

GRAPEVINE



YOGA TEACHER TRAINING: GOLD COAST, BRISBANE, SUNSHINE COAST, CORRESPONDENCE.

My Health Yoga have been established over 10 years and offer a YTAA & MHA accredited yoga teacher training course for those wanting to change career, compliment their existing career or for self-development. This is a 9 month part-time course with a strong asana (posture) base and a focus on raising consciousness and developing spirituality. My Health assists those wishing to teach to find work. Payment plan available. All graduates eligible for accreditation and insurance. Level 2 teacher training available. Please ring/email for info pack. More information at www.myhealthyoga.com info@myhealthyoga.com, 07 5576 0655.



EXPANDING YOUR PERSONAL POTENTIAL

Are you looking for profound change in your life? Would you like to be guided through this change so you can feel safe and secure? This course is for people who are committed to Deep Personal Growth and Development. The focus of this 22 day course is to use a range of innovative techniques which will bring about lasting effects and lead to: Self empowerment; A happier and more fulfilled life; Improved self image and increased self confidence; More rewarding relationships. Course runs June to November 2009. Call Pat Quinn 07 4633 1383. www.portiunculacentre.com



BEST SELLING SKIN PRODUCT 2008

Do natural skin products really preserve your skin? Often not. Honey is the time tested skin enhancer, like liquid skin. Modern science shows honey to be a powerful cell regenerator. Manuka Honey Balm is building a reputation for being the affordable luxury skin product on the market. At just \$19.95 for 50ml – with supreme ingredients including Active Manuka Honey 15+ – Manuka Honey Balm is “honey you can wear”. Formulated to give you your best face! Great for wrinkles, acne, and eczema. Visit the Manuka Honey Balm website for special offers, stockists and information. Available at www.manukahoneybalm.com and all good health food stores. Phone 07 5534 2293.



EXQUISITE SACRED SONGS CHANNELLED BY LIA SCALLON TO HEAL YOUR HEART AND SOOTHE YOUR SOUL.

"A blissful experience, an exquisite journey of sound... this music uplifts and thrills me", declares Living Now Magazine. "Like health food for the soul", says Nova Magazine. Lia Scallon's stunning vocals on these 6 beautiful music meditation CDs, will induce profound relaxation and deep sleep. Unlock your innate ability to self-heal, and activate your ancient soul gifts, simply by listening to the mystical, divine melodies and Light Language channelled by Lia. Conscious Living Magazine called Lia "One of Earth's Angels". Contact Lia: 0419 486 073, www.soundsofsirius.com

INTRODUCING A NEW RANGE OF HERBAL TEAS, SALUBRE.

Often we comment on feeling stress, tired and unwell while our sleep gets impaired. Salubre teas focus on such complaints and aims to assist in our health and improve our quality of life. By combining the knowledge of traditional Chinese medical philosophies and common everyday ailments, Salubre teas are formulated to restore lost energy stores, enhance digestion and improve vitality. Visit us at www.salubre.com.au and find the tea that suits your personal – tea while taking advantage of our 10% introductory offer. Just apply the discount code livnow when checking out of your shopping cart.



JAMCHEN BUDDHIST CENTRE, BLAWYN, WELCOMES OUR NEW RESIDENT TEACHER.

The Fifth Zimwock Rinpoche was one of the great Tibetan masters of the last century. But with the tragedy of the Tibetan diaspora in the late nineteen fifties he died in India with no clear plan for how his culture and religion would survive into the twenty first century. Now more that forty years later it seems Australia is becoming part of the answer for the survival of Tibetan Buddhism. In sleepy Balwyn, the Sixth Zimwock Rinpoche, the recognised reincarnation of this past famous Tibetan meditation master, has recently arrived in Melbourne as the first resident Buddhist teacher of Jamchen Buddhist Centre. He and his wife and three young daughters are starting their new life here with great enthusiasm. His Eminence will be giving regular Wednesday night weekly teachings at the centre commencing on Tibetan New Year 25 February 7- 8.30m. PH 03 985 7361



REGISTERED PSYCHOLOGIST AND KINESIOLOGIST

Parenting can be challenging, and even more so when we watch our children struggle with learning and behavioural difficulties. Continual bad behaviour, inability to listen, poor concentration and coordination are just some of the signs that your child may need additional help with their development. Kinesiology can assist to identify the cause of your child's difficulty, whether it be an aspect of brain function, birth trauma or emotional stress. Kinesiology then support the release of the stress and assist your child to restore balance. For enquires call 0414 866 330 www.serenityholistichealing.com.au

