

# RELAXATION

## Centre of Queensland

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

### The Power Within Hope

#### Doorway to Love, Resilience, Inspiration and so much more!

Possibly the single greatest quality for us to work towards and embrace is **HOPE** – not wishing – not pretend hope (although this can be part of the journey) but from our hearts minds and spirit working together in **HOPE**.  
**Hope can bring the whole powerful team within us together.**

One of our greatest ways of becoming more deeply hopeful is to give ourselves a reminder each morning **to bring as much hope to everybody else that we can**. We all need to do this in our own unique way – sometimes it can be by encouraging people, sometimes it can be by really listening to others and by our responses, showing that we are truly with them.

When things aren't going well it can be invaluable **to look out for the kind things people do for us**, rather than focus on telling others our problems. One of the greatest secrets of life is practice, practice, practice. How wonderful to begin to see ourselves as hope builders and when people ask what do you do, you can say:

**"I'm a hope student in training or I am a student of hope".**

You will find that every one of the courses in our Programme **is offering you suggestions to build hope**, as well as the steps towards establishing it. This is whether you're seeking hope in your work situation, within yourself or others close to you, in your way of communicating, overcoming fears or anxiety, depression, addictions, exploring healing, self-compassion, understanding your dreams, **building confidence and much, much more**.

Never see yourself as hopeless. **It is in your hands!**

Remember 1: To keep focusing on yourself as a person of hope in training.  
Remember 2: You can't make a mistake, but you can continually discover what doesn't work and explore what does.

**Everybody is important to us** and we are here to assist whoever we can – don't hesitate to ask. So come and enjoy the experience and the changes that follow.

**HOPE and HAPPINESS is our focus.**

*Lionel Fifield  
Welcome*



Est. 1974 Brisbane



### Newsletter Contents



#### Book Shop



#### Weekly Classes



#### Film Sessions



#### Programme



#### May June July Courses



#### Visiting Speakers page 16



#### New Courses pages 18 & 19



## Courses in:

Meditation - Creativity - Yoga  
New Possibilities - Healing  
Communication - Connecting  
Moving - Yoga - Intuition -  
Motivation - Nutrition  
Ageing - Singing -  
Feng Shui - Qi Gong  
Sound Healing...

## New Pathways – In Times Of Change

Hello Everybody,

**What remarkable times of change we are in** – and for us at The Relaxation Centre it is happening in many, many ways.

On the front page of our last Newsletter we said that that would be our last printed one.

However, we have had so many people telling us how much **they always look forward to receiving it**. Yes, we had the idea that it would be on-line only, but have come to realise that a surprisingly large number of people are not in a position to see it there for a multitude of reasons – others say that **they just love to hold it in their hands**.

So here we are continuing to print copies in response to the needs of the many individuals who say **how much it means to them**; as well as organisations telling us, **that it is so good to have in their Waiting Rooms**, available for clients and staff to pick up or for counsellors and staff to hand to clients who they believe will benefit from our range of courses.

Now you are looking at this new programme whether printed or on-line you will see how different it is – **yes a big change**.

We hope **that it really speaks to you**.

However, we have given ourselves 6 – 9 months to get to the point where it is most readable – enjoyable – clear and truly communicating.

Any ideas, personal views or suggestions would be most welcome. We love to share our unique programme but if you are a person wishing to receive a printed version it is essential that we hear from you as we do not want to waste paper or incur unnecessary costs.

Thanks for being with us on our journey – please share our unique programme whether printed or on-line with others who are seeking ways to handle this world of rapid change and living the most rewarding life – WE are with you all the way.

**Onwards and upwards Dear Friends  
on this Great Adventure called Life.**



*Lionel Fifiield*



Dear friends  
of the Relaxation Centre,

If you like our printed newsletter you are very welcome to have one sent to you. However we are very mindful of not wasting paper and the ever rising postal costs. We wish to be supportive of you on your journey as well as we can. Call us on:

 **07 3856 3733**

**"Moments of  
appreciation  
can prevent years  
of resentment"**

- LIONEL FIFIELD



## Bookshop Open Times

**Tuesday - Friday 9am-7:30pm**  
**Saturday 9am-5pm**

Books, CDs, DVDs and more!  
All focused on a better, more empowered  
and meaningful life.

**Elena Lymbery**  
Shop Co-ordinator

*Welcome*

**Book Shop  
Discount Days**  
20% Off all NEW items  
Sat 13 – Sat 27 May  
Sat 8 – Sat 29 July



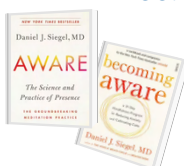
## The Book Corner Book Club

**Presented by Skye Fitzpatrick**

A monthly book club to come together in connection and  
conversation about thought-provoking, uplifting and inspiring reads.  
Fee: \$5

**Thursday 4 May 5:30-6:30pm BOOK: Aware – Daniel J. Siegel**  
**Thursday 1st June 5:30 – 6:30pm BOOK: Becoming Aware – Daniel J. Siegel**

**Contact us if you wish to join the Book Corner Book Club**



## Who are we?

A unique organisation in Brisbane, **commenced 1974 by Lionel Fifield and others, powered almost entirely by volunteers** and a remarkable team of presenters from Brisbane and visiting from overseas and interstate.

We're here to show participants:

How we can use our remarkable minds to bring beneficial changes  
in our lives.

How by using a range of ideas and techniques we can reduce stress,  
anxiety and improve physical and mental issues.

Just how powerful the effects of right attitudes can be and how all  
too often our lives can be controlled and made more difficult because  
of unconscious conditioning from our early years.

*Welcome*

**COURSES AND WORKSHOPS  
FOR YOUR HEART & SOUL**  
**Step into our sanctuary  
of relaxation!**

**"To help us build  
our own  
self-esteem it can  
be very valuable  
to help others  
build theirs"**

- LIONEL FIFIELD



# Weekly Classes & Workshops

**Tuesdays 11:15am-12:15pm**



## Yoga for Beginners with Sally Waters



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

**Tuesdays 6-6:40pm**



## Deep Relaxation with Jo Ross



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 7 sessions. (\$5 for Pensioners).  
Just come along.

**Tuesdays 7-9pm**



## A Course in Miracles with Simon Jones



The 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

**Wednesdays 1-1:40pm**



## Deep Relaxation with Sandra Ballinger



**Fridays 1-1:40pm**

## Deep Relaxation with Annette Henry



**Thursdays 10-11am**



## Freeing Yourself with Feldenkrais with Rita Ryan



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

**Fridays 6-7:30pm**



## Dance Movement & Art Class with Lidia Fera



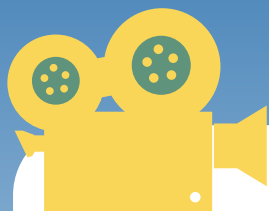
Dance heals, movement aids the brain and reduces cognitive decline. It builds resilience, community and increases self-esteem. Expression of the body through dance is healing. In this class no prior dance experience is necessary, there is no right or wrong way to move, just move. Come along and learn how to energise your body, express yourself through dance and increase physical and mental fitness. The class ends with an art process in various mediums as an extension of self-expression. No art experience is required and materials are supplied.  
\$20 Booking Essential

**PLEASE NOTE**  
To assist with providing sufficient seating we would prefer bookings in advance.

Follow us on  
facebook for  
latest course  
updates!







# Film Sessions May - July 2023

Welcome to enjoy movies that spark many talking points with likeminded people.  
Fee: \$5

*Everyone Welcome*



## Talking Story

Healers and spiritual leaders from diverse world cultures tell of their fight to preserve culture and the importance of maintaining the different ways each culture perceives the world. We see, in these intimate portraits of healers and spiritual leaders, that they are both human and divine. This journey into indigenous traditions shows us an expanded worldview, and we find a deeper connection between modernity and ancient traditions.

**Friday 5 May 6-7:45pm**



## Healing Emotional and Physical Trauma

How to rewire your brain and reclaim happiness, clarity and balance after tragedy and trauma. An extraordinary healing tool for PTSD. Proven ways to express emotions that cannot be spoken out loud. A major leap in biotechnology which is reversing physical trauma in professional athletes. A fast and easy questionnaire that will tell you whether your brain and body are traumatised or not. This is from the series Proven: Healing Breakthroughs, Backed by Science.



**It will be followed by a short film: Albert Lyrebird.**

**Thursday 11 May 1-3pm**

**Friday 19 May 6-7:45pm**



## The Yoga of Time Travel

After publication of his book The Yoga of Time Travel: How the Mind Can Defeat Time, Fred Alan Wolf contributed to the films What the Bleep Do We Know, and The Secret. Wolf is a much-published American theoretical physicist specializing in the relationship between physics and consciousness.

**Thursday 25 May 1-3pm**

**Friday 2 June 6-7:30pm**



## 2040 (The Film)

John and Molly Chester trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature. Through dogged perseverance and embracing the opportunity provided by nature's conflicts, the Chesters uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination.

Breathtaking cinematography, captivating animals, and an urgent message to heed Mother Nature's call. A blueprint for better living and a healthier planet.

**Thursday 8 June 1-3pm**

**Friday 16 June 6-7:45pm**



## The Shadow Effect

Imagine stepping out of the self that you've known and breaking free of the bonds of your past.

Deepak Chopra and Marianne Williamson join Debbie Ford to reveal the transformative power of your shadow – the parts of yourself that you dislike and disown – and invite you to step into the next evolution of yourself.

**Thursday 22 June 1-2:30pm**

**Friday 30 June 1pm-3pm**



## Creating Miracles (Real Magic)

Step by step Dr. Dyer shows how to achieve a new and higher level of consciousness. He asks us to imagine what would make us happy – a powerful idea in itself – and then offers specific strategies for working miracles in everyday life: physical health, financial outlook and intimate relationships.

**Thursday 6 July 1-2:45pm**

**Friday 14 July 6-7:45pm**

## The Burning Season

As the world faces the impacts of climate change, a young Australian environmental entrepreneur proposes a money making deal to protect the forests of Indonesia, save the orangutan from extinction, and redefine the Earth's future.

**Thursday 20 July 1-2:45pm**

**Friday 28 July 6:00-7:45pm**



Australian eco-thriller, winner of awards in 4 film festivals!



# Weekly Programme Overview



## Week Tue 2 May - Sun 7 May 2023

Tue 2 May 2-4pm

Tue 2 May 11:15am-12:15pm

Tue 2 May 6-6:40pm

Tue 2 May 7-9pm

Wed 3 May 1-1:40pm

Thu 4 May 10-11:30am

Thu 4 May 10-11am

Thu 4 May 10-11am

Thu 4 May 10am-3:30pm

Fri 5 May 1-1:40pm

Fri 5 May 6-7:30pm

Fri 5 May 6-7:45pm

Sat 6 May 10am-12:30pm

Sat 6 May 2-4:30pm

Scrabble with Lionel Fifield p.12

Yoga for Beginners with Sally Waters **W**

Deep Relaxation with Jo Ross **W**

A Course in Miracles with Simon Jones **W**

Deep Relaxation with Sandra Ballinger **W**

Kids Can Parents Can with Jack L'Estrange p.14

The Reading Corner Book Club Presented by Skye Fitzpatrick p.3

Freeing Yourself with Feldenkrais with Rita Ryan **W**

Chinese Brush Painting - A Wild Orchid with Jean Turnbull p.12

Deep Relaxation with Annette Henry **W**

Dance Movement and Art Class with Lidia Fera **W**

Film: Talking Story

Active Gratitude with Andrew Greentree p.9

Fear, Anxiety and Worry - Finding Answers with Paul Spottiswood p.8

**W** weekly Classes  
See Page 4 for descriptions

## Week Tue 9 May - Sun 14 May 2023

Tue 9 May 11:15am-12:15pm

Tue 9 May 5:30-7:30pm

Tue 9 May 1-1:40pm

Tue 9 May 7-9pm

Wed 10 May 12-1pm

Wed 10 May 1-1:40pm

Wed 10 6:30-8:45pm

Thu 11 May 10-11am

Thu 11 11am-1pm

Thu 11 1-3pm

Thu 11 May 6-7:30pm

Fri 12 May 1-1:40pm

Fri 12 May 6-8pm

Fri 12 May 6-7:30pm

Sat 13 May 10:30am-12:30pm

Sat 13 May 2-4pm

Sat 13 May 2-3:15pm

Sat 13 May 3:45-4:30pm

Yoga for Beginners with Sally Waters **W**

Getting to Sleep - Getting Back to Sleep with Lionel Fifield p.8

Deep Relaxation with Jo Ross **W**

A Course in Miracles with Simon Jones **W**

Interested in Volunteering p.14

Deep Relaxation with Sandra Ballinger **W**

Love Intimacy and Communication with Dr Peter Howie p.13

Freeing Yourself with Feldenkrais with Rita Ryan **W**

Health and Wellbeing Support Group with Elena Lymbery p.16

Film: Healing Emotional and Physical Trauma

The Case for Reincarnation with Alan Carter p. 18

Deep Relaxation with Annette Henry **W**

Astral Plane-What Happens When We Sleep with Diane Bellchambers p.17

Dance Movement and Art Class with Lidia Fera **W**

Getting More From The Life... - Freeing ourselves from inner conflicts with Diane Bellchambers p.17

The Secret of Passive Power with Diane Bellchambers p.17

Sound Healing - Meditation Relaxation with Elena Lymbery p. 8

Sound Healing - Meditation for Children & Parents with Elena Lymbery p.14

**W** weekly Classes  
See Page 4 for descriptions

g messages from  
complete your details below to  
ed to our weekly mailout.

Email Address \* indicates required

First Name

Name

For our Daily Programme  
post May 2023  
please sign up for  
our online Newsletter via:  
relaxationcentre.org



Visit our facebook.com:  
RelaxationCentreQLD

"Fame and fortune  
may suddenly  
disappear, but love,  
truth and kindness  
always remain"

- LIONEL FIFIELD



# Weekly Programme Overview



## Week Tue 16 May - Sun 21 May 2023

Tue 16 May 11:15am-12:15pm

Tue 16 May 6-6:40pm

Tue 16 May 7-9pm

Wed 17 May 1-1:40pm

Wed 17 May 6:30-7:45pm

Wed 17 May 6-7:30pm

Thu 18 May 10-11:30am

Thu 18 May 6-7:30pm

Thu 18 May 6-8:15pm

Thu 18 May 6:30-8:30pm

Fri 19 May 1-1:40pm

Fri 19 May 6-7:30pm

Fri 19 May 6-7:45pm

Sat 20 May 9:30-11:30am

Sat 20 May 10am-2pm

Sat 20 May 1-5pm

Sat 20 May 2-4pm

Yoga for Beginners with Sally Waters **W**

Deep Relaxation with Jo Ross **W**

A Course in Miracles with Simon Jones **W**

Deep Relaxation with Sandra Ballinger **W**

Sound Healing with Elena Lymbery 6:30-7:45pm p.14

Mantras/Chanting and Meditation with Angela and Rob p.17

Freeing Yourself with Feldenkrais with Rita Ryan **W**

What Happens After Death - A Buddhist Perspective with Alan Carter p.16

EFT Tapping with Desley Murphy p. 5

The Fear of Flying with Paul Spottiswood p.10

Deep Relaxation with Annette Henry **W**

Film: Healing Emotional and Physical Trauma

Dance Movement and Art Class with Lidia Fera **W**

Girl Talk (for girls 12 - 20 years) p.9

Writing Your Story with Vicki Bennett p.11

Shine a Light on Your Life with Rod Smith p.15

Six Strategies for Thriving with Donna Thistlethwaite p.9

**W** weekly Classes  
See Page 4 for descriptions

## Week Tue 23 May - Sun 28 May 2023

Tue 23 May 11:15am-12:15pm

Tue 23 May 6:30-8pm

Tue 23 May 6-6:40pm

Tue 23 May 7-9pm

Wed 24 May 10-11:15am

Wed 24 May 1:30-4pm

Wed 24 May 1-1:40pm

Wed 24 May 6:30-8:45pm

Thu 25 May 10-11am

Thu 25 May 11am-1pm

Thu 25 May 12-1pm

Thu 25 May 12-1:30pm

Thu 25 May 1-3pm

Thu 25 May 6-7:30pm

Thu 25 May 7-7:30pm

Fri 26 May 1-1:40pm

Fri 26 May 6-7:30pm

Sat 27 May 10am-1pm

Sat 27 May 10am-12:30pm

Sat 27 1:30-5pm

Sat 27 May 2-4:30pm

Yoga for Beginners with Sally Waters **W**

Co-dependency The Mother of all Addictions with Roslyn Saunders p.16

Deep Relaxation with Jo Ross **W**

A Course in Miracles with Simon Jones **W**

Qi Gong for a Healthy Body and Peaceful Mind p.19

Modern Feng Shui - Creating Health and Happiness with Julia Ashfield p.11

Deep Relaxation with Sandra Ballinger **W**

Love Intimacy and Communication with Dr Peter Howie p.13

Freeing Yourself with Feldenkrais with Rita Ryan **W**

Interested in Volunteering Meeting p.14

Health and Wellbeing Support Group with Elena Lymbery p.16

You and Your Addictions - Who is the Boss? with Ian Ratcliffe p.10

Film: Healing Emotional and Physical Trauma

Understanding Negative Emotions with Alan Carter p.18

2023 Doorway to Pluto's Aquarian Transformation with Nicky Basset p.18

Deep Relaxation with Annette Henry **W**

Dance Movement and Art Class with Lidia Fera **W**

Our Lives - A New Chapter Every 7 Years - Read Your Life Like a Book with Eliane Mathiuet p.9

Growing Self Compassion - Putting Ourselves on the Gratitude List with Andrew Greentree p.9

Taming Anxiety and Stress with Lionel Fifield and Jo Ross p.8

Being Authentic with Alex Robey p.9



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



## Exploring Hope - Overcoming Anxiety with Vicki Bennett

With humour, freshness, wisdom and real-life stories, Vicki will talk about coping with change, taking risks, creating a hopeful vision, forgiving quickly, healing relationships, dealing with anxiety and giving yourself great customer service. Vicki is author of The Book of Hope – an Antidote to Anxiety Fee: \$25



Sat 3 June  
10am-12:30pm



## Taming Anxiety and Stress with Lionel Fifield and Jo Ross

Our anxieties accelerate and we may even start suffering from extreme reactions such as panic attacks and find it almost impossible to relax and rest. The good news is there is so much we can do to calm these reactions. Fee: \$35



Sat 27 May  
1:30-5pm

Sat 15 July  
1:30-5pm



## Sound Healing - Meditation Relaxation with Elena Lymbery

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



Sat 13 May  
2-3:15pm

Sat 10/6, 24/6, 8/7, 22/7  
2-3:15pm

Wed 17/5, 14/6, 12/7  
6:30-7:45pm



## Sound Healing - Meditation for Children and Parents with 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. Fee: \$5 per person



Sat 13 May 3:45-4:30  
Sat 10 June 3:45-4:30  
Sat 8 July 3:45-4:30



## Getting to Sleep - Getting Back to Sleep with Lionel Fifield

It is said that more than half of the population in Australia have difficulty in getting a full nights sleep. Lionel went through many years of insomnia – this led him to explore all sorts of ideas other than sleeping tablets. Gain many invaluable ideas. Fee: \$25

Tue 9 May  
5:30-7:30pm  
Sat 8 July  
2-4pm



## Quieten Your Busy Mind with Alex Robey

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? Quieten your busy mind, feel more confident and take a break from all the internal noise. Fee: \$25 Repeater Fee: \$10

Sat 15 July  
10am-12:30pm

*Quieten your  
busy mind!*



## Fear, Anxiety and Worry - Finding Answers with Paul Spottiswood

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 ideas, insights and techniques. Come and enjoy this little session that can bring big benefits as it has done for many people previously. Fee: \$20

Sat 6 May  
2-4:30pm

*Less worry*



**40% discount  
Lionel's Book  
about Sleep -  
to all who  
attend the workshops  
9 May or 8 July!**



**"Life can be an  
endless opportunity  
to expand, discover  
and express ourselves -  
these are our unique  
gifts"**

- LIONEL FIFIELD



# Building Confidence and Determination - Overcoming Fears and Addictions



## Active Gratitude with Andrew Greentree

Practical techniques and processes to find opportunities in our difficulties and to more deeply embrace our experiences as learning opportunities.  
Fee: \$20



## Being Authentic with Alex Robey

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 acknowledgement? Do you confidently speak for yourself, or make concessions to be heard, or pretend about how you are really feeling? Here is a chance for you to delve into what it means for you to be authentic. This workshop offers you invaluable insights and strategies to assist you in regaining your zest for life and authentic self and a renewed sense of freedom. Fee: \$25



## Don't Leave a Mess for Others with Paul Spottiswood

This session highlights the many possibilities and options that are available to prepare for your departure from this world by using a "Pre-Departure" check list. Most of us have not thought through this subject carefully. You may be amazed at all the possibilities that Paul highlights in this session.  
Fee: \$25



## Girl Talk (for girls 12 - 20 years) with Skye Fitzpatrick

This is a menstrual cycle and body workshop for teen girls with the aim of empowering young women about the wisdom of their bodies and cycles. We're going to discuss our biology, the four seasons of our menstrual cycles as well as accompanying archetypes. Fee: \$10



## Our Lives - A New Chapter Every 7 Years - Read Your Life Like A Book with Eliane Mathiuet

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



## Realise Your Inner Potential with Rod and Megan Middleton

The world is speeding up, changing and on the verge of more and more major changes. You can either resist this or advance. We reveal the WHY and you will learn the HOW to realise the potential within these changes. Fee: \$25



## Six Strategies for Thriving with Donna Thistlethwaite

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



Sat 6 May  
10am-12:30pm

Sat 27 May  
2-4:30pm

*Regain your zest!*



Sat 24 June  
10am-12:30pm

Sat 20 May  
9:30-11:30am

*Empower your women!*



Sat 27 May  
10am-1pm

*Gain a new respect and understanding yourself.*

Sat 10 June  
10am-12:30pm

*The potential within*

Sat 20 May  
2-4pm

*Thrive and feel alive!*



# Building Confidence and Determination - Overcoming Fears and Addictions



## Speaking to Groups - Yes YOU Can Do It with Paul Spottiswood

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.

He's taught his technique very successfully to hundreds of groups, both at the Relaxation Centre and elsewhere.

The first evening is free so you can come and test it out – then it's over to you to decide if you want to come and really expand your abilities in the weeks ahead.

Fee: \$52 To be paid at the completion of the first session so as to confirm and book your attendance for the next three sessions.

Please Book for the first free session. A course consisting of 4 evenings.



## The Fear of Flying with Paul Spottiswood

For some years Paul presented the pilot's segment of "The Fear of Flying Course" conducted by one of Australia's major airlines.

Paul is a retired commercial pilot with 35 years' experience and is amazed how in these courses many fear barriers seem to melt away. People often attend and say where they have flown since attending Paul's course. Fee: \$25



## Today - The Starting Point for the Rest Of Your Life with Louise Sgarbossa

We've often heard that the longest journey or climbing the highest mountain starts with one small step. Let's explore this concept together and see what step you can take to move forward and what that first step might be.

Fee: \$15



## Unmasking – Being the Real You with Paula Wilson

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 be more comfortable in your own skin, Paula offers the ground work 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



## Vision Board Virginie Fortin

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 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



## You and Your Addictions - Who is the Boss? with Ian Ratcliffe

This motivating course highlights the need to accept that you can't change yesterday but really live now – It's about Connecting with yourself and the power within you – then feeling how you move on and flourish.

Ian brings many decades into personal experience through these sessions.

Fee: \$20



Tue 6 June  
6:30-8:30pm



*First evening free.  
A course  
consisting of  
4 evenings.*

Thu 18 May  
6:30-8:30pm



Thu 1 June  
6-8pm

*First step...*



Sat 1 July  
10:30am-12:45pm

*Gentle approach*



Sat 15 July  
2-4pm

*Goals and Dreams*

*Connect with  
yourself*

Thu 25 May  
12-1:30pm

Thu 29 June  
12am-1:30pm

Thu 27 July  
12am-1:30pm





# Creativity - Nurturing Yourself into New Possibilities



## Writing Your Story with Vicki Bennett

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 one's 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 may 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



Sat 20 May  
10am-2pm



## Modern Feng Shui - Creating Health and Happiness with Julia Ashfield

Feng Shui is one of the eight branches of Traditional Chinese Medicine.

Feng Shui looks at our home, our surrounds and the work place, as well as places where we spend time awake or asleep.

Getting the energy right at home, particularly in areas such as the entrances, the bedroom, home office and lounge room is important to living a fulfilled, happy, healthy and prosperous life. Fee: \$25

Wed 24 May  
1:30-4pm

Thu 22 June  
10am-12:30pm



## Journaling - A Key for Healthy Living with Vicki Bennett

Many people use journaling as a doorway to access their creative spirit.

Daily writing can help make sense of thoughts and emotions that otherwise may go untethered. It also helps the mind with linkages, making valuable connections between thoughts and ideas. Writing about thought and emotions somehow brings them into the light, into clarity. Journaling is a valuable tool for mental health. Participants will walk away with an understanding of when and how and what journaling can be for them.

They will learn about the many different types of journaling and start practising their own style of journaling. Fee: \$25

Sat 1 July  
10am-12:30pm



## Course in Miracles with Simon Jones

The 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 Please call Simon on 0431 266 407 to book for Sunday sessions only.



Every Tuesday 7-9pm

Also on 2nd & 4th  
Sundays 10:30 - 12:30

Worldwide course  
Welcome



## Kiss Brings Answers - Keep it SUPER Simple with Virgine Fortin

Are you looking to have more time in your life? Let's look together at the Wheel of Life made up of health, contribution, relationships, career, money, spirituality and what your values are.

Fee: \$25

Thu 22 June  
6:30-8:30pm

Wheel of Life



★★★★★  
I highly recommend the courses  
to family and friends.  
I've been coming to the  
Relaxation Centre for years.  
I always gain a lot of inspiration  
from the courses.

Thank you!  
Mrs B

"Perhaps the whole life  
is simply a large garden -  
enjoy the fruits"

LIONEL FIFIELD



# Creativity - Nurturing Yourself into New Possibilities



## Scrabble with Lionel Fifield

What wonderful games these can be for expanding our minds, developing our imaginations and using our creativity.

If you have a board please bring it. Fee: \$5



Tue 2 May  
2-4pm

*Use our creativity*



## Chinese Brush Painting - A Wild Orchid with Jean Turnbull

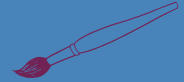
Chinese brush painting can be rather like a meditation. As we do it the flowing and soothing energy of breath and gentle movements facilitate spontaneous brush strokes. Jean has a remarkable ability to both demonstrate and teach this form of creative painting. People often say they are astonished by what they learn in Jean's classes in such a short time.

In this session you will learn how to paint a beautiful picture of a wild orchid.

Fee: \$45



Thu 4 May  
10am-3:30pm



## Oneironautic Lucid Dreaming with Robert Vicary

A third of our life is spent asleep so let's recall the work we do during our dreaming state. Dreams are used as a communication process from our subconscious mind to our conscious mind. They often show us solutions for our everyday events that are causing us emotional stress. Lucid dreaming connects us with our super conscious mind with an understanding of a bigger picture of our energy and Akashic records.

An Oneironautic is a conscious aware traveller in a lucid dream. Come and experience the greater travel opportunities beyond the limitations of being an astronaut. We will show you how to start recording and interpreting your dreams. Come and change your life's directions through lucid dreaming as an oneironaut. Bring your dreams and nightmares for discussion if you wish. Fee: \$25

Lucid  
Dream

Sat 10 June  
1:30-4:30pm



## Loving what Is - The Work of Byron Katie with Rosie Stave

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



Sat 17 June  
2:30 5pm

See also Rosie's  
Full Day Workshop  
"Free Yourself  
In Relationships"  
on page 14



## Depression - A Different and Human Approach with Dr Winfried Sedhoff

Many of you reading this will have experienced the deep effects on our bodies and minds that depression can have as well as on our feeling of wellbeing, our energy, our memory and of course our enthusiasm for life.

We are fortunate to have Dr Winfried Sedhoff in our program as he brings a deep understanding of depression and its effects. Much of his understanding comes from the fact that many years ago Dr Sedhoff himself experienced depression. Because of this he was able to gain a first-hand experience of depression and therefore empathy for others.

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

People really value these sessions with Winfried. Fee: \$45

Sat 22 July  
10am-1pm

*Enthusiasm for life*



## Releasing and Letting Go with Lionel Fifield

How often have you felt weighed down or held back? One of the greatest gifts we can give ourselves is exploring the secrets of releasing and letting go so we can feel lighter and freer and more able to move on to all the possibilities that could be waiting for us. Lionel has given talks to groups worldwide on this great topic for us to explore and discover the possibilities for ourselves.

Fee: By donation of your choice

Sat 10 June  
2 - 4pm





## 100 Keys To Love with Vicki Bennett

Each one of us longs for love and true happiness. This new course by Vicki Bennett, 100 Keys to Love is for those of us 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 to create positive, happy and healthy relationships. Each key offers tools and skills for the future giving direction and guidance on 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 is the course for you. Fee: \$25



Sat 22 July  
10am-12:30pm

**Positive steps  
forward!**



## Don't Leave a Mess - For Others with Paul Spottiswood

Most people have been told from childhood: "Don't leave a mess".

Yet so many people when they pass from this life, do just that!

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

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

Most of us unfortunately, just have not thought through this subject through carefully and properly. You may be amazed at all the possibilities that Paul highlights in this session. Fee: \$25

Sat 24 June  
10am-12:30pm

**"Pre-Departure"  
check list**



## Insights and Overview of Compassionate Communication with Cate Crobie

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 benefit to people in many countries.

Enjoy this evening and definitely read about the Compassionate Communication weekend on the 17 & 18 June. Fee: \$25

Sat 7 June  
6:30-9pm

**Profound Benefit**



## Compassionate Communication (NVC Workshop) - making connections with Cate Crombie

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

This is what this 2-day workshop is about – Cate offers practical process to ensure that everyone's needs are heard and understood; bringing resolution to personal conflicts with personal empowerment and learning how to be fully present when people express emotion, including anger, resentment or criticism.

It is essential that you attend both days. Fee: \$195 Booking essential with full fee.

2-day workshop:  
Sat 17 June : 9:30 – 5pm  
Sun 18 June : 9 – 4:30pm

**Outstanding  
workshop offering  
invaluable skills for  
everyone!**



## Love Intimacy and Communication with Dr Peter Howie

**Part One:** This workshop will look at difficulties that couples and individuals have when trying to communicate about what they hope for, wish for, want and need in the area of intimacy, touch, and arousal.

Participants will gain skills to improve their communication with partners and others.

**Part Two:** This workshop will look at the context that makes it easy or difficult for partners and couples to find the time and inclination to enjoy intimate times together. Explore consent, improve communication.

Fee: \$55 for each evening or \$100 for both

Part One:  
Wed 10 & 24 May  
6:30-8:45pm

Part Two:  
Wed 7 & 21 June:  
6:30-8:45pm







## Free Yourself in Relationships - The Work of Byron Katie with Rosie Stave

We all come to recognise that our relationships – whether they be with our partners, parents, children, friends or people at work – can bring out the most unexpected pain, guilt, fear, anger, misunderstandings, frustrations and much more. We are often at a loss in regard to what we can do to bring the harmony and connection and comfort between us that we yearn for.

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

Fee: \$85 Please book with a deposit of \$25 See also Rosie on page 12.



## The Enneagram – Understanding Yourself and Others as Never Before with David Burke

What a wonderful assistance and eye opener this system has been to countless thousands of people worldwide. Often people quite remarkably find they understand other people as never before. Also of course they understand patterns of their own behaviour and doing things they may have been self critical of previously. Fee: \$65 (AIES members \$25)

## Support Children and Parents



### Kids Can - Parents Can with Jack L'Estrange

When you use brain friendly procedures rarely used in schools, your kids can start to catch up and/or improve. You really can do it and your children will benefit. Parents. Did you know? Kids Can write, spell, read, and lots more.

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

Parents can, at home, coach their kids so that they themselves feel empowered and so will the kids. Writing, spelling, and reading will be covered in three sessions.

Demonstrations will be given for all techniques. Fee: \$35



### Sound Healing - Meditation for Children and Parents with 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. Fee: \$5 per person



Sun 18 June  
9:30am-5pm

*Outstanding  
workshop offering  
invaluable skills for  
everyone!*

Sat 29 July  
10am-3pm

*Extraordinarily  
Insightful Process!*

ABC

Thu 4 May  
10-11:30am

Thu 11 May  
10-11:30am

Thu 18 May  
10-11:30am

Sat 13 May  
Sat 10 June  
Sat 8 July  
3:45-4:30



## Would you like to be a Volunteer?

Meet new people and experience good vibes on a regular basis. The Relaxation Centre has been helping people for decades, not only by attending the wide range of workshops and courses, but also through the sense of community.

More information is available at one of the sessions.

### Volunteer Info Sessions

**Tuesday 9th May**  
**12.00-1.00pm**

**Thursday 25th May**  
**5.30-6.30pm**

**Saturday 17th June**  
**12.00-1.00pm**

**Tuesday 11 July**  
**2-3pm**



Sandra Ballinger  
Volunteer Co-ordinator

*Welcome*

If you have a  
really good  
friend,  
you are  
wealthy.



# Motivation – Empowerment – Health & Healing- Specific Health – Ageing



## Introduction to Reflexology with Sonia Bailey

Discover the reflexes in your hands and feet, and the amazing ability of the body to help heal itself through natural reflex signals. Take a look at how the feet and hands are a microcosm of the whole body and how you can improve overall health, harmony and wellbeing and see how Reflexology helps reduce stress in yourself and others. Bring a notebook and pen and any health questions you may have. Sonia is a past president of the Reflexology Association of Australia. Fee: \$55



## Intergalactic Self Healing with Robert Vicary

Our bodies are like galaxies with planets (our major organs) – stars (our trillions of cells) and numerous hidden secrets.

Robert shows you how to use myotherapy and reflexology, massage techniques to release tight skin (facia) around your muscles, neck, shoulders, back, hips, legs, organs and brain. This physical calming session is especially designed to assist people to connect their right brain with their heart, feelings of empathy and higher sensitivity. Notes will be provided. Fee: \$25



## Growing Self Compassion - Putting Ourselves On The Gratitude List with Andrew Greentree

Practical techniques and processes to understanding how we, through our survival-based thinking, may be creating suffering.

Learn how to be truly kind to ourselves, through giving to ourselves and reframing our experiences from surviving to thriving. Fee: Total \$30 for two sessions



## EFT Tapping with Desley Murphy

*Calm anxiety*

Set yourself free from nervous anxiety with EFT (Emotional Freedom Techniques) Tapping – a surprisingly simple relaxation technique.

Join Desley Murphy, experienced yoga and meditation teacher, who will teach you various ways to manage stress levels and calm anxiety.

Fee for 3 evenings: \$65



## Shine a Light on Your Life with Rod Smith

Use the Transformation Game as a tool to shed light on the way you play your life.

Streamline your life and get your energy moving as you allow the game to assist you in highlighting strengths, identifying blind spots and bringing fresh perspectives to current challenges. It's board game format originated at the Findhorn Foundation in Scotland and is conducted worldwide.

Maximum of 4 players. Fee: \$55

Sat 17 June

1:30-5pm

*Reduce Stress*



Sat 24 June

1:30-4:30pm

*Experience this  
physical calming to  
once again  
embrace our own  
Intergalactic Self-  
Healing*

Two Sessions:

Sat 27 May

10am-12:30pm

Sat 3 June

10am-12:30pm

*Thriving*

Thu 18 May

6-8:15pm

Thu 25 May

6-8:15pm

Thu 1 June

6-8:15pm

Sat 20 May

1-5pm

Sat 22 July

1- 5pm



## Thoughts

Heavy thoughts can be the biggest  
loads we can ever carry.

Really seeking answers can lighten this load remarkably.

How often do you put off jobs you don't want  
to do and then suffer all sorts of consequences.

Begin to observe the effects on your energy  
every time you see it still has to be done.

### Rufus Our Doggie Friend

However I am feeling I find that if I wag my tail  
I immediately feel better.

I don't know why you humans don't smile and laugh more  
however difficult life might get at times.

**Rufus**

My ambition is to become a Hope Hound.

## Do you ever write little poems?

Give it a try.

What about starting with a 2 – 8 line poem  
on **HOPE** and send it into us.

We will select 3 and they will win a book on sleep  
or a 20% discount in our bookshop.

"The big test of  
any goal or indeed  
any commitment  
is how important is it  
to you really?"

- LIONEL FIFIELD

# Motivation – Empowerment – Health & Healing- Specific Health – Ageing



## Being Lonely - Let's Talk About It with Lionel Fifield

Most people experience loneliness at times and for some people they can go through long, long periods of feeling lonely and it becomes part of their lives. This can even happen to people who are surrounded by a lot of other people and those around them would never imagine that they could be feeling lonely. We are fortunately moving into an era where we are increasingly encouraged to be open to discussing what's going on inside us instead of leading lives full of pretence, and suppression of what we feel. Fee: \$5



## What Happens After Death - A Buddhist Perspective with Alan Carter

Alan will explain the fascinating process of death and how we take on another incarnation according to the Buddhist teachings. Fee: \$15



## Co-dependency - The Mother of All Addictions with Roslyn Saunders

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-dependant and not AWARE OF how habitual or disempowering this could be. Roslyn 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



## A Guide to Healthy Ageing and Preventing Cognitive Decline with Dr Heather Way

We don't want just to live for a long time, we want to live well for a long time! There is a great deal that can be done to keep us fighting fit for as long as possible. Come along and hear Dr Way talk about how we can influence our genes positively, to reduce inflammation and cell damage and improve our brain power, gut function, and detoxification through nutrition. Attendees at Dr Way's last course with this title 2 years ago described it as fantastic and a real eye opener. Fee: \$25



## 50 Years of Helping Thousands to Heal with Dr John & Jeanie Ryan

We welcome Dr John and Jeanie Ryan for an evening of insights and hope. They are the authors of what is rapidly becoming a best-selling book - The Real Health Crisis.

Tonight, they will cover many of the major illnesses becoming prevalent in today's society and all- importantly offer some great insights. This is an ideal reference book for the whole family for the years ahead.

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. Whereas they use the same title each time they focus on different aspects of health and healing. The book packed with information will be available to those who come tonight at a discounted price of \$30.

These are really valuable sessions to attend. Fee: \$20



## Health and Wellbeing Support Group with 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!

**Everyone is welcome.** Fee: \$12

Take care  
of  
yourself



Tue 30 May 5:30-7pm

*Remember...  
The Truth will set you  
free*

Thu 18 May 6-7:30pm

Tue 23 May 6:30-8pm

*"Invaluable insights"*

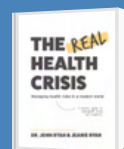


Sat 3 June 2-5pm

*Live well  
"A Real Eye Opener"*

Thu 8 June  
6:30-8:45pm

*Evening of insights  
and hope!*



Thu 11 May 11am-1pm  
Thu 25 May 11am-1pm  
Thu 8 June 11am-1pm  
Thu 22 June 11am-1pm  
Thu 6 July 11am-1pm  
Thu 20 July 11am-1pm





## Visiting Speakers



### Exploring The Astral Plane - What Happens When We Sleep and When We Die with - Diane Bellchambers

Do we really say goodbye? If you think there could be more to life this seminar is not to be missed. We'll explore a road map into the astral plane which will be very comforting and illuminating and shines a light on what matters Now. You'll discover insights that can lift you – let go of the fear of death – use the hours during sleep constructively – make your life more meaningful. This information will be a blend of philosophy, mindfulness and spirituality. Fee: \$15



### Getting More From The Life You've Got - Freeing ourselves from inner conflicts - we've all got them with Diane Bellchambers

Let's look at reinventing yourself by learning how to harness the powerful energy hidden in your inner conflicts. If you're felling blocked, can't move forward or find yourself acting destructively and don't know why you could be suffering from an inner conflict. Yes, we all have had these conflicts at times without necessarily being aware of them. They can exist just below our radar driving us in powerful ways that can sabotage us from achieving our goals. This seminar will give you the tools to move forward with intent and purpose.

Fee: \$15 Note:

Diane although travelling Adelaide always request the fees be kept to a minimum.



### Secrets of Passive Power with Diane Bellchambers

Have you ever said "yes" when you meant to say "no". Have you ever done something resentfully. Do you think that people take advantage of you. If you'd like to free yourself from the imposters of power this seminar is for you. You will gain insights on how we can often keep ourselves powerless, secrets hidden in passive power, and the deeper meaning of real power. Information today will be a blend of psychology, mindfulness and spirituality. Fee: \$15

## Singing and Chanting



### Mantras/Chanting and Meditation with Angela and Rob

Join Angela and Rob from SpiritSong for a blissful evening of mantras, chanting and meditation. When we sing mantras we invoke the stillness of the heart which is the presence that lives within us all. It is a simple and easy practice that helps quiet the mind and lead us to inner peace. No experience is necessary and everyone is welcome. Please arrive early so we can all start together. Fee: \$20



Fri 12 May  
6-8pm



Sat 13 May  
10:30am-12:30pm

Blend of  
Philosophy,  
mindfulness  
and spirituality



Sat 13 May  
2-4pm

Have you said "yes"  
when you meant "no"?

Powerful seminar

Wed 17 May 6-7:30pm  
Wed 28 June 6-7:30pm  
Wed 26 July 6-7:30pm



## Pre-Loved Books



Did you know that we have a selection of preloved books and magazines! It's always a joy to see visitors going through some of these books and every now and then saying – "Wow, I've looked for this everywhere, and here it is!"

Ask us where they are located when you visit next time!

## How do I book a Course?



Go to [relaxationcentreqld.org](http://relaxationcentreqld.org)



email: [admin@relaxationcentre.org](mailto:admin@relaxationcentre.org)



Call us on 07 3856 3733

## Do you have a question?

Any questions please be in touch!  
Our friendly volunteers are happy to assist you!  
We look forward to connecting with you.





## Weaving Your Own Mandalas with Anca Mitin

Mandalas are symbols that capture our minds in their unique way. Its patterns can affect our psyche in a positive manner, leading us to embrace oneness, peace, silence and self-power.

How would you like to weave your own mandala?

Anca has encouraged hundreds of people and watched with joy as their produced a huge variety of unique mandalas – so individual!

As you immerse yourself in this you will find it a meditative experience linking you with your inner wisdom and deepen your connection with your heart and practicing mindfulness with all the benefits that this can bring.

This session can put you in touch with so many of your spiritual qualities.

Creating mandalas is a nourishing and relaxing experience using different yarns such as wool, cotton, synthetic yarns, wooden and bamboo sticks.

The sticks will all be provided by Anca. Bring whatever yarns you can. Fee: \$20

Sat 8 July  
10am-12:30pm

**How would  
you like to  
weave your  
own mandala?**



## Beyond Pretend Positivity - Creating Healthy Happiness with Joan Wilson-Jones

The key to genuine happiness is authenticity. It's about "feeling it so we can heal", it's about connecting with our joys and our sorrows.

It's about being real and experiencing all the emotions connected with a life well lived. Discover how to self nurture and self care, how to set healthy boundaries and assertive expectations, and how to build the life you want to live and enjoy.

If you are ready to create a purposeful authentic healthy happy life then this workshop is for you.

Joan is in demand throughout Australia for her inspiring presentations. Fee: \$35

Thu 15 June  
6-9pm

**Yes! It's all  
possible!**



## 2023 Doorway to Pluto's Aquarian Transformaton with Nicky Bassett

During this presentation Nicky will discuss Pluto's titanic shift from the sign of Capricorn into Aquarius in 2023.

This shift was last experienced 248 years ago during the French and other revolutions. Highlights will include descriptions and images of Pluto and Aquarius's imagery, symbols, mythology and functions; and the potential impact of this energetic combination on us personally and collectively. She will also share seven keys we adopt to assist us on our spiritual path during this critical time in history. Fee: \$20

Thu 25 May  
7-8:30pm

**Pluto's titanic  
shift**



## The Case for Reincarnation with Alan Carter

This evening Alan will explore the various scientific, logical and experiential bases that support the case for reincarnation. Fee: \$15

Thu 11 May  
6.00-7.30pm



## Understanding Negative Emotions with Alan Carter

Alan will explain the causal process of how negative emotions arise and how they function so that we can gain some insight into how to overcome them. Fee: \$15

Thu 25 May  
6-7:30pm

**"When we willingly  
assist others,  
it always makes us  
feel good. "**

- LIONEL FIFIELD

**"Teachers  
who love what they  
teach are the  
greatest teachers.  
The secret is living by  
example and sharing  
true enthusiasm."**

- LIONEL FIFIELD



## UFO's The Evidence with Paul Spottiswood

In June 2021 the United States government admitted what many have long suspected, that UFOs really do exist.

The United States government has convened a 16 member panel that is currently investigating this astounding phenomena, and is due to report back this year. Tonight we will examine the amazing world wide evidence of UFOs by multiple witnesses. Some sightings have even been caught on video and airport radar screens. Fee: \$8

Fri 2 June  
6:30-8:30pm



## Meditation and Sunday Vegetarian Roast & Desert with Alan Carter and Mo Mordabas

A chance to gather in a group in meditation led by Alan Carter followed by a lovely meal cooked by Mo (Mohammad) Mordabas.

You can if you wish come to both. Alan has been teaching meditation for about 20 years. He'll be teaching some simple meditations that help still the mind and enhance inner wellbeing. He'll also lead a simple chanting meditation which is a beautiful thing to do as a group.

Mo has cooked for many community events and ran his own restaurant in the West End of Brisbane. Fee: Meditation by donation Lunch \$15 Please book so we know the numbers coming.

Sun 11 June  
10:30 am  
Lunch Starts Midday



## Your Life is in Your Hands with Patricia Barton

Let Patti Barton show you how to read your hands. Patti has been a "Palmist" for 40 years and a "Hand Analyst". In this fun one day workshop you will learn the basics of both these skills. Palmistry is a reflection of your personality as it changes through time. Hand analysis is the study of your fingerprints. Patti will help you identify your Life Purpose (and some of its challenges) through deciphering and understanding through what she calls your soul's Barcode. This work is not about psychic predictions; it's about a deeper understanding of who you are and why you are here. You will be supplied with inking sheets for your handprints which you can also take home. Fee: \$55

Sun 18 June  
9:30am-3:30pm

If searching for  
personal meaning

Patricia Barton  
Author:  
A Handbook on  
Hand Reading

## Movement - Yoga - Qi Qong - Feldenkrais



### Yoga for Beginners with Sally Waters

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

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



Every Tuesday  
11:15am-12:15pm



### Freeing Yourself with Feldenkrais with Rita Ryan

Here is a method you need to experience yourself. This wonderful process has brought about quite miraculous changes for numerous people. Rita Ryan is a teacher with many years of experience working with individuals and groups.

Fee per session: \$14 or \$48 for 4 sessions.



Every Thursday  
10-11am



### Dance Movement and Art Class with Lidia Fera

Dance heals, movement aids the brain and reduces cognitive decline. It builds resilience, community and increases self-esteem. Expression of the body through dance is healing. The class ends with an art process in various mediums as an extension of self-expression.

No art experience is required and materials are supplied. Fee: \$20



Every Friday  
6-7:30pm



### Qi Gong for A Healthy Body and Peaceful Mind with Terri Kozak

Qi Gong movements enrich your brain and nervous system while enhancing your health holistically. Just ten minutes a day can make a profound difference to mind and energy levels. Participants love Terri's approach. The course is a duration of 4 weeks.

The next course commences on the 24th May. The following start dates will be the 21st of June and then the 19th of July. \$14 per session \$48 per course.



4 weekly course  
starting  
Wed 24 May  
10-11:15am  
and the next  
courses will start  
21 June and 19 July

# RELAXATION

## Centre of Queensland



### How can I book a course/workshop?



Visit our website: [relaxationcentreqld.org](http://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.



#### PLEASE NOTE

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



### Open Times

**Tuesday - Friday 9am-7:30pm**  
**Saturday 9am-5pm**  
**Sunday when courses are on**



**07 3856 3733**



**[admin@relaxationcentreqld.org](mailto:admin@relaxationcentreqld.org)**



**[facebook.com/RelaxationCentreQld](https://facebook.com/RelaxationCentreQld)**



### Visit us



**Sign up to our e-newsletter on our website**



**15 South Pine Road, Alderley QLD 4051**

If you are coming to visit us for the first time,  
it's good to know that South Pine Road is a long  
road. Please remember we are between Alderley  
Avenue and Wakefield Street, Alderley.  
Look out for the big sign outside the building.



*Welcome*



**15 South Pine Road, Alderley QLD 4051**



**07 3856 3733**



**[admin@relaxationcentreqld.org](mailto:admin@relaxationcentreqld.org)**