



What's HOT What's NEW



1 HANDS FREE BABY

■ Freedom to get on with your life while nurturing your babe? The ERGO Baby Carrier! It's Versatile and completely HANDS-FREE, - offering 3 carrying positions - front, back and hip. Great value sling - preemies to preschoolers with chiropractic endorsement for comfortable, natural weight distribution with no compression on developing spines. Wide shoulder straps and waist belt distribute your child's weight evenly, alleviating physical strain for parents. Be amazed at how light even your older child will feel. Keep your hands free with ERGO! Go where prams can't and reclaim your life with ERGO! Free Express Delivery anywhere in Australia

Tel 1300 725 276.

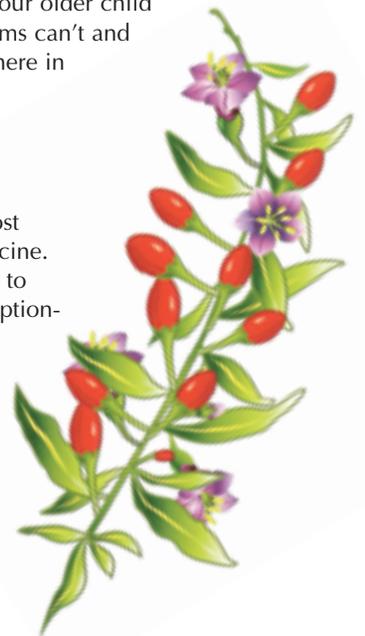
Visit: www.babesinarms.com.au

2 TOP HEALTH TONIC

■ Goji or Lycium barbarum is one of the most popular tonics used in Chinese Traditional Medicine. The dried berry is commonly used in tea, added to soups or just as a snack. Scientific testing reveals the exceptionally high antioxidant properties of this red berry. Tree of Health now offers the finest quality Goji Juice and dried Goji Berries here in Australia. Independently tested for its authenticity and potency this Goji tonic provides high levels of polysaccharides and powerful antioxidants to keep your body in top health.

Tel: 1800 996 664

Visit: www.treeofhealth.com.au



3 BODY-MIND YOGA FOR BUSY PEOPLE

■ Dru Yoga is one of the newest yoga styles to enter Australia and those with a busy modern lifestyle will love this dynamic new Dru Yoga DVD. The DVD has a fresh and contemporary feel and is perfect for the busy person who wants yoga in bite-sized chunks for a quick boost in a hectic day. Its impressive two and a half hours of content include sessions for mornings, afternoon vitality, before bed, partner yoga and Dru Yoga for children. Mudras, affirmations and meditations complete the full yogic experience. Dru Yoga is body-mind yoga at its best enabling you to rebalance emotions, antidote stress and develop a calm clear mind. Suitable for beginners and the advanced, discover the many insights and powerful keys for unlocking yoga's deeper aspects in this superbly produced DVD.

Tel: 02 61611462

Visit: www.druyoga.com.au



4 MUSIC THAT HEALS THE SOUL

■ The 'Diamond Light Meditation' CDs, for men and women, are part of Lia Scallon's 'Sounds of Sirius' series of channelled, healing music which Lia describes as soul healing. The listener is taken on a transformational journey, designed to bring healing at cellular level. The music balances the male/female polarities and activates a beautiful new Diamond energy within the being. This particular meditation, with its combination of guided meditation and channelling, will soothe your body, mind and soul, on all levels. Lia's spoken voice brings a sense of deep peace and connection to Source. Her singing has been described as the voice of the Eternal Mother—gentle, caressing, nurturing and protective.

Tel: 0419 486073

Email: lia@soundsofsirius.com

Visit: www.soundsofsirius.com

