel it.**

They know it's real. We can all **use this power to cut through the fog** of a panic-stricken moment.

We can be more assertive and stand up for ourselves, and very importantly **be more authentic, more present and connected** with all involved.

Wear casual, relaxing clothing for some simple movements.

Fee: \$30 Please Book

Sunday 25th February



New Group of World Servers at the Dawning of the Aquarian Age *William Meader* 9.30am-5pm

The global crises that we are collectively experiencing are unparalleled in human history. Rooted in unbridled desire and egotistical motives, these crises have given rise to social inequality, separative attitudes and rampant materialism.

However, over the last several years, a group of advanced souls have been steadily coming into incarnation. The New Group of World Servers represent all people who are consciously walking the Path, and who **seek to bring Light into the world**. Committed to serve humanity, they are truly the forerunners of the light. They are agents of the **dawning Aquarian age**, and are the hope and promise of the future. Are you one of them?

We will look very deeply into the nature of this group, and the power they wield on behalf of humanity's future, and consider also the forces arrayed against their efforts, not the least of which is the heresy of separateness now evident within the various departments of human expression—social, political, and religious. When we wisely navigate such challenges, humanity will surely enter its divine heritage.

You will find it educationally absorbing and will learn a variety of skills that will enrich your capacity to be a more effective member of the New Group of World Servers at this pivotal time in human history.

Fee: \$130 Booking Essential

See also Page 19



Freeing Yourself in Relationships – The Work of Byron Katie *Rosie Stave* 9.30am-5pm

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. Here you could well find your answers as have thousands of people before you.

Fee: \$85 Please Book with a \$25 deposit



Pre-loved Books

We commenced having available pre-loved books about 7 years ago. Many love them and we have seen people leaving with up to 10 new treasures at a time. Sometimes they tell us that they have been looking for a book from a particular author for years.

Yes it's amazing what you might find here!



Tuesday 27th February

Yoga for Beginners 11:15am-12:15pm See Page 20

Deep Relaxation 6-6.40pm See Page 20

A Course In Miracles 7-9pm See Page 20



Miracles of Past Realised Buddhist Masters

Alan Carter

6-7.30pm

Please join us for an entertaining and mind opening evening. Alan will present an interesting exploration of documented miracles of Realised Buddhist Masters as they passed away and were cremated. You will **discover magic does happen!** Presentation will be using videos, pictures and displaying some ancient Buddhist relics.
Fee: \$12 Booking Helpful

Wednesday 28th February

Qi Gong 10-11.15am See Page 20

Deep Relaxation 1-1.40pm See Page 20

Thursday 29th February

Freeing Yourself with Feldenkrais 10-11am See Page 20



The New Year - Let's See What's Possible

Louisa Sgarbossa

6pm-8pm

You may have some dreams and aspirations for the New Year, but what is it that can **so often hold you back?** If you can see and embrace this hurdle, a whole new future can await you. Louisa invites you to start the year **with your mind and heart full of hope** and the knowing that you can achieve them. Join Louisa tonight to begin bringing these dreams into fruition. Louisa's two previous talks at the Relaxation Centre have been met with great enthusiasm and appreciation for all she was able to give participants in two short hours.
Fee: \$25 Please Book

The Enneagram

Focusing on Personality Type 1 - The Perfectionist David Burke

7-9pm Session 4 of 9 week programme

See Thursday 1st February

Thursday 29th February



Freedom From Addiction

Ian Ratcliffe

12-1.30pm

After being addicted to alcohol for 40 years Ian got over it. That was 20 years ago! Ian says his life is now full of **meaning, success, and lots of satisfaction.** Ian says that in his search for answers, he discovered so much about himself and has been able to assist others in this search for freedom. He will also discuss how depression comes into this whole scenario of addiction. Ian would love to share his story with you, whatever your situation. Virtually every one of us has some form of addiction, whether we are aware of it or not. Ian looks forward to seeing you. **His talks are really inspiring.**
Fee: \$10 Just come along.

Friday 1st March

Deep Relaxation 1-1.40pm See Page 20

Saturday 2nd March



Exploring Hope and Overcoming Anxiety

Vicki Bennett

10am-12.30pm

With humour, freshness, wisdom and real-life stories, Vicki will talk about coping with **change**, taking **risks**, creating a **hopeful** vision, **forgiving** quickly, **healing** relationships, dealing with **anxiety** and giving **yourself great customer service.** All these abilities generate a hopeful, healthy life. Vicki's insights on hope and anxiety give a fresh perspective and reveal extraordinary tools for dealing with 21st century anxiety and the challenge of building a hopeful life. Vicki is author of 'The Book of Hope – an Antidote to Anxiety', her 29th book.
Fee: \$25 Please Book



Unmasking – Being the Real You

Paula Wilson

10am-12.30pm

Masking is a common way in which we hide particular traits in order to fit in with societal norms at work or at home, sometimes at the expense of **our health and wellbeing.** It can be hard work on a daily basis to present what is considered normal behaviours or what is expected of us, so we're not seen as being different. If you'd like to become more comfortable in your own skin, Paula offers the groundwork to embrace a new understanding and all importantly, acceptance of ourselves as we explore our unique diversity. Paula very gently and safely guides the group through practical activities.
Fee: \$25 Please Book



...Saturday 2nd March

Sound Healing Meditation Relaxation
2-3.15pm See Page 20



Your Life is in Your Hands
Patricia Barton
1-5pm

Patricia Barton has been a Hand Reader and teacher of Palmistry and Hand Analysis for many years. In this fun afternoon you will learn the basics of both these approaches and Patti will also read your hands. You'll be welcome to record your personal reading on your phone.

You will learn how palm markings describe **your personality profile** and how your fingerprints can be analysed as **your soul's 'bar code'** to reveal your **life purpose** and some of its **challenges**.

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

Fee: \$55 Please Book



Cake, a Cuppa, and a Chat - Facilitated Discussions on Death
Robyn Maggs
2-4pm

Come and join Robyn to explore the endless questions, topics and issues death raises in each of us. An opportunity to **share your thoughts and stories**, hear the thoughts and stories of others and **have a say in the topics explored**.

We will begin with the question "Is death an ending or a beginning?"

Fee: \$20 Please Book. Cake and a cuppa supplied.

Tuesday 5th March

Yoga for Beginners 11:15am-12:15pm See Page 20

Deep Relaxation 6-6.40pm See Page 20

A Course In Miracles 7-9pm See Page 20

Volunteer Information Session 5-6pm See Page 2

Wednesday 6th March

Qi Gong 10-11.15am See Page 20

Deep Relaxation 1-1.40pm See Page 20

...Wednesday 6th March



Life is Not Black or White
John Nutting
6-8.15pm

Our laws, our police, our governments, banks, social media all like us to stick to their

oversimplified black or white, totally right or totally wrong way of looking at the world. That works for them because it gives them far greater control over us, limiting our **ability to think outside the square for ourselves, look openly at both sides** of an issue and **see many different options and opportunities**.

Fee: \$20 Please Book

See more on Wednesday 15th February

Sound Healing Meditation Relaxation
Elena Lymbery 6.30-7.45pm See Page 20

Thursday 7th March

Freeing Yourself with Feldenkrais 10-11am
See Page 20

Health and Wellbeing Support Group
Elena Lymbery
11am-1pm
See Page 20

Small Steps
towards
Your Goals!



Teaching Kids Reading Writing, Spelling – Parents Can Do So Much
Jack L'Estrange
11am-1pm

Parents can at home do so much for their kids when it comes to reading, writing, spelling.

Jack introduces you to brain-friendly procedures to enable the kids to catch up and improve.

Jack will provide the materials that you can use for a few minutes every day with them. Writing, spelling, and reading will be focused on in these three sessions with very clear demonstrations and explanations by Jack.

He loves hearing the **exciting improvements** reported to him by parents, grandparents, carers.

Fee: \$35 for three sessions. Please Book

RUFUS

I've seen some human beings who are very giving and seem deeply happy. I wonder occasionally about sharing a bone with the dog who lives just down the road, but I always seem to come up with many many reasons why I should keep it for myself. I often think I'm ahead of these human beings, but I can see I can learn more in giving away these things I'm attached to. RUFUS



A smiling person receives many smiles. A loving person receives more love.
A kind person enjoys being kind.



Thursday 7th March



FILM: The Biology of Conscious Parenting 1-3pm

How we parent our children today changes the future of evolution. We must recognize that we have an active, dynamic role in making a much better world, but we must get out of our old belief systems to do it – and recognise we are not genetically determined but we are influenced every step of the way from before conception through development and childhood. In this film **Dr Bruce Lipton** shows how we influence our kids and that we can make super stars out of them with conscious awareness. Fee: \$5



50 Years of Helping Thousands to Heal

Dr John and Jeanie Ryan
6.30-8.45pm

We welcome Dr John and Jeanie for an evening of insights and hope. They are the authors of what has rapidly become a best-selling book *The Real Health Crisis*. It is an ideal reference book for the whole family for the years ahead. **Tonight, they will cover many of the major illnesses** becoming prevalent in today's society and all importantly, offer some great insights. Dr John comes from a family of doctors and has just retired after 50 years of practice. Jeanie has a lifetime of health service as a nurse and a dietitian. Although they use the same title for each course they focus on different aspects of health and healing.

This evening they will focus on:

1. **Exhaustion** – what to do when the diagnosis remains unclear
2. **Gluten sensitivity** and its various problems
3. **Arthritis** – an 11 point plan
4. **Probiotics** – what, when, and how

John and Jeanie's book will be available at a discounted price of \$30. These are very valuable sessions to attend. Fee: \$20 Please Book

The Enneagram

Focusing on Personality Type 4 - The Individualist David Burke

7-9pm Session 5 of 9 week programme

See Thursday 1st February

...Friday 8th March

Deep Relaxation 1-1.40pm See Page 20



FILM: The Biology of Parenting 6-8pm See Thursday 7th March

Saturday 9th March



Growing Self Compassion – Putting Ourselves on The Gratitude List

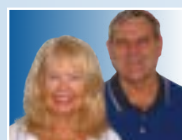
Andrew Greentree
9.30am-12.30pm

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

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

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

Fee: \$25 Please Book



Our Heart: Doorway to Health, Happiness, Love, and Higher Consciousness

Tony Petcopoulos and Nicky Bassett
9.30am-1pm

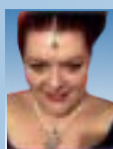
In this workshop, Tony and Nicky will share how we can harness the power of love to **enrich our physical, mental, emotional, and spiritual wellbeing**.

You will have the opportunity to understand the impact our positive thoughts have on our **immune system, hormones, and the aging process**.

They will also discuss the qualities of love, compassion, gratitude, and forgiveness as spiritual pathways to **increased intuition, synchronicity, and inner peace**.

Nicky is an inspirational presenter with 25 years' experience and known to many at the Relaxation Centre. Tony has been presenting workshops on how to open the heart for over 30 years. This is an outstanding session and participants love the combination of Nicky and Tony.

See more on page 19 Fee: \$35 Booking Essential



Dance Movement and Art Class

Lidia Fera
10am-12pm

In this workshop you will **experience the freedom of self-expression through dance**, by concentrating on the chakras for inspiration and somatic release. Dance is followed by a reflective art process and shamanic meditation with crystal singing bowls and instruments. No prior art or dance experience is required. Fee: \$18 Please Book

How can I book a course/workshop?

Visit our website: [RelaxationCentreQLD.org](https://www.RelaxationCentreQLD.org)

Select the course/workshop - below the course description and in order to pay in advance you can either use the PayPal form **OR**

Call Reception: 07 3856 3733

and talk to one of our friendly volunteers

...Saturday 9th March



Our Lives – A New Chapter Every Seven Years *Eliane Mathiuet* **10am-1pm**

Our lives are not level playing fields. They are in fact a series of mountains and gullies, comforts, and discomforts. Every cycle in our **life has its purpose** but often when we are deeply in them, **we may be struggling just to survive** and wondering why all this is happening to us. You may be surprised as you begin to see the connections between **various ages and stages** and **links with others** in your life. The insight and overview into some of these challenging and changing periods will be invaluable. Join Eliane and **gain a new respect and understanding of yourself**.
Fee: \$35 Please Book

Possibilities

*Life is full of possibilities
New moments every day
What a lot to explore
Things to hear and say.*

*This life is made up of years
In each year there are weeks
So many opportunities
To look anew and seek.*

*In these weeks of days
Full of treasured hours
We can use them wisely
Or give away our power.*

*Our courses are full of ideas and hope
For you to discover and hear
Yes, so many possibilities
To bring about new cheer.*

Lionel

BOOKS BY OUR PRESENTERS AVAILABLE IN OUR SHOP

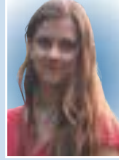
100 Keys To Love by Vicki Bennett

For those seeking to find true love.
'Vicki' is an author of 36 books'.

Managing your own Health Crisis – Solutions for a Healthy Life by Dr John and Jeanie Ryan

A holistic guide to energized living and longevity. A wonderful book full of practical wisdom, compiled from 50 years of professional and personal experiences.
Please see Thursday 7th March on page 11 & 19

...Saturday 9th March



Nature Journaling for Connection and Self-Care *Bethan Burton* **2-4.30pm**

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 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 – these are lovely sessions with fantastic feedback.
Fee: \$25 Please Book

Tuesday 12th March

Yoga for Beginners 11:15am-12:15pm See Page 20

Deep Relaxation 6-6.40pm See Page 20

A Course In Miracles 7-9pm See Page 20



The Game of Life - A discovery of Our Underlying Drives of Life *Alan Carter* **6-7.30pm**

Alan will explore the underlying drives that direct our life on a daily basis. We will come to understand through relating our own experiences to what is presented that our underlying drives can hinder **our wish for well-being and inner contentment**. We will then explore a more evolved approach.
Fee: \$12 Booking Helpful

Wednesday 13th March

Qi Gong 10-11.15am See Page 20

Deep Relaxation 1-1.40pm See Page 20

RUFUS

*How remarkable it is that humans can
accept a tree as a tree, a rock as a
rock, but very few of them can truly
accept themselves for who they are.*



RUFUS

...Wednesday 13th March



Insights and Overview of Compassionate Communication

Cate Crombie
6.30-9pm

Don't underestimate this evening!

It is more than simply an introduction.

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

Enjoy this evening, and definitely read more about the Compassionate Communication weekend on Saturday 23rd and Sunday 24th March.

Fee: \$25 Please Book

Thursday 14th March

Freeing Yourself with Feldenkrais 10-11am
See Page 20



Harness your Intuition for Greater Productivity in Life and Business

Kirsten Barfoot
11.15am-1pm

Both in business and personal life, tapping into

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

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

Poetry for Meditation and Healing

Jen Compton
6.30-9pm

Can you remember the last time you sat down to write a poem? **Poetry writing has**

been found to reduce anxiety and depression.

Research has found that writing about emotional themes even improves our immune system and helps us to process different feelings like loss or sadness or anger - join published poet Jen Compton for this special day of poetry writing. You will be guided with mindful meditations to help you fully relax.

You will be given all the tools you'll need to access your subconscious mind and write poetry **from the heart** in a supportive, nurturing space.

Bring along a notepad and pen (or ipad) as well as a curiosity and willingness to write poems.

Tea and coffee provided. Fee: \$25 Please Book

Thursday 14th March

The Enneagram

Focusing on Personality Type 2 - The Helper
David Burke

7-9pm Session 6 of 9 week programme

See Thursday 1st February

Friday 15th March

Deep Relaxation 1-1.40pm See Page 20



Steven Acuff Visiting from Sweden Health, Healing, and Body Diagnosis

Steven Acuff
6.30-9pm

Steven brings 40 years of exploring foods

and how we can heal ourselves. It's fascinating how he can diagnose the quality of our health by reading the outer signs on the body. He's **lectured in 27 countries**, worked in Sweden and Germany, written a nutrition book, and what he offers could be invaluable for you to feel strong, vital health. See Page 19.

\$25 Please Book. See More Details on our website.

Saturday 16th March

Sound Healing Meditation Relaxation

Elena Lymbery
2pm-3.15pm See Page 20

Sound Healing – Meditation for Children and Parents

Elena Lymbery
3.45pm-4.30pm See Page 20



Introduction to Astrology

Nicky Bassett
9.30am-1pm

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; the logical progression of each house, and the role it plays during different stages of your life.

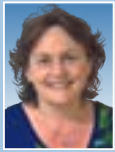
Optional: Bring your own natal chart to gain additional insights into your potential. Nicky's easy to understand teaching style and stories, together with her **years of experience as a practicing astrologer** and group facilitator guarantees a very enjoyable and memorable experience. These are beautiful evenings so do come along and see for yourself just how delightful they are. Don't underestimate all that Nicky can give you in this one session.

Fee: \$25 Please Book





...Saturday 16th March



Self-Healing – A Metamorphosis

Sonia Bailey

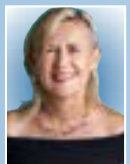
9.30am-1.30pm

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



Six Strategies for Thriving

Donna Thistlethwaite

2-4pm

In 2012 Donna experienced a mental health crisis which culminated in her jumping from

Brisbane's Story Bridge, in an attempt to end her life.

Today she is an award-winning entrepreneur and accomplished speaker who **empowers others to live their best life**.

Join Donna in this workshop to discover insights from her crisis, and the **six key strategies** that transformed her life from **surviving to thriving**. A powerful and engaging session that will equip you to THRIVE in a whole new way.

Fee: \$25 Please Book

Tuesday 19th March

Yoga for Beginners 11:15am-12:15pm See Page 20

Deep Relaxation 6-6.40pm See Page 20

A Course In Miracles 7-9pm See Page 20



Don't Leave a Mess – For Others

Paul Spottiswood

10am-12.30pm

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

Fee: \$25 Please Book

Wednesday 13th March

Qi Gong 10-11.15am See Page 20

Deep Relaxation 1-1.40pm See Page 20

Thursday 21st March

Freeing Yourself with Feldenkrais 10-11am

See Page 20

Health and Wellbeing Support Group

Elena Lymbery

11am-1pm

See Page 20

Small Steps
towards
Your Goals!



Mantras/Chanting and Meditation

Angela and Rob

7-8.30pm

Join Angela and Rob from **SpiritSong** for a **blissful evening** of mantras, chanting and

meditation. When we sing mantras, we invoke the **stillness of the heart** which is the presence that lives within us all.

It is a **simple** and **easy** practice that helps **quiet** the mind and lead to **inner peace**.

No experience is necessary, and **everyone is welcome**.

Please arrive early so we can all start together.

These are beautiful evenings so do come along and see for yourself just how delightful they are.

Fee: \$20 Please Book

The Enneagram

Focusing on Personality Type 8 - The Challenger

David Burke

7-9pm Session 7 of 9 week programme

See Thursday 1st February

Friday 22nd March

Deep Relaxation 1-1.40pm See Page 20

Saturday 23rd March

Realise Your Inner Potential

Rod and Megan Middleton

10am-12.30pm

The world is **changing, speeding up**, and on the **verge of more and more major changes**.

You can either resist, or advance.

Rod and Megan reveal **WHY** this is and will show you **HOW** to **realise the potential** within these changes – this short session can assist you to avoid so much stress, anxiety and exhaustion. Fee: \$25 Please Book



**We all have choices each moment as to how we respond.
Our repetitive responses and attitudes can have long term effects on us.**



...Saturday 23rd March



The Compassionate Communication (NVC) Workshop – Making Connections

Cate Crombie

Saturday 9.30am-5pm

Sunday 9.30am-5pm

Imagine interacting with one another in a way

that **allows everyone's needs to be equally valued**.

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

This is a remarkable course that people tell us has made a huge difference to their family life and brought wonders at the workplace. The ideas are now used world-wide in many major organisations. You will love it and Cate presents the wonderfully life-changing insights of this course so beautifully.

It is essential that you attend both days.

Fee: \$195 Booking Essential with full fee.

See Introduction Wednesday 13th March.



Funeral Ceremonies – What are the options?

Robyn Maggs

2-4pm

Western society has begun to move away

from the death industry developed by funeral homes, becoming more creative in the ways in which we choose to farewell and honour the lives of ourselves and/or family and friends. From returning to ancient traditions, embracing totally new ideas or melding a mix of the two.

Come and learn about the multiple options you have.

It's never too young to be prepared.

Fee: \$20 Please Book



The Power Within Your Words

Lionel Fifield

3-4.30pm

Few people realise the remarkable innate power in their words and the effects on **their lives, their emotions, and their interactions**

with others. For many years Lionel has been fascinated with the power of our words and looks forward to sharing insights, observations, and stories with you.

Fee: \$15

Sunday 24th March

The Compassionate Communication (NVC) Workshop – Making Connections

Day two 9.30am-5pm

See Saturday 23rd March. It is essential that you attend both days. See Introduction 13th March

Sunday 24th March



The Fear of Flying

Paul Spottiswood

10.30-1pm

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

Tuesday 26th March

Yoga for Beginners 11:15am-12:15pm See Page 20

Deep Relaxation 6-6.40pm See Page 20

A Course In Miracles 7-9pm See Page 20



Stopping the Critical Mind towards Oneself and Others

Alan Carter

6-7.30pm

Why are we sometimes so critical toward ourselves, sometimes this critical mind also extends to others and sometimes is verbalized. What is the source for this criticism and how can we reduce it and be **kinder to ourselves and others**.

Fee: \$12 Booking Helpful

Wednesday 27th March

Qi Gong 10-11.15am See Page 20

Deep Relaxation 1-1.40pm See Page 20

Thursday 28th March

Freeing Yourself with Feldenkrais 10-11am

See Page 20



Freedom From Addiction

Ian Ratcliffe

12-1.30pm

See full description Thursday 29th February. Ian has so much to offer.

Fee: \$10 **Just come along.**

The Enneagram

Focusing on Personality Type 5 - The Investigator

David Burke

7-9pm Session 8 of 9 week programme

See Thursday 1st February

RUFUS

I do my best every day to give my people love. They don't seem very good at giving it to themselves.



RUFUS



Friday 29th March

Good Friday - Centre Closed

Saturday 30th March

Easter Saturday - Centre Closed

Tuesday 2nd April

Yoga for Beginners 11:15am-12:15pm See Page 20

Deep Relaxation 6-6.40pm See Page 20

A Course In Miracles 7-9pm See Page 20

Wednesday 3rd April

Qi Gong 10-11.15am See Page 20

Deep Relaxation 1-1.40pm See Page 20

Thursday 4th April

Freeing Yourself with Feldenkrais 10-11am
See Page 20

Health and Wellbeing Support Group

Elena Lymbery

11am-1pm

See Page 20

Small Steps
towards
Your Goals!

 **FILM: The Seven Spiritual Laws of Success
Plus: Grow Your Own Drugs - Vegetables
1-3pm**

Deepak Chopra explores more of the Mind/Body/Spirit connection based on one of his best-selling books. Through this philosophy Chopra offers insights into attaining one's goals and enjoying life to the fullest.
Fee: \$5

The Enneagram

Focusing on Personality Type 7 - The Enthusiast

David Burke

7-9pm Session 9 of 9 week programme

See Thursday 1st February



Film Sessions – Only \$5

Some great films for you to enjoy each week on either Thursday afternoons or Friday evenings.

DVDs shown are available for sale in our shop subject to availability.

Everyone
Welcome

Friday 5th April

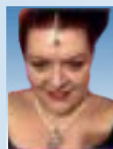
Deep Relaxation 1-1.40pm See Page 20



**FILM: The Seven Spiritual Laws of Success
Plus: Grow Your Own Drugs - Vegetables
6-8pm**

Fee: \$5 See Thursday 4th April

Dance Movement and Art Class



Lidia Fera

10am-12pm

In this workshop you will experience the freedom of self-expression through **dance**, by concentrating on the chakras for inspiration and somatic release.

Dance is followed by a reflective **art** process and **shamanic meditation with crystal singing bowls and instruments**.

No prior art or dance experience is required.

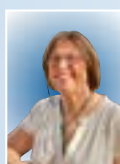
Fee: \$18 Please Book

Saturday 6th April

Sound Healing Meditation Relaxation

Elena Lymbery

2pm-3.15pm See Page 20



**Cake, a Cuppa and a Chat –
Facilitated Discussions on Death**

Robyn Maggs

10-11.30am

Come and join Robyn to explore the endless questions, topics and issues death raises in each of us. An opportunity to share your thoughts and stories, hear the thoughts and stories of others and have a say in the topics explored.

We will begin with the question "Where has humanity's fear of death arisen from?"

Fee: \$20 Please Book. Cake and a cuppa supplied.

UFO's - The Evidence

Paul Spottiswood

2-4.30pm

Incredible sightings by very credible people, in Australia, NZ & PNG.

One of the most amazing UFO sightings occurred in the middle of Melbourne, at the Westall High School.

This incident was witnessed by 140 people.

Fee: \$12

**BOOK SHOP
DISCOUNT DAYS**

**20% Off all
NEW items**

Sat 6 –
Sat 27 April



...Saturday 6th April



Vision Board Virginie Fortin 2-4pm

What a powerful gift is envisioning.

All too often we can drift from day to day without a vision – without goals – without dreams!

There is no better time to create your Vision Board than now. The months ahead will then be waiting at your command, to respond. Come and hear Virginie as she introduces you to all sorts of ideas and subtleties in creating a Vision Board offering you the opportunity to give birth to your dreams and deeply held visions.

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

Fee: \$15 Please Book

Tuesday 9th April

Yoga for Beginners 11:15am-12:15pm See Page 20

Deep Relaxation 6-6.40pm See Page 20

A Course In Miracles 7-9pm See Page 20



Please Help Me! I Want to Know if I am the Only One Who is Selfish

Alan Carter
6-7.30pm

This evening Alan will explore how we can

develop better relationships with others. We try to understand the basis for relationships and clearly **differentiate healthy approaches versus unhealthy approaches**. Alan will share how developing our wisdom in relation to our own experiences it is possible for us to develop better relationships. Alan will explore this topic through presentation and interactive discussion.

Fee: \$12 Booking Helpful

Wednesday 10th April

Qi Gong 10-11.15am See Page 20

Deep Relaxation 1-1.40pm See Page 20

**Sound Healing Meditation Relaxation
6.30-7.45pm See Page 20**



Making a list of things to do each day can be like working with a kind friend standing beside you and encouraging you.

So much better than getting to the end of the day and beating yourself up for forgetting various jobs you particularly needed to get done – a list takes a few minutes, forgetting jobs causes too much unnecessary stress and hours of dealing with the repercussions.



Thursday 11th April

**Freeing Yourself with Feldenkrais 10-11am
See Page 20**

**Volunteer Information Session
7-8pm See Page 2**

Friday 12th April

Deep Relaxation 1-1.40pm See Page 20



Rock and Water for Boys and Girls – 8 to 12 years

Tom Wixted
9.30am-12.30pm

This program is for young people to **develop a stronger sense of identity and self-confidence** when faced with life's challenging moments. The children will learn to become **purposely grounded, centred, and focused**, and **experience** how they can become **more in control** of their minds and bodies. This control enables them to **maintain calmness** and **choose their response** when challenged or threatened.

Tom has had many years of experience as a teacher in the classroom and the outdoors. Rock and Water has according to parents proven to positively impact children, boosting their confidence and self-esteem.

Join the many satisfied parents who have seen their children flourish with this program.

Fee: \$25 Please Book

Saturday 13th April



100 Keys to Love – Tools for Self-Care

Vicki Bennett
10am-12.30pm

Each one of us longs for love and true happiness.

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

The keys shared by Vicki are concise and clear so we can **create positive, happy and healthy relationships**.

Each key offers tools and skills for the future, giving direction and guidance in the journey of love, and shares insights to unlock true love and joy.

This course will help you develop a positive mindset for bringing authentic love into your life, keeping it alive, and loving yourself in the process.

If you want to take positive steps towards finding love and building relationships based on **self-worth**, then this course is for you.

Fee: \$25 Please Book



...Saturday 13th April

Quietening Your Busy Mind

Alex Robey

10am-12.30pm

Is your mind racing in an exhausting cycle of **self-talk**, questioning what was said and done; and how to live up to all the expectations? What about the never-ending list of things to do in your mind with all the 'I must do this; I should be this and I should have said ...?' It can be draining, distracting, and confusing; not to mention the gremlins in your head that come out when it's bedtime to take away that much needed rest.

Even highly successful people share the mystery of feeling confident and capable and the sudden switch that creates doubting thoughts with uncertainty.

Quieten your busy mind with Alexander's techniques to feel more confident to understand that mind chatter of yours and to bring a break from all the internal noise. You might even start to sleep more deeply and awaken refreshed. Alexander brings a great depth of life experience to these sessions.

Fee: \$25 Please Book



Poetry for Meditation and Healing

Jen Compton

2-4.30pm

Can you remember the last time you sat down to write a poem? **Poetry writing has**

been found to reduce anxiety and depression.

Research has found that writing about emotional themes even improves our immune system and helps us to process different feelings like loss or sadness or anger. No technical skills are required for this workshop.

Fee: \$25 Please Book See more on Thursday 14th March

Tuesday 16th April

Yoga for Beginners 11:15am-12:15pm See Page 20

Deep Relaxation 6-6.40pm See Page 20

A Course In Miracles 7-9pm See Page 20

Wednesday 17th April

Qi Gong 10-11.15am See Page 20

Deep Relaxation 1-1.40pm See Page 20

COURSES AND WORKSHOPS

**For your Mind, Heart and Soul
Bringing endless possibilities,
new insights, and ideas to enrich
your life. Come and bask in our
unique programme of events.**

Thursday 18th April

Freeing Yourself with Feldenkrais 10-11am

See Page 20

Health and Wellbeing Support Group

Elena Lymbery

11am-1pm

See Page 20

**Small Steps
towards
Your Goals!**

Friday 19th April

Deep Relaxation 1-1.40pm See Page 20

Saturday 20th April

Sound Healing Meditation Relaxation

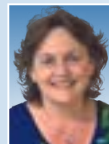
Elena Lymbery

2pm-3.15pm **See Page 20**

Sound Healing – Meditation for Children and Parents

Elena Lymbery

3.45pm-4.30pm **See Page 20**



Introduction to Reflexology

Sonia Bailey

9.30am-1pm

Take a look at how the feet and hands are microcosms of the whole body and **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. Fee: \$55 Please Book. See more on Saturday 3rd February



Harness your Intuition for Greater Productivity in Life and Business

Kirsten Barfoot

10am-12pm

Both in business and personal life, tapping into and utilising your **inner genius and intuitive ability** yields several advantages.

This workshop delves into exploring your intrinsic motivation and applying this knowledge to achieve **personal and professional growth.**

Fee: \$20 Please Book. See more on Thursday 14 March.



Oral Storytelling Workshop – For Parents Grandparents and Others

Jenni Cargill-Strong

2-5pm

Have you ever wanted to tell stories to the children in your life but weren't sure how? Professional storyteller and educator Jenni Cargill-Strong will gently guide you through a series of easy, fun, participative storytelling activities.

Well-chosen traditional stories, lovingly told, can provide road maps for life while original stories can be tailored to a child audience. A story experience for parents, caregivers, and anyone interested in telling stories eye to eye, heart to heart, and mind to mind. No experience necessary.

Fee: \$20 Please Book

More about our Presenters

William Meader - Visiting from the USA



We are delighted to welcome William Meader again to Brisbane. William speaks in many countries each year and has a huge following wherever he goes. He only comes to two or three Australian cities on each visit, so we are privileged that he has chosen the Relaxation Centre on this occasion. Participants love him for his depth of insight, knowledge, and spiritual wisdom. People travel great distances to hear William on the rare occasions he visits us.

William will be speaking for two full days:

Saturday 24th February: Solar Angel – the Soul and its Divine Companion.

Sunday 25th February: New Group of World Servers at the Dawning of the Aquarian Age – a most significant time.

Much of what William presents is about how everyone is returning to the essence and truth within them. Wonderful to have William back with us again.

William will be offering **private Esoteric Astrology consultations on Friday 23rd February** -

contact **Amma Joy for booking on 0427 896 379 and visit meader.org for more information about William.**

Health, Healing, and Body Diagnosis - Steven Acuff Visiting from Sweden



Friday 15th March

We were delighted to hear from Steven on the last day of preparing this programme before going to print. Steven's approach to eating for health comes from the holistic insight that we can consciously strengthen our bond with the natural order around us by choosing the proper food. His popular book on Nutrition (in German) is now in its 9th edition. Steven's previous two visits

were so enjoyable and meaningful to a lot of people.

See our website: relaxationcentreqld.org for more details and stevenacuff.org

Dr John and Jeanie Ryan – Exhaustion, Gluten, Arthritis, and Probiotics



Thursday 7th March

With 50 years of helping thousands to heal, Dr John and Jeanie have assisted huge numbers of people by their broad approach to bringing health benefits to their patients. So much of this wisdom has now been captured in their recent huge numbers of people by their broad approach to

bringing health benefits to their patients. So much of this wisdom has now been captured in their recent book **'The Real Health Crisis'** which has become a widely sought after reference book.

We're delighted to have John and Jeanie with us.

See more on Thursday 7 March

Our Heart, Doorway to so Much - Nicky Bassett and Tony Petcopoulos



Saturday 9th March

Nicky and Tony love offering this course because they have found it can mean so much and bring great insights to many participants. When we can harness the power of love it's amazing what we are capable of. Come and join Tony and Nicky on Saturday 9th March for an **empowering session**.

Books, Plus, Plus, Plus

Visitors are often delighted when they discover that in addition to all our courses, we have a **fantastic range of new and pre-loved books** awaiting your discovery. You can **sit down**, you can **browse**, you can **have a cuppa**, for as long as your like. Also, you'll see all sorts of hanging delights, cards, and other **inspirational gifts** beautifully selected by Elena.

Our **preloved book collection** is full of rare gems that you often won't find anywhere else.

Plus, Plus, Plus – We offer **20 percent off all our new items** for two to three week periods throughout the year.

Discount Days:

Thurs 25 Jan to Sat 17 February 2024 and Sat 6 April to Sat 27 April 2024

Elena BookShop Coordinator



Weekly Classes

Each Tuesday

Yoga for Beginners

Sally Waters

Tuesdays 11.15am-12.15pm



Here is a gentle introduction to the **basic poses** and skills of yoga. Whether you're a beginning yoga student or someone who hasn't practised in a while, it's time to connect with your yoga practice now.

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

Deep Relaxation

Jo Ross

Tuesdays 6-6.40pm

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. Participants sit in chairs. *Fee: \$8 per session or \$48 for seven sessions (Pensioners \$5)* Just come along.

A Course in Miracles

Simon Jones

Tuesdays 7-9pm

A Course in Miracles has opened the minds and awareness of millions of people worldwide. Although it is a Remarkable Home Study book many people **love to meet and share insights** with each other. Simon Jones looks forward to meeting you and guiding this session. *Fee: \$5*

Also, sessions are held every 2nd & 4th Sunday of the month. Call Simon on 0431 266 407 if you're interested.



Recurring Events

Sound Healing – Meditation Relaxation

Elena Lymbery

Come and experience the wonders of sound. It **balances both hemispheres** of the brain, improves sleep and helps with pain management. You can sit on chairs or lie on the floor (bring a mat or towel to lie on).

See times on these dates:

February 3rd, 7th, 17th

March 2nd, 6th, 16th

April, 6th, 10th April, 20th

Fee: \$15 Please Book

Sound Healing – Meditation for Children and Parents

Elena Lymbery

Here is an opportunity to introduce your child to a guided meditation and sound healing. Help your child to discover their **inner resources** for calm, peace, resilience, confidence and creativity.

See times on these dates:

Saturday 17th February

Saturday 16th March

Saturday 20th April

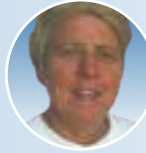
*Fee: \$5 per person
Please Book*

Each Wednesday

Qi Gong for a Healthy Body and Peaceful Mind

Terri Kozak

Wednesdays 10-11.15am



Qi Gong movements **enrich your brain and nervous system** while enhancing your health. Just ten minutes a day will make a profound **difference to mind and energy levels**. Terri uses gentle movements to promote the flow of energy (Qi). Benefits can be gained from a single lesson but much more can be gained if you commit to a four-week period so that you can build confidence in the practice. Terri introduces new movements at the beginning of each month. *Fee: \$14 or \$48 for four sessions*

Deep Relaxation

Sandra Ballinger

Wednesdays 1-1.40pm



Just come along. See Tuesdays for description.

Each Thursday

Freeing Yourself with Feldenkrais

Rita Ryan

Thursdays 10-11am



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

Each Friday

Deep Relaxation

Jane Watson-Brown

Fridays 1-1.40pm



Just come along. See Tuesdays for description.

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**.

A nutrition-filled delicious smoothie is included! **All are welcome.**

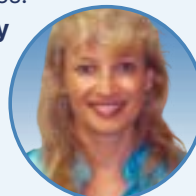
Thursdays 11am-1pm

8th February, 22nd February

7th March, 21st March

4th April, 18th April

Fee: \$12 Please Book



Elena Lymbery

RelaxationCentreQld.Org

15 South Pine Road Alderley (between Alderley Avenue and Wakefield Street)



07 3856 3733



admin@relaxationcentreqlld.org



facebook.com/RelaxationCentreQld

Relaxation Centre of Queensland Limited (by guarantee) is an Income Tax Exempt Charity - ABN 010 302 968 - founded in 1974. There are no owners or shareholders.

