

**2018**

# Chrysalis Relaxation Centre



129 Mulgrave Road, Cairns

[www.chrysalis.net.au](http://www.chrysalis.net.au)

Telephone: (07) 40575584

email: [cocoon11@bigpond.com](mailto:cocoon11@bigpond.com)

Mobile: 0400 472273

## MONDAYS

**10.30-11.30am 2<sup>nd</sup> Monday each month.** Crystal Chakra MEDITATION  
Using clear quartz crystal singing bowls. Ph: Renee on 40557172. Cost \$10

**5.45-7pm SUNSET FLOW YOGA** with Rebecca Pinder. Cost \$15  
Ph: 0414 225 333

## TUESDAYS

**9-10.30am YOGA** with Marilyn Pratt I.Y.T.A. Enquiries to 40 542485  
or 0423 045 145. Cost \$14

**5.45-7pm YOGA** with Helen Rivett Dip. I.Y.T.A. Ph: 40 535910 or  
0438 535910. Cost \$12

## WEDNESDAYS

**5.45-7pm FLEX YOGA** with Karlina Saint. Cost \$10. Ph: 0487 689 685

## THURSDAYS

**10.30-11.30am MEDITATION** with Christine. Beginners welcome. \$5  
Ph: 40 575584 or 0400 47 22 73.

**1 - 2.30pm YOGA** with Marilyn Pratt I.Y.T.A. Enquiries to 40 542485  
or 0423 045 145. Cost \$14

**5.45-7pm Gentle YOGA class** with Vivien Brooker. Cost \$15. Enquiries  
to 0428 773 980.

## SERVICES available by APPOINTMENT

**AYURVEDA MASSAGE and TREATMENTS** with Vivien Brooker Adv Dip. Ayurveda on Thursdays and Fridays. Ph: 0428 773 980 for appointment. [www.vivsayurvedayoga.com.au](http://www.vivsayurvedayoga.com.au)

**EMOTIONAL RELEASE THERAPY** with Helen P. Boyd - using muscle testing. \$30. For appointment ph: Mobile 0408 737 444.

**BODY ALIGNMENT MASSAGE** with Nerve/Joint massage specialist Darrin McKenna B.Sc. Ph: 0467 467 222 or visit: [www.vmex.xyz](http://www.vmex.xyz)

**KUNDALINI TANTRA EMOTIONAL BODYWORK** sessions with Ella Shannon on weekends by appointment. Ph: 0422 406 260. Enquiries to Facebook: Kundalini Tantra Cairns

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

**NUMEROLOGY Readings** with Helen P. Boyd. Unlock the key to your life path. \$30. For appointment phone Mobile 0408 737 444.

**KINESIOLOGY, MASSAGE, VOICE DIALOGUE, CLINICAL HYPNOTHERAPY, STRESS MANAGEMENT, PAST LIFE THERAPY** with Personal Therapist PETE HARDING. Dip/MST, Dip CH, MIASK, MATMS, AKA Ph: 0407 456 515.

**HYPNOTHERAPY & NATURAL HEALTH** with Lorraine Piercy - Ph: 0423 924 484 or 4061 3949. [www.naturaltherapycairns.com](http://www.naturaltherapycairns.com).

**NATURAL HEALING, EMOTIONAL THERAPY, SPIRITUAL GUIDANCE** with Christine Scott. PH: 0400 47 22 73.

**BOOK EDITING** by Christine Scott, Dip of Publishing, Australian College QED. Phone (07) 40 575584 or 0400 47 22 73.