

FEBRUARY 2012

Chrysalis Relaxation Centre

www.chrysalis.net.au

129 Mulgrave Road, Cairns. 4870

email: cocoon11@bigpond.com

Telephone 07 40516755

MONDAYS

9-10am **STRETCH and RELAX** with Helen Rivett Dip. I.Y.T.A. - Enquiries to 40535910 - Cost \$5.

10.30-11.30am 2nd Monday each month. Crystal Chakra **MEDITATION** using Clear Quartz Crystal Singing Bowls. Cost \$10. Ph: Renee on 40557172

5.45-7.15pm **YOGA** with Betty Nielsen I.Y.T.A. \$12. Enquiries to 40581262.

TUESDAYS

9-10.30am **YOGA** with Betty Nielsen I.Y.T.A. \$12. Enquiries to 40581262.

5.45-7pm **YOGA** with Patti Murrell S.A.Y.I. \$10. Enquiries to 40541040.

WEDNESDAYS

6.15-8.15pm **DANCING, OSHO MEDITATION and TANTRA** with Maya. Single \$20, couples \$15ea. First lesson \$10. Ph: 0447 329407.

THURSDAYS

11am **MEDITATION** with Christine. Beginners welcome. \$5. Ph. 40 516755.

4.15-5.30pm **YOGA for Beginners** with Helen Rivett Dip. I.Y.T.A. Enquiries to 40535910 - Cost \$10.

5.45-7.15pm **YOGA** with Helen Rivett Dip I.Y.T.A. Enq. to 40535910. \$10.

SUNDAYS

LIVE MEDITATION MUSIC with Soul Harmonics Orchestra
7-8.30pm 3rd Sunday of each month. Book with Renee 40557172. Cost \$20.

SERVICES available by APPOINTMENT

NATURAL HEALING, SPIRITUAL COUNSELLING, EMOTIONAL THERAPY and READINGS with Christine Scott. Ph: 40 575471.

REIKI with Reiki Master Annabel Muis. Ph: 40 938937. Also in Kuranda.

SPIRITUAL / ENERGY Healings with Michelle Petch. Call 40 810705.

REFLEXOLOGY HEAVEN - Wellbeing through your feet. Call Walter Hartmann - Ph 4044 9854. HEALTH REBATES AVAILABLE. Cert. MIG EPO, Zurich-Switzerland. Prof. Member Reflexology Aust.

KINESIOLOGY, VOICE DIALOGUE, CLINICAL HYPNOTHERAPY, STRESS MANAGEMENT, MASSAGE and PAST LIFE THERAPY with PETE HARDING Personal Therapist. Dip/MST, Dip CH, MIASK, MATMS, AKA. Phone: 0407456515.

SOUND HEALING with Reiki and Seichim Master **Renee Cashman** using crystal and Tibetan singing bowls, drumming, toning, and Mayan energy chimes combined with Reiki. Call 40557172 for more information or appointment.

PERSONAL COUNSELLING - NARRATIVE THERAPY with John Bal B.SC. (Hon); R.N.; Grad. Dip. (Pall. Care); Grad. Dip (Counselling). Individual, couples, and family counselling. Ph: 0409 426 585.

NUTRITIONAL BALANCING with Dr Todd Lizon B.H.P.E., D.C., of Lifestyle Integration, using hair analysis to reflect holistic imbalances within all aspects of the body. Call 0447 126 800 for more info or an appointment.

HEALING TOUCH Practitioner specialising in Mind Body Works, pressure point massage, breath work. Call Gary Cali for appt. on 0418 632 281.

NATURAL THERAPIST Lorraine Piercy - Phone 0423 924 484 or 4061 3949.