

RELAXATION CENTRE OF QUEENSLAND

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

Who Are We? What a Miracle!

How extraordinary is the beginning of our life – not just for some, but all of us.

Millions of sperms vie to beat each other to implant into an egg in the mother's body. Mostly only one sperm links with that egg which is then ready for the extraordinary journey of a future together. Those who do meet up very quickly begin to develop and expand into a little body of billions of cells until at nine months there is a unique person ready to be born into the outside world. Another extraordinary journey begins.

How has all this happened - who is this being? Is he or she going to be strong and healthy, or have physical or mental problems? Does the little being come into a world of deprivation or privilege? Will the little being embrace a life of mental brilliance, of being an artist, or an outstanding musician, a sports star? Somebody destined to change the world for the good of society? Or a man or a woman leading thousands to destruction?

Then who are the people we are born to? Do they welcome us, or do they reject us? Do they move us on quickly to other people? Are our siblings' people who want us around, or do they treat us with cruelty and rejection?

Then comes the time when we step away from the family, or whoever we've grown up with, and begin make our own choices about the type of relationships that appeal to us. Do we see ourselves as fortunate, or always unlucky in love. And do our children love us, stay with us, or abandon us?

So, who is this being that comes into that little body? Does he or she come from where we go back to when we die? It seems that from the moment we are born we have the opportunity to explore who we are in essence. How much is decided about our life before we are born? How extraordinary, what a miracle – full of endless possibilities and potential - and the miracles go on and on.

Lionel Fifield



ASTROLOGY & THE SEVEN RAYS

See Sat. 25th
May

NICKY BASSETT



BEING AUTHENTIC

See Sat. 1st
June

ALEX ROBEY



FLOURISHING AT WORK

See Sat. 22nd
June

PAULA WILSON



ARE YOU A PERFECTIONIST?

See Sat. 22nd
June

HILDA BRUNCKHORST

RELAXATION CENTRE OF QUEENSLAND LIMITED (BY GUARANTEE) – EST. 1974

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COURSES APRIL TO JUNE 2024

In date order Pages 3-18

WELCOMING YOU

Page 2

ABOUT OUR NEW PRESENTERS

Page 19

OUR WEEKLY & FORTNIGHTLY CLASSES

See Back Page

SEE MORE ABOUT OUR SHOP

Page 19

CALL & VISIT US

Tuesday - Friday

9am - 7.30pm

Saturday

9am - 5pm

Other times according
to our Programme

Closed: Public Holidays



Welcome

Here we are now welcoming you to another new programme. I keep hearing from people who are into astrology that we are going through times of huge change – times to let go, times to grasp new opportunities, times to see what's not working, and times of renewed possibilities.

For 50 years our programme has opened opportunities and doorways for thousands of people from 1974 when major changes were being forecast in the way we live our lives. It's exciting for us to witness the outcomes from the roles we came to play. In those early years the Centre was packed with thousands of people each year as we put on events by meaningful local speakers and international presenters who sometimes attracted a thousand people at a time.

We continually hired huge halls around Brisbane and organized speakers to go to capital cities all around Australia. People still come into the Centre saying they attended our courses in the 70s, 80s, and 90's and that they and their families subsequently went through many huge changes.

Many people are coming into the Centre telling us of the upheavals they are currently going through – although some say they have heard that 2025 should bring greater calm, but we'll wait and see.

As always, we have a remarkable range of courses offering you ideas, techniques, and assistance in dealing with the changes that may be confronting you. We have three new presenters joining us, all who have very appropriate courses for these times. See Page 19 for details. Hold steady, relax, breathe deeply – the intelligence within you is with you all the way. And we are too.

Lionel Fife

If I can make a difference
In my very tiny way,
That little offering
Can really make
someone's day

Yes, we're like little dots
Amongst billions just like
us,
Every person who
reaches out
Can bring a joyful plus.

Never think our lives
don't count
Valueless to another.
You may give the hope to
live,
And real meaning to
uncover.

Assisting others in little
ways
Can open us to see.
Just a little warming
smile
Can make us free to be.

Lionel



Autism - Wonderful Insights for Many Parents

You may be aware of recent reports about the large number of children being born on the autism disorder spectrum. **Dr Heather Way** is a specialist in autism who has presented some marvellous talks at the Centre on the many faces of autism. We are so fortunate to have her coming to us again - **see Sunday 19th May and page 19**. Don't miss this golden opportunity to hear Dr Way who is a world authority and yet so easy to understand

DR HEATHER WAY

Our Wonderful Volunteers

Over decades many people have expressed their surprise and appreciation for how the Relaxation Centre had functioned so professionally whilst depending on volunteers rather than paid staff. If you would like to find out more come to one of the following one-hour Volunteer Introduction sessions. Please call beforehand and register your name and telephone number. Lionel looks forward to meeting you. **Tues 30 April 12.00pm - Sat 4 May 2.00pm - Thurs 30 May 5.30pm - Sat 29 June 11.30am – Tues 9 July 11.30am**



**VOLUNTEER:
WENDY GALICHET**

Compassionate Communication (NVC) Practice Group

Thousands of people have benefited from the wonderful Compassionate Communication (NVC) course world-wide and, importantly, at the Relaxation Centre over the years. Now Karla Cameron is introducing a Practice Group to be held on the fourth Sunday of each month, so come along and enjoy meeting others of NVC accord. **See Sunday 28th April, 26th May, 23rd June.**



KARLA CAMERON

Thank you John Nutting

John Nutting has for several years run courses at the Relaxation Centre attracting many people and providing participants with some invaluable wisdom. John is now 88 years old, so it seems time for him to step aside and make way for others. John Nutting, you've done an amazing job in Brisbane and elsewhere since the 1970's. Thank you from many thousands of people for all you have shared.



JOHN NUTTING

Wed. 24th April 2024**Qi Gong**

Wed. 24th April 10.00am - 11.15am (see page 20)

Deep Relaxation

Wed. 24th April 1.00pm - 1.40pm (see page 20)

Thurs. 25th April 2024**ANZAC DAY - CENTRE CLOSED****Fri. 26th April 2024****Deep Relaxation**

Fri. 26th April 1.00pm - 1.40pm (see page 20)

Sat. 27th April 2024**Dowsing for Answers**

Rod & Megan Middleton

Sat. 27th April 2024

10.00am - 12.30pm



Dowsing has been used for thousands of years and by many cultures. It is a way of **tapping into your mental and intuitive powers**. When skills have been developed dowsing can be used in revealing answers to 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**.

Sun. 28th April 2024**Compassionate Communication Practice Group**

Karla Cameron

10.00am - 12.30pm

4th Sunday of Every Month



These group meetings are offered as a place to explore solutions to everyday issues using the basic principles of NVC Compassionate Communication. It is a requirement that group members have attended a Compassionate Communication weekend workshop (see 15th and 16th June for details) to learn the basics. If unsure about eligibility, please contact Karla at the Centre.

Fee: \$5 PLEASE BOOK if possible

Many people will tell you endlessly of what went wrong but give too little focus on setting clear goals.

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

Tues. 30th April 11.15am - 12.15pm (see page 20)

Volunteer Information Session

Tues. 30th April 12.00pm - 1.00pm (see page 2)

Deep Relaxation

Tues. 30th April 6.00pm - 6.45pm (see page 20)

A Course in Miracles

Tues. 30th April 7.00pm - 9.00pm (see page 20)

Wed. 1st May 2024**Qi Gong**

Wed. 1st May 10.00am - 11.15am (see page 20)

Deep Relaxation

Wed. 1st May 1.00pm - 1.40pm (see page 20)

Thurs. 2nd May 2024**Freeing Yourself with Feldenkrais**

Thurs. 2nd May 10.00am - 11.00am (see page 20)

Health and Wellbeing Support Group:

Thurs. 2nd May 11.00am - 1.00pm (see page 20)

**FILM: Kanyini**

Thurs. 2nd May 1.00pm - 3.00pm

Listening to our Aboriginal leaders and elders, we can learn a lot about the state of our nation. In this much-loved short film Bob Randall tells us how he feels about living in accord with nature, and living in the moment, the beauty of life, and the cycles of life.

Also: **The Man Who Planted Trees**

These are two remarkable films - Please don't miss them.

Fee: \$5

The Enneagram

Did you know that many hundreds of years ago a person or a group of people became aware that there are nine very distinct personalities. We might think that all people should be able to learn to do all things, but this is just not so.

Some can make decisions faster than others, some are excellent leaders, some are emotional, some are very intellectual, some are perfectionists, some can be very challenging, others are peacemakers, some are always loyal, and some are always enthusiastic. In today's world we study, study, study – but how good if we can see and accept our unique gifts and tendencies more.

David Burke is a world leader in teaching the Enneagram. He's helped thousands of people in business throughout Australia by opening their minds to its remarkable insights and opportunities. See Saturday 8th June - a rare opportunity to immerse yourself in a day of the Enneagram.

Fri. 3rd May 2024

Deep Relaxation

Fri. 3rd May 1.00pm - 1.40pm



FILM: Kanyini plus The Man Who Planted Trees

Fri. 3rd May 6.00pm - 8.00pm

Fee: \$5



Dance Movement & Art Class

Lidia Fera

Fri. 3rd May 2024

10.00am - 12.00pm

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

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

Fee: \$20 PLEASE BOOK

It is easy to talk of having faith but faith in words is of little value. It is living it and breathing it each day that counts

Sat. 4th May 2024

Writing Your Story

Vicki Bennett

Sat. 4th May 2024

10.00am - 2.00pm



Anyone who's had a full life at home, at work and in other areas has **something fascinating to share** with the world, whether it's an autobiography, biography, or your memoirs.

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

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

Fee: \$65 PLEASE BOOK with full payment

Sat. 4th May 2024



Don't leave a Mess - for others

Paul Spottiswood

Sat. 4th May 2024

10.00am - 12.30pm

This session highlights the many possibilities and options that are available to you, to prepare for your departure from this world in creating a **Pre-departure 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

Tues. 7th May 2024

Yoga for Beginners

Tues. 7th May 11.15am - 12.15pm (see page 20)

Deep Relaxation

Tues. 7th May 6.00pm - 6.40pm (see page 20)

A Course in Miracles

Tues. 7th May 7.00pm - 9.00pm (see page 20)

Wed. 8th May 2024



Qi Gong

Wed. 8th May 10.00am - 11.15am

(see page 20)

Deep Relaxation

Wed. 8th May 1.00pm - 1.40pm (see page 20)

Rufus



I find humans strange. I know how important it is to relax my body – so I do a lot of that each day. These humans keep pushing on, being stressed all the time and then seem surprised when their bodies rebel, become stiff and painful and weary and suffer from lack of ease – which is called dis-ease. I'm glad I'm a dog!

Thurs. 9th May 2024

Freeing Yourself with Feldenkrais

Thurs. 9th May 10.00am - 11.00am (see page 20)



Mindfulness and Meditation

Jo Gifford

Thurs. 9th May 2024
6.00pm - 7.00pm

Meditation brings us into the Now - a place of peace and a place of connectedness. In these **weekly relaxation and meditation classes**, Jo combines exercises in heart/mind coherence, mindfulness, and energetic release work to help participants **navigate the times we are living through**.

Meditation brings many physical health benefits but also promotes self-awareness and a **deeper connection to something greater** within the core of our being. This course will show you how to move from the 'stress response' into the 'relaxation response'. It will also help you feel more alive and connected to the world around you.

Fee: \$10 PLEASE BOOK See Page 20

Fri. 10th May 2024

Deep Relaxation

Fri. 10th May 1.00pm - 1.40pm (see page 20)

Sat. 11th May 2024



Releasing & Letting Go

Lionel Fifield

Sat. 11th May 2024
2.00pm - 4.00pm

One of the greatest secrets of happiness is being able to let go. Rarely do we realise and acknowledge how many **things we are holding on to** and unconsciously believe they will give us security and happiness.

In this session you will find out how releasing and letting go opens the door to numerous possibilities in every aspect of our lives including **freeing our mind and having increased energy**. Please recognise that release is much more extensive than just letting go of a few material possessions.

Fee: Donation of your choice PLEASE BOOK

It's always good to remember there's a big difference between the power of love, and love of power.



Vision Board

Virginie Fortin

Sat. 11th May 2024
2.00pm - 4.00pm

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**.

Fee: \$15 PLEASE BOOK

Tues. 14th May 2024

Yoga for Beginners

Tues. 14th May 11.15am - 12.15pm (see page 20)

Deep Relaxation

Tues. 14th May 6.00pm - 6.40pm (see page 20)

A Course in Miracles

Tues. 14th May 7.00pm - 9.00pm (see page 20)



Cake, a Cuppa & a Chat

Jen Compton

Tues. 14th May 2024
1.30pm - 3.30pm

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

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



Speaking to Groups - Overcoming Our Fears

Paul Spottiswood

Tues. 14th May 2024
6.00pm - 7.30pm

For many people one of their biggest fears is the thought of **speaking to groups of people**.

Paul struggled with this fear for many years but now loves it and people often remark on his easy and relaxed style.

Paul has taught his technique very successfully to hundreds of groups, both at the Relaxation Centre and elsewhere. You do not have to speak publicly tonight.

Fee: \$10 PLEASE BOOK

Tues. 14th May 2024



Inner Child Healing

Jo Gifford
Thurs. 14th May 2024
6.30pm - 8.30pm

Free Introductory Session

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

We will explore the 'autopilot' program that most humans live by. If you are wanting to make changes within your life but feel blocked, the answer may lie within your inner child. Join Jo for this enlightening, liberating journey of exploration. **Introductory session today free.** Four week course: Tuesday 21st and 28th May, 4th and 11th June

Fee: \$135 **PLEASE BOOK** See also Page 19

Wed. 15th May 2024

Qi Gong

Wed. 15th May 10.00am - 11.15am (see page 20)

Deep Relaxation

Wed. 15th May 1.00pm - 1.40pm (see page 20)

Sound Healing - Meditation Relaxation

Elena Lymbery
Wed. 15th May 6.30pm - 7.45pm (see page 20)

Thurs. 16th May 2024

Freeing Yourself with Feldenkrais

Thurs. 16th May 10.00am - 11.00am (see page 20)



Teaching Kids Reading, Writing, Spelling - Parents Can Do So Much

Jack L'Estrange
Thurs. 16th May 2024
11.00am - 12.30pm

Introduction. Parents can at home do so much for their kids when it comes to reading, writing, spelling. But this course adds to **parents', grandparents', and carers'** power and skills. Jack introduces you to brain-friendly procedures to enable the kids to catch up and improve.

You'll get so much joy and satisfaction seeing your child or grandchild really benefiting. 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 the following two sessions with very clear demonstrations and explanations by Jack. He loves hearing the **exciting improvements** reported to him by parents, grandparents and others.

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

See session 1 on Thursday 23rd & session 2 on 30th May.

Thurs. 16th May 2024



50 Years of Helping Thousands to Heal

Dr John & Jeanie Ryan
Thurs. 16th May 2024
6.30pm - 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 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. Depression and Anxiety
2. Underactive Thyroid
3. How Much And How Long Should We Exercise?
4. Are Drugs And Surgery The Answer to Weight Loss

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**

Fri. 17th May 2024

Deep Relaxation

Fri. 17th May 1.00pm - 1.40pm

Dance Movement & Art Class

Fri. 17th May 10.00am - 12.00pm
See Friday 3rd May & Page 20

Talking About Sex

Dr Peter Howie has been fascinated about why couples, even those in a harmonious partnership, experience so many issues in communicating openly and honestly about what's important to them in the areas of sexual connection.

Over the years many people have come into the Centre for a private chat and told me how sad they are that their partner can't open up to speaking about their challenges with intimacy - saying that being able to talk about what each feels could make their intimate experiences so much more meaningful.

We are really pleased that Dr Peter Howie, qualified Sex Therapist and Educator with of years of study and personal practice joins us again, and with grace and good humour will explore this strangely taboo area.

See Saturday 15th June

Sat. 18th May 2024



Active Gratitude

Andrew Greentree
Sat. 18th May 2024
10.00am - 12.30pm

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

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

Harness your Intuition for Greater Productivity in Life and Business

Kirsten Barfoot
Sat. 18th May 2024
10.00am - 12.15pm

Both in business and personal life, tapping into and utilising your **inner genius and intuitive ability** yields several advantages. This workshop delves into exploring your intrinsic motivation and applying this knowledge to achieve personal and professional growth. By activating these qualities within you can distinguish yourself and your business from conventional methods. Kirsten will assist you to understand the **significance of intuition**, obstacles that impede us from harnessing it, three steps to activate your intuition, and to see how the process enhances your innate value in all aspects of your life. Fee: \$15 **PLEASE BOOK**

Self-Healing - A Metamorphosis

Sonia Bailey
Sat. 18th May 2024
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 spirituality. 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**

Too few of us recognise how linked we all are with all others in our minds and they with us – the coincidences cannot be dismissed.



Procrastinate NO More

Rose-Marie Pennisi
Sat. 18th May 2024
2.00pm - 4.00pm

Is procrastination holding you back?
Is there more you want to achieve but don't know how?
You are not alone. This is a common challenge many of us face. Did you know that the average person **loses 3.5 hours each day** to procrastination? **That's 55 days each year!** Imagine if you could get this time back. What would you do with it?

Join Rose-Marie in this practical workshop where you will gain **clarity on what you want and what is important to you**, and insights into why you procrastinate and what you can do to break free from this vicious cycle boosting not only your productivity but also your wellbeing. She'll share tips and hacks to inspire you to procrastinate NO more so you can finally move forward and achieve your goals and dreams. What's holding you back?
Fee: \$20 **PLEASE BOOK** See more on page 19

Sound Healing - Meditation Relaxation

Elena Lymbery
Sat. 18th May 2.00 - 3.15pm (see page 20)

Sound Healing - Meditation for Children & Parents

Elena Lymbery
Sat. 18th May 3.45pm - 4.30pm (see page 20)

Sun. 19th May 2024



Autism & ADHD - So Many Possibilities Open to You

Dr Heather Way
Sun. 19th May 2024
2.00pm - 4.45pm

Autism rates are skyrocketing. Dr Way has two children of her own born on the autism disorder spectrum yet **who have recovered using her own science-based protocol**. We know that autism is caused by genetic pre-dispositions combined with environmental triggers. We would love to write more but space is limited. Along with autism Dr Way **works with children with ADHD, ADD**, and much more. She is the head researcher for a number of world leading genetics and microbiome companies working on autism. Dr Way is continually in demand to speak at overseas and interstate conferences involving scientists, doctors, and researchers worldwide. Come along and find out **what can be done for your child on the autism disorder spectrum to reach their full potential**.

Please note: We want to reassure you that although Dr Way has such a scientific mind, she speaks to audiences in ways that are totally understandable and illustrates her talks with **heart touching films and stories of recoveries**. Fee: \$25 **PLEASE BOOK**
See also page 2 and page 19

Tues. 21st May 2024**Yoga for Beginners**

Tues. 21st May 11.15am - 12.15pm (see page 20)

Deep Relaxation

Tues. 21st May 6.00pm - 6.40pm (see page 20)

A Course in Miracles

Tues. 21st May 7.00pm - 9.00pm (see page 20)

Inner Child Healing

Jo Gifford

Tues. 21st May 2024 6.30pm - 8.30pm

Session 1 of 4 - See Introduction Tues. 14th May.

See more on page 19

Fee: \$135 for a 4-week course.

Wed. 22nd May 2024**Qi Gong**

Wed. 22nd May 10.00am - 11.15am (see page 20)

Deep Relaxation

Wed. 22nd May 1.00pm - 1.40pm (see page 20)

Thurs. 23rd May 2024**Freeing Yourself with Feldenkrais**

Thurs. 23rd May 10.00am - 11.00am (see page 20)

Teaching Kids Reading, Writing, Spelling - Parents Can Do So Much

Jack L'Estrange

Thurs. 23rd May 2024 11.00am - 12.30pm

Session 1 of 2 - See Thurs. 16th May.

Mindfulness and Meditation

Jo Gifford

Thurs. 23rd May 2024 6.00pm - 7.00pm

See Thurs. 9th May and page 20.

An Introduction to Heart Centre Intelligence

Kath Howie

Thurs. 23rd May 2024

6.30pm - 8.30pm

The heart is an extraordinary organ that we still don't fully understand. With new information coming to light on a regular basis, this is an exciting time for our heart-centered community.

This introductory session provides an overview of heart centre intelligence and an understanding of what it truly means to be a heart-centered person. It contains insights to help you recognise the traits, the unique special gifts, and the vulnerabilities, that may assist in navigating a healthy path through this complex world.

Whether you identify as a heart-centered person, or have them in your life, this session provides rare insights that may change the way you view yourself and those around you.

Fee: \$20 **PLEASE BOOK** See also Page 19

**Fri. 24th May 2024****Deep Relaxation**

Fri. 24th May 1.00pm - 1.40pm (see page 20)

Sat. 25th May 2024**Realising your Inner Potential**

Rod & Megan Middleton

Sat. 25th May 2024

10.00am - 12.30pm



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

Fee: \$25 **PLEASE BOOK**

Exploring Hope and Overcoming Anxiety

Vicki Bennett

Sat. 25th May 2024

10.00am - 12.30pm



With humour, freshness, wisdom and real-life stories, Vicki will talk about coping with **change**, taking **risks**, creating a **hopeful** vision, **forgiving** quickly, **healing** relationships, dealing with **anxiety** and giving **yourself great customer service**.

All these abilities generate a hopeful, healthy life. Vicki's insights on hope and anxiety give a fresh perspective and reveal extraordinary tools for dealing with 21st century anxiety and the challenge of **building a hopeful life**.

Vicki is author of The Book of Hope – an Antidote to Anxiety

Fee: \$25 **PLEASE BOOK**

Bootcamp for Mental Fitness

Hilda Brunckhorst

Sat. 25th May 2024

1.00pm - 4.00pm



This boot camp is different. It is a workout to help you feel mentally stronger in dealing with stressful situations. 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**

Sat. 25th May 2024**Astrology and the Seven Rays: Insights into our Life Purpose and Personality**

Nicky Bassett
Sat. 25th May 2024
10.00am - 12.30pm

Spiritual teachers assert that seven great energies, known as the 7 Rays, stream forth from the Divine Source and manifest within us as seven different types of personality and soul. In this presentation Nicky will give you a fundamental understanding of each Ray's **characteristics, strengths, limitations, vocational tendencies, and more**. You will then have the opportunity to reflect on and determine your own ray type/s via a series of questions so that you can gain a deeper awareness of your life purpose and how you can best be of service to others.

Fee: \$25 **PLEASE BOOK**

Why Do We Interact Well with Some People & Opposite with Others?

Dr Malgosia Zlobicki
Sat. 25th May 2024
2.30pm - 4.45pm

This session aims to explain how **trust, control, power, and intimacy affect everyone's interactions** with family, friends, acquaintances, or strangers, particularly the process that determines which interactions progress from minor social exchanges to significant relationships. We will look at the various **benefits, rewards, and obligations** that establish the intensity of individual group interaction, what are the social resources needed for love relationships to be sustained, why **imbalanced relationships** are often created and their subsequent outcomes; such as dependency, distress, and dissatisfaction – Malgosia then helps you explore the development of respect, kindness, mutual understanding, and fairness. Malgosia brings a wealth of experience and insights.

Fee: \$25 **BOOKINGS ESSENTIAL**

Sun. 26th May 2024**Compassionate Communication Practice Group**

Sun. 26th May 10.00am - 12.30pm
See April 28th and page 2

Tues. 28th May 2024**Yoga for Beginners**

Tues. 28th May 11.15am - 12.15pm (see page 20)

Deep Relaxation

Tues. 28th May 6.00pm - 6.40pm (see page 20)

A Course in Miracles

Tues. 28th May 7.00pm - 9.00pm (see page 20)

Tues. 28th May 2024**Inner Child Healing**

Tues. 28th May 6.30pm - 8.30pm
Session 2 of 4 - See Introduction Tues. 14th May
See more on page 19

Wed. 29th May 2024**Qi Gong**

Wed. 29th May 1.00pm - 1.40pm (see page 20)

Deep Relaxation

Wed. 29th May 1.00pm - 1.40pm (see page 20)

Thurs. 30th May 2024**Freeing Yourself with Feldenkrais**

Thurs. 30th May 10.00am - 11.00am (see page 20)

Health and Wellbeing Support Group:

Thurs. 30th May 11.00am - 1.00pm (see page 20)

Teaching Kids Reading, Writing, Spelling - Parents Can Do So Much

Thurs. 30th May 11.00am - 12.00pm
Session 2 of 2 - See Thurs 16th & 23rd May

**Freedom from Addiction**

Ian Ratcliffe
Thurs. 30th May 2024
12.00pm - 1.30pm

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

Volunteer Information Session

Thurs. 30th May 5.30pm - 6.30pm (see page 2)

Mindfulness and Meditation

Jo Gifford
Thurs. 30th May 6.00pm - 7.00pm
See Thurs. 9th May and page 20

Fri. 31st May 2024**Deep Relaxation**

Fri. 31st May 1.00pm - 1.40pm (see page 20)

Fri. 31st May 2024

Dance Movement & Art Class

Fri. 31st May 2024 10.00am - 12.00pm
See Friday 3rd May and page 20)

Sat. 1st June 2024

Our Lives - A New Chapter Every Seven Years

Eliane Mathiuet
Sat. 1st June 2024
10.00am - 12.30pm



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

Fee: \$35 **PLEASE BOOK**

Being Authentic

Alex Robey
Sat. 1st June 2024
10.00am - 12.30pm



Are you being yourself without pretence or apology, **saying what you mean and doing what you say?** Are you caught in an exhausting role that just isn't you anymore and pulls you away from living your best life? **Are you placating to the needs of others;** giving lip service; resentful doing more and guilty doing less; yet unappreciated and lacking acknowledgment? Do you confidently speak for yourself, or make concessions to be heard? Do you pretend about how you are really feeling? Here's a chance for you to delve into what it means for you to be authentic. This workshop offers you invaluable insights and strategies to regain your zest for life, rediscover your authentic self and a renewed sense of freedom.

Fee: \$25 **PLEASE BOOK**

Acknowledgement is So Powerful

If you pay somebody for services, do you thank them?
If you are married to somebody, do you thank them?

If you are a parent, do you thank your kids?

If you employ somebody, do you thank them?

Where do expectation and appreciation start and end?

Where do ownership and friendship begin and finish?

Where do control and being controlled enter the equation?

Is it love or is it appreciation that is the greatest healer in the universe?

Sat. 1st June 2024



Your Life is in Your Hands

Patricia Barton
Sat. 1st June 2024
1.00pm - 5.00pm

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

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

Fee: \$55 **PLEASE BOOK**

Sound Healing - Meditation Relaxation

Elena Lymbery
Sat. 1st June 2.00 - 3.15pm (see page 20)

Poetry for Meditation & Healing

Jen Compton
Sat. 1st June 2024
2.00pm - 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.

Join published poet Jen Compton for this special day of poetry writing. You will be guided with mindful meditations to help you fully relax. No technical skills are required for this workshop. 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, bring your own snacks.

FEE: \$25 **PLEASE BOOK**

Tues. 4th June 2024

Yoga for Beginners

Tues. 4th June 11.15am - 12.15pm (see page 20)

Deep Relaxation

Tues. 4th June 6.00pm - 6.40pm (see page 20)

A Course in Miracles

Tues. 4th June 7.00pm - 9.00pm (see page 20)

Inner Child Healing

Tues. 4th June 6.30pm - 8.30pm

Session 3 of 4 - See Introduction Tues. 14th May

See more on page 19

Wed. 5th June 2024**Qi Gong**

Wed. 5th June 10.00am - 11.15am (see page 20)

Deep Relaxation

Wed. 5th June 1.00pm - 1.40pm (see page 20)

**Insights & Overview of Compassionate Communication**

Cate Crombie

Wed. 5th June 2024
6.30pm - 9.00pm

Don't underestimate this evening! It is more than simply an introduction. This valuable session will give you an understanding of a **life and relationship-changing concept** using ideas and approaches which are **now bringing profound benefits** to people in many countries. Enjoy this evening, and definitely read more about the **Compassionate Communication weekend on Saturday 16th and Sunday 17th June.**

Fee: \$25 **PLEASE BOOK****Thurs. 6th June 2024****Freeing Yourself with Feldenkrais**

Thurs. 6th June 10.00am - 11.00am (see page 20)

**FILM: Prostate Empowerment plus Grow your Own Drugs - Herbs**

Thurs. 6th June 1.00pm - 3.00pm

Prostate Empowerment – Graeme Sait gives us the keys to prostate health. Men rarely discuss their health issues, and this is probably linked to the sub-standard education and misinformation about health management. Discover why the prostate gland malfunctions and deteriorates so readily and learn the strategies to overcome these weaknesses from Graeme Sait, international consultant on soil health, animal and human health.

Fee: \$5

To have many friends is wonderful –
BUT having one very good close and
kind friend is gold.

Mindfulness and Meditation

Jo Gifford

Thurs. 6th June 6.00pm - 7.00pm

See Thurs. 9th May and page 20

Fri. 7th June 2024**Deep Relaxation**

Fri. 7th June 1.00pm - 1.40pm

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

Paul Spottiswood

Fri. 7th June 2024

10.00am - 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****FILM: Prostate Empowerment plus Grow your Own Drugs - Herbs**

Fri. 7th June 6.00pm - 8.00pm

Fee: \$5

Sat. 8th June 2024**Values & Boundaries**

Virginie Fortin

Sat. 8th June 2024

10.00am - 12.00pm

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

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

Fee: \$15 **PLEASE BOOK****All Day Enneagram Showcase**

David Burke

Sat. 8th June 2024

10.00am - 3.30pm

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 inside full process guided skilfully 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** See also page 3

Our individual minds make a difference to the overall mind of one
human mind

Sat. 8th June 2024**Growing Self Compassion - Putting Ourselves on the Gratitude List**

Andrew Greentree
Sat. 8th June 2024
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**

The Fear of Flying

Paul Spottiswood
Sat. 8th June 2024
2.00pm - 4.30pm



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

Fee: \$25 **PLEASE BOOK**

Six Strategies for Thriving

Donna Thistlethwaite
Sat. 8th June 2024
2.00pm - 4.00pm



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

Fee: \$25 **PLEASE BOOK**

We are all born with a unique purpose and a unique path – comparisons are only a ridiculous waste of time.

Tues. 11th June 2024**Yoga for Beginners**

Sally Waters
Tues. 11th June
11.15am - 12.15pm (see page 20)

**Deep Relaxation**

Tues. 11th June 6.00pm - 6.40pm (see page 20)

A Course in Miracles

Tues. 11th June 7.00pm - 9.00pm (see page 20)

Co-dependence: The Mother of All Addictions

Roslyn Saunders
Tues. 11th June 2024
6.30pm - 8.00pm



Co-dependency is the addiction which screams the loudest but is **heard and recognised the least**.

If you ever **said "yes"** when you wanted **to say "no"** you could be co-dependent and not **AWARE** of how **habitual or disempowering** this could be. Roslyn has struggled through co-dependency for many, many years and now understands it so deeply. She **brings invaluable insights**, highlights how prevalent it is now in our society, and the **steps to take towards recovery**.

Fee: \$15 **PLEASE BOOK**

Inner Child Healing

Tues. 11th June 6.30pm - 8.30pm
Session 4 of 4 - See Introduction Tues. 14th May
See more on page 19

Wed. 12th June 2024**Qi Gong**

Wed. 12th June 10.00am - 11.15am (see page 20)

Deep Relaxation

Wed. 12th June 1.00pm - 1.40pm (see page 20)

Sound Healing - Meditation Relaxation

Elena Lymbery
Wed. 12th June 6.30pm - 7.45pm (see page 20)

Thurs. 13th June 2024**Freeing Yourself with Feldenkrais**

Thurs. 13th June 10.00am - 11.00am (see page 20)

Health and Wellbeing Support Group:

Thurs. 13th June 11.00am - 1.00pm (see page 20)

Mindfulness and Meditation

Thurs. 13th June 6.00pm - 7.00pm

Fri. 14th June 2024

Deep Relaxation

Fri. 14th June 1.00pm - 1.40pm

Dance Movement & Art Class

Fri. 14th June 2024 10.00am - 12.00pm
See Friday 3rd May and page 20)

Sat. 15th June 2024



Introduction to Reflexology

Sonia Bailey

Sat. 15th June 2024
9.30am - 1.00pm

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 Reflexology Association of Australia past President. Fee: \$55 **PLEASE BOOK**



100 Keys to Love - Tools for Self Care

Vicki Bennett

Sat. 15th June 2024
10.00am - 12.30pm

Each one of us longs for love and true happiness. This new course by Vicki Bennett is for those of us who are seeking to find true love and who want to write their own recipe for an **authentic relationship**. The keys shared by Vicki are concise and clear so we can **create positive, happy and healthy relationships**. Each key offers tools and skills for the future, giving direction and guidance in the **journey of love**, and shares insights to unlock true love and joy. **This course will help you develop a positive mindset** for bringing authentic love into your life, keeping it alive, and loving yourself in the process. If you want to take positive steps towards finding love and building relationships based on **self-worth**, then this course is for you. Fee: \$25 **PLEASE BOOK**

Anxiety is on the increase worldwide. If you are already anxious be aware about what news and conversations that you listen to. Otherwise, it's like standing on shaking ground and taking more shaking ground with us rather than standing on solid ground.

Sat. 15th June 2024



The Compassionate Communication (NVC) Workshop - Making Connections

Cate Crombie

Sat. 15th & Sun. 16th June 2024
9.30am - 5.00pm

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 5th June.

Please note also: Monthly Support Group on the fourth Sunday of each month - See 28th April and page 2



The Playful Art of Talking About Sex

Dr Peter Howie

Sat. 15th June 2024
1.30pm - 5.30pm

Talking about sex is hard but it does not have to be. If you can't talk about it, you probably shouldn't be doing it. Why does starting a conversation in a committed intimate relationship about sex seem so damn difficult or even impossible? **Let's make it fun and normal**.

Join Dr Peter Howie for an enlightening workshop on improving your capacity to approach this often-troubling area with **grace and good humour**. We will NOT be discussing problems with sex, it's for everyone: whether single, in a relationship, just curious or simply wanting to find a fun way to explore a taboo topic.

Fee: \$30 **PLEASE BOOK**



Loving What Is - The Work of Byron Katie

Rosie Stave

Sat. 15th June 2024
2.30pm - 5.00pm

Rosie will introduce you to The Work of Byron Katie. This process has **transformed the lives** of millions of people. It can bring 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**

Sun. 16th June 2024


The Compassionate Communication (NVC) Workshop - Making Connections
Cate Crombie
Day 2 9.30am - 5.00pm

*It is essential that you attend both days.
See Introduction Wed. 5th June*



Freeing Yourself in Relationships - The Work of Byron Katie

Rosie Stave
Sun. 16th June 2024
9.30am - 5.00pm

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**

Tues. 18th June 2024**Yoga for Beginners**

Tues. 18th June 11.15am - 12.15pm (see page 20)

Deep Relaxation

Tues. 18th June 6.00pm - 6.40pm (see page 20)

A Course in Miracles

Tues. 18th June 7.00pm - 9.00pm (see page 20)



Linking Friends of the Relaxation Centre

Paul Spottiswood
Tues. 18th June 2024
10.00 - 12.00pm

Paul thought it would be good to invite old and new friends of the Relaxation Centre to come together, share a cuppa and meet others with **similar personal growth interests** and aspirations. Here is an opportunity to connect with others from the Relaxation Centre. This could be just the beginning of some great future meetings – it's full of possibilities.

No charge but we'd love to hear if you would like to join us. Please bring a plate to share.

Wed. 19th June 2024**Qi Gong**

Wed. 19th June 10.00am - 11.15am (see page 20)

Deep Relaxation

Wed. 19th June 1.00pm - 1.40pm (see page 20)

Thurs. 20th June 2024**Freeing Yourself with Feldenkrais**

Thurs. 20th June 10.00am - 11.00am (see page 20)

Mindfulness and Meditation

Thurs. 20th June 6.00pm - 7.00pm

Fri. 21st June 2024**Deep Relaxation**

Fri. 21st June 1.00pm - 1.40pm (see page 20)

Sat. 22nd June 2024


Are you a Perfectionist

Hilda Brunkhorst
Sat. 22nd June 2024
9.30am - 12.30pm

Calling all perfectionists! Are you a perfectionist, or do others say you are? **Do you experience stress** 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 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**



Colour Your Life and Deep Relaxation

Jo Ross
Sat. 22nd June 2024
2.00pm - 3.30pm

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

If you find it hard to believe that a particular colour can enhance our mood, then cast your mind and remember how it feels when you see a rainbow or a sunset. Jo works with colour vibration as a tool of healing daily. May you enjoy this time of **relaxation, meditation and visualization**.

Fee: \$15 **PLEASE BOOK**

Sat. 22nd June 2024



Dowsing for Answers

Rod & Megan Middleton
Sat. 22nd June 2024
10.00am - 12.30pm

Dowsing has been used for thousands of years and by many cultures. It is a way of **tapping into your mental and intuitive powers**. When skills have been developed dowsing can be used in revealing answers to 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.

Encouragement, Kindness, Caring,
Hope
How wonderful to enter our day with
the intent to offer these beautiful
nuggets of gold to all those we
encounter throughout the day.

**Flourishing at Work -
Despite All Odds**

Paula Wilson
Sat. 22nd June 2024
1.00pm - 4.30pm



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

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

Fee: \$35 **PLEASE BOOK**

Sound Healing - Meditation & Relaxation

Elena Lymbery
Sat. 22nd June 2.00pm - 3.15pm (see page 20)

Sound Healing - Meditation for Children & Parents

Elena Lymbery
Sat. 22nd June 3.45pm - 4.30pm (see page 20)



Everybody, whatever their
colour, religion, or position
deeply wants to be
acknowledged and respected
for the individual they are.

Sun. 23rd June 2024



**Compassionate
Communication Practice Group**

Karla Cameron
Sun. 23rd June 2024
10.00am - 12.30pm

See Introduction Wednesday 5th June
Please note also: Monthly Support Group on the fourth
Sunday of each month – See 28th April and Page 2

Tues. 25th June 2024

Yoga for Beginners

Tues. 25th June 11.15am - 12.15pm (see page 20)

Deep Relaxation

Tues. 25th June 6.00pm - 6.40pm (see page 20)

A Course in Miracles

Tues. 25th June 7.00pm - 9.00pm (see page 20)



**Funeral Ceremonies - What are
the Options?**

Jen Compton
Tues. 25th June 2024
10.30am - 12.30pm

Western society has begun to move away from the death industry developed by funeral homes, becoming more creative in the ways in which we choose to **farewell and honour** the lives of ourselves and/or family and friends. 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**

Wed. 26th June 2024

Qi Gong

Wed. 26th June 10.00am - 11.15am (see page 20)

Deep Relaxation

Wed. 26th June 1.00pm - 1.40pm (see page 20)

The more we can observe
ourselves without criticism the
more we can embrace who we
really are and our uniqueness and
become a friend with ourselves.

Thurs. 27th June 2024**Freeing Yourself with Feldenkrais**

Thurs. 27th June 10.00am - 11.00am (see page 20)

Health and Wellbeing Support Group

Thurs. 27th June 11.00am - 1.00pm (see page 20)

Freedom from Addiction

Ian Ratcliffe

Thurs. 27th June 2024
12.00pm - 1.30pm

Fee: \$10. Just come along

Mantras/Chanting & Meditation

Angela & Rob

Thurs. 27th June 2024
7.00pm - 8.30pm

Join Angela and Rob from **SpiritSong** for a **blissful evening** of **mantras, chanting** and **meditation**. When we sing mantras, we invoke the **stillness of the heart** which is the presence that lives within us all. It is a **simple** and **easy** practice that helps quiet the mind and lead to **inner peace**. No experience is necessary, and **everyone is welcome. Please arrive early so we can all start together.**

Fee: \$20 **PLEASE BOOK**

Fri. 28th June 2024**Deep Relaxation**

Fri. 28th June 1.00pm - 1.40pm (see page 20)

Dance Movement & Art Class

Fri. 28th June 2024 10.00am - 12.00pm
See Friday 3rd May and page 20

Our Relaxation Centre Story

Thousands of people over the years have asked Lionel How the Relaxation Centre started –
Who were the founders?
What was the motivation?
Who were the owners?
And many other intriguing questions.

A few months ago Lionel decided it was time to write the story that people told him they would love to read. We're pleased to say that we're close to completing the manuscript and hope to publish it later this year in line with the 50th anniversary of the Centre's inception.

If you are interested in purchasing a copy (cost will be around \$35) please email your interest and contact details to www.relaxationcentreqld.org

Sat. 29th June 2024**Volunteer Information Session**

Sat. 29th June 11.30am - 12.30pm (see page 2)

**An Introduction to Heart Centre Intelligence**

Kath Howie

Sat. 29th June 2024
10.30am - 12.30pm

The heart is an extraordinary organ that we still don't fully understand. With new information coming to light on a regular basis, this is an exciting time for our heart centered community.

This introductory session provides an overview of heart centre intelligence and an understanding of what it truly means to be a heart centred person. It contains insights to help you recognise the traits, the unique special gifts, and the vulnerabilities, that may assist in navigating a healthy path through this complex world.

Whether you identify as a heart centred person, or have them in your life, this session provides rare insights that may change the way you view yourself and those around you.

Fee: \$20 **PLEASE BOOK**

See more on page 19

Deep Relaxation

Sat. 29th June 1.00pm - 1.40pm (see page 20)

Tues. 2nd July 2024**Yoga for Beginners**

Tues. 2nd July 11.15am - 12.15pm (see page 20)

**Deep Relaxation**

Jo Ross

Tues. 2nd July 6.00pm - 6.40pm
(see page 20)

A Course in Miracles

Tues. 2nd July 7.00pm - 9.00pm (see page 20)

Wed. 3rd July 2024**Qi Gong**

Wed. 3rd July 10.00am - 11.15am (see page 20)

Deep Relaxation

Wed. 3rd July 1.00pm - 1.40pm (see page 20)

Pain, Pain, Pain

If you saw the Four Corners episode on ABC2 recently (just before this programme went to the printers) you'd have heard the startling and frightening stories about the vast number of Australians taking pain medication and how much they are paying for a multitude of tablets. Please, please check out our remarkable Feldenkrais class (see p.20), we have seen it achieve miracles with many people.

Thurs. 4th July 2024

Freeing Yourself with Feldenkrais

Thurs. 4th July 10.00am - 11.00am (see page 20)

FILM: One Man, One Cow, One Planet also Chemical Farming

Thurs. 4th July 1.00pm - 3.00pm

Globalisation and the mantra of infinite growth in a finite world is exposed for what it really is; environmental and human disaster. But across India marginal farmers are fighting back. By reviving biodynamics – an arcane form of agriculture – they are saving their poisoned lands and exposing the bio-colonialism of multi-national corporations. **One Man, One Cow, One Planet tells their story** through the teachings of the late New Zealander, Peter Proctor, who many called the new Gandhi.

Fee: \$5

Mindfulness and Meditation

Thurs. 4th July 6.00pm - 7.00pm

See Thurs. 9th May and page 20

Fri. 5th July 2024

Deep Relaxation

Fri. 5th July 1.00pm - 1.40pm

See page 20

FILM: One Man, One Cow, One Planet also Chemical Farming

Fr. 5th July 6.00pm - 8.00pm

Fee: \$5 See Thurs. 4th July.

If we are feeling depressed it's good to be honest with ourselves and ask what do I feel that I should have and am not getting – could it be company, and in particular a certain type of company? Could it be something of real meaning, of love, of respect? – or have we been indoctrinated in beliefs of how we should look, the wealth we should have, and would make us happy and successful. Because all these beliefs go very deeply into our unconscious minds it is then hardly surprising that we can become depressed if we're aiming for what is not real for us.

Sat. 6th July 2024

Sound Healing - Meditation & Relaxation

Elena Lymbery

Sat. 6th July 2.00pm - 3.15pm (see page 20)



Nature Journaling for Connection & Self-Care

Bethan Burton

Sat. 6th July 2024

2.00pm - 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 - don't miss it!**

Fee: \$25 **PLEASE BOOK**



Rufus

These days I try to keep my words soft and sweet because all too often I need to eat them, AND my teeth aren't what they used to be either.

Guidelines of the Relaxation Centre

Commenced in 1974

In the 50 years the Relaxation Centre has been in existence we have never published our Guidelines in the Newsletter or elsewhere.

However, recently more and more interested people have been asking what our guidelines are as the Centre is so unusual in the way it operates. Over the years many visiting international speakers have also been surprised at the way we function, saying they've never seen a Centre with such unique guidelines, or one that has lasted so long.

The Relaxation Centre is an organisation purely focused on people, doing all we can for them. 'Although we do not advertise these guidelines widely, they are there for us at the Centre to follow and adhere to.

It's often said that it's not what you say, but how you operate that counts – do you walk your talk, or not.

- Nobody will ever own or have shares in the Relaxation Centre — any profits will be used for the benefits of the participants and what we provide.
- The Centre is not owned by anybody — The Relaxation Centre of Queensland is limited by guarantee.
- If today one person benefits from what we offer, then the Centre has achieved what it was formed to provide.
- The Relaxation Centre has only one address it functions from.
- The Centre will never seek government funding — it is an organisation teaching and living personal responsibility.
- It is a not-for-profit place, but we hope to profit thousands of people.
- We will not advertise our Programme through the media — people will be drawn here by word of mouth and beneficial changes to people they live with or work with.
- We keep foremost in our vision the ongoing development of a Centre which treats people exactly as we would like to be treated.
- All presenters will give their time freely and not take money for their courses (apart from overseas presenters). (However, later in 1997 it seemed appropriate to offer a percentage of fees to those who request it).
- We will never buy or own buildings.
- Staffing will be done by volunteers — any wages will be minimal for those who play a major role in administration.
- Nobody will be denied our courses through lack of money.
- We will never ask a famous person to be our patron — we will stand on the reputation we build.
- When the time comes for us to close the Centre and believe its purpose has been fulfilled and honoured then we will close and give away whatever small assets we have to an organisation or organisations with similar aspirations.

More about our Presenters

Autism Disorder Spectrum – A great opportunity to hear Dr Heather Way



Dr Heather Way has two beautiful sons born with autism, each with complicated yet different health issues. Dr Way had to work through all the varying effects of their condition, so she has firsthand personal experience of dealing with autism spectrum disorder - from non-verbal to Asperger's, serious gut issues, reflux, diarrhea, leaky gut, and so much more. Dr Way says these experiences have given her a unique hands-on perspective and she has been able to heal her sons through personalized nutrition and they are now independent grown men. Dr Way is a leading researcher presenting to medical and scientific conferences throughout Australia and overseas. See *Sunday 19th May and page 2*.

Procrastinate NO More - Rose-marie Pennisi



Rose-marie is a Pharmacist, Mentor, Speaker, Consultant and a Leadership and Mindset Coach. With many years of leadership and life experience in the corporate sector, Rose-marie understands the challenges of procrastination only too well. She can help boost your confidence to get back in your driver's seat, stop being stuck in procrastination and unleash your potential to achieve work/life balance, career advancement, or establish or grow your business. See *Saturday 18th May*.

An Introduction to Heart Centre Intelligence - Kath Howie



Kath has a background in information technology and process improvement. She has held senior leadership roles and for over ten years has been a successful business consultant, trainer and coach. Kath is dedicated to helping people achieve the best possible outcomes and has experience across a wide range of organisations from not-for-profits, government, and private sector. She undertook formal studies with the Australian Institute for Enneagram Studies (AIES) which introduced her to the different types of intelligence. On becoming a certified Enneagram teacher Kath has focused on exploring heart centre intelligence and has a passion for sharing this knowledge. See *Thursday 23rd May and Saturday 29th June*.



Healing The Inner Child (See Tuesday 14th May and following four weeks) plus **Mindfulness and Meditation – Jo Gifford** (see Thursday 9th May) has been on an inner journey for most of her adult life, first learning to meditate at the age of 22 (40 years ago!). It has been her passion to understand what makes her tick and to understand the 'human condition' and she feels her purpose in life is to assist others she meets on this journey. Jo organically moved into Inner Child Healing around 15 years ago and incorporates the knowledge gained over her ongoing journey along with many different techniques from The Sedona Method to EFT into her workshops and sessions."

Books, Plus, Plus, Plus



The Relaxation Centre Bookshop has a great selection of books, DVDs and CDs covering personal development, health, wellbeing and more as well as some lovely gift ideas and cards. Keep an eye on our regular shop sales offering 20% off all new articles.

Insightful words from Jane Watson-Brown As we head into the cooler months of Autumn and Winter our thoughts may well be turning to cosy evenings of reading, relaxing, restful sleep and snuggling with loved ones. In this newsletter the focus is on the bookshop's selection of works on freeing ourselves from anxiety, getting restful sleep and loving relationships.

Jane Watson Brown

Releasing ourselves from anxiety is essential for relaxing our minds. We have a wide selection of titles on this topic. *How to Heal Yourself from Anxiety When No One Else Can* by Amy B. Sher (\$34.99) brings readers hope by taking them through the steps of retraining the body, releasing feelings as well as the Emotional Freedom Techniques of tapping to release emotions. *The Book Of Hope: Antidote For Anxiety* by our regular presenter Vicki Bennett (\$32.99) is a more personal journey – her own and others' – through the steps of acknowledging and healing from anxiety.



Elena Lymbery
Bookshop
Co-ordinator

And now to the cuddlier part of the cooler months and the Relaxation Centre's broad range of books on love and relationships. Entertainer RuPaul is famous for the quote: "If you can't love yourself, how in the hell you gonna love somebody else?" and the following books certainly recognise that the truth of love is grounded in the love we show ourselves. *The 5 Love Languages: The Secret to Love That Lasts* by Gary Chapman (\$24.99) takes us through our love languages – understanding our own and our partners' – and gives many examples of navigating the giving and receiving of love in relationships. *The Alchemy of Love: The Magic of Relationships* by Susan Kennedy (\$29.99) presents the alchemy of giving and receiving love through ideas, steps, exercises, and some interesting symbolic frameworks to consider. Come in and browse, say hello and remember our regular bookshop sales offering 20% discount on all new articles. Also we have some wonderful pre-loved books etc. to explore.

Thursday 20 April to Saturday 11 May ~ Saturday 15 June to Saturday 6 July

WEEKLY CLASSES

TUESDAYS

**Yoga for Beginners**

Sally Waters
11.15am - 12.15pm

Here is a gentle introduction to the basic poses and skills of yoga. Whether you're a beginning yoga student or someone who hasn't practised in a while, it's time to connect with your yoga practice now. Fee: \$12 or \$90 for 8 sessions

**Deep Relaxation**

Jo Ross
6.00pm - 6.40pm

Deep Relaxation came to us from Dr Ainslie Meares, the great Australian pioneer of this method 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 (\$5 for pensioners) Just come along.

**A Course in Miracles**

Simon Jones
7.00pm - 9.00pm

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

WEDNESDAYS

**Qi Gong For a Healthy Body and Peaceful Mind**

Terri Kozak
10.00am - 11.15pm

Qi Gong movements **enrich your brain and nervous system** while enhancing your health holistically. Just ten minutes a day will make a profound **difference to mind and energy levels**. Gentle, easy to follow movements promote the flow of energy (Qi) throughout the body. New movements set at beginning of each month. Fee: \$14 or \$48 for four sessions.

**Deep Relaxation Sandra Ballinger**

1.00pm - 1.40pm
Fee: \$8/session or \$48/7 sessions. (\$5 for pensioners)
See also Tuesday Evening Session

THURSDAYS

**Freeing Yourself with Feldenkrais**

Rita Ryan
10.00am - 11.00am
See also Tuesday Evening Session

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

**Mindfulness and Meditation**

Jo Gifford
6.00pm - 7.00pm
See also Page 19

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

FRIDAYS

**Deep Relaxation**

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

Other Recurring Courses

**Health & Wellbeing Support Group**

Elena Lymbery
11.00am - 1.00pm
See Thurs 16 May, 30 May, 13 June, 27 June, 11 July

Do you feel overwhelmed with so much **contradictory advice** on food and diet being given these days? Here is an exceptional opportunity to **look at your health and wellbeing in small easily digestible chunks**. Elena has a wealth of knowledge to share. All welcome. Fee: \$12

**Sound Healing - Meditation Relaxation**

Elena Lymbery
See Saturday 20 April, 18 May, 1 June, 22 June, 6 July, Wednesday 15 May, 12 June

Come and experience the wonders of sound. People have been using sound in many ways for centuries. It balances both hemispheres of the brain, improves sleep and helps with pain management. You can sit on chairs or lie on the floor (bring a mat or towel to lie on). Fee: \$15
See times on these dates: Saturday 20 April, 18 May, 1 June, 22 June, 6 July, Wednesday 15 May, 12 June

Sound Healing - Meditation for Children & Parents

Elena Lymbery
See Sat 20 April, 18 May, 22nd June

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. Fee: \$5 p/person

**Dance Movement and Art Class**

Lidia Fera
Fri 3 May, 17 May, 31 May, 14 June, 28 June

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