



Life Essence

Natural Therapies & Counselling Centre

OCT
2015

NEWSLETTER

Hello to our Wonderful Life Essence Community

...AND WELCOME TO SPRING 2015!!!!

What a wonderful season to embrace Change and Newness into our Life and to set some goals for what it is we wish to improve in our and our family's life, to make it the Life we wish it to be, the Life we deserve! The season of **Spring is all about New Beginnings, New Energy, New Growth, New Choices and Empowerment**; it is one of the most powerful times in the year to set the base line for where you want the rest of the year to go. On a personal note, my BIG GOAL this Spring and beyond is to regain the body and weight I had and was prior to the birth of my 1st of my 4 babies, 6 years ago!!! Amazing how we can change our habits and lifestyle when we have big Life Changes, such as Change of Job, Moving to a new location/country, having a Baby, leaving a relationship or starting a new one and many more. And even although we normally know what we need to do keep ourselves healthy, we still make choices that are not so healthy and non-supportive to our health & wellbeing. And these steps 'offtrack' are human and important to forgive ourselves for and it can take longer for some to make a positive change than for others, and that is ok. The most important point is to make a decision for a NEW BEGINNING — And SPRING is the perfect time for this. Even though we know what to do, to make that change, a little help and support can often speed up and accelerate our success of reaching our Goals.

If you can relate to any of the above, why not join me in 'The Spring New Me Challenge' and allow us here at Life Essence to help you!! {I know I, myself, will be speaking to those therapists in our team who are in charge of Weight Loss and will apply my own therapeutic techniques of reprogramming my healthy habits again.}

If you would like us to support you in your Goals & New Beginnings but are unsure where to start, we offer 15minute free chats with all of our therapists. Alternatively we can set up a Free Life Essence Orientation Session to give you the opportunity to speak with one of our team members to create a Tailored Wellbeing & Treatment Plan just for you, we have many options for different budgets. For your NEW BEGINNING book your appointment by calling reception on 07 3807 7687!!

Sonja Meier, Director & Holistic Counsellor



FREE CONSULTS FOR YOU - 15 minute Free Consult with Every one of our Therapists and /or Free 20 minute Intro Orientation Session with one of our Team Members to help you choose the best Treatment Plan for you, book today!

DETOX PROGRAM

OUR AMAZING DETOX & HEALTH BOOSTING PROGRAM

will be announced within the next week!!! Stay Tuned and Follow us on Facebook for updates!!!



SPRING SPECIALS

- Far Infra Red Sauna Session \$20, not \$30
- 10 x Sauna Pass \$180
- Float Session \$45 not \$70
- 3 x Float Sessions \$110
- 20% off all Health Products (in store & online)



Men's Health

Halimah Khan

One of the big themes this year is men's health, especially in light of statistics that show that men visit their GPs much less often than women.

I would like to invite men to a holistic approach to health. We offer a non intimidating, non judgmental environment, while at the same time giving you information about your general health including blood pressure, metabolic age, blood sugar and more. There has been an increased awareness in recent times of mind body -connection where health is concerned and many look toward a holistic approach that recognizes this connection as part of a healthcare strategy.

The system takes into account body type, character, lifestyle and genetic factors and each individual requires an individual strategy. By aiming to understand underlying issues for a specific symptom picture, many people have described a sense of vitality, reduced symptoms and an increased ability to cope with the issues of life. The aim is to promote healing responses to an imbalance or disease by using specific substances that mimic the disease. Men have sought advice for health issues such as unresolved emotional issues, anxiety, acid reflux, hives, work related trauma including burns, old injuries, gout, liver disease, circulatory problems and others.

Some current celebrity endorsements include Catherine Zeta-Jones, Whoopi Goldberg, Pamela Anderson, Jane Fonda, Cher, Rosie O'Donnell, Martin

Sheen, the Chili Peppers, Jane Seymour, Lesley Anne Warren, Angelica Houston, Boris Becker, Martina Navratilova, Priscilla and Lisa Marie Presley, Cliff Robertson, Olivia Newton-John, Juliana Margulies, Pat Riley (coach of the Miami Heat), and former Prime Minister of England Tony Blair.

"Homoeopathy is used by 550 million people worldwide at all stages of life"

Our Physiotherapist, Shweta Bhatia is now Medicare claimable and available after hours and on Saturdays and Sundays. She has great experience in many different physio techniques and has wonderful success with pain management, chronic conditions and injury management, posture correction. Shweta works thoroughly with every person's individual needs and creates a program tailored specifically to each person.

She has great success with her clients that she now receives referrals from several local doctors.

FREE MEDITATION GROUP

**Meets every
Tuesday Evening
7.30pm to 8.30pm**

*Come and Experience a Truly
Relaxing and Elevating Evening*

All Levels Beginners to
Experienced Welcome



Peter Heaven

Clinical Hypnotherapist, Master Practitioner Neuro Linguistics (NLP)

Peter Heaven has been working in the Natural Health Industry for almost 2 decades.

As a fully accredited NLP Master Practitioner, Clinical Hypnotherapist and Meditation Teacher Peter is able to offer his clients numerous possibilities for positive change.

Peter's approach to health and wellbeing has always been holistic, working with his clients to achieve their desired, positive change. So if you want to Quit Smoking, Reach Your Ideal Weight, Deal with Alcohol Abuse or other drug issues. Or perhaps rid yourself of a Phobia, a Limiting Belief or Obsessive Compulsive Routine Based Behavior, well then just give Life Essence a call to have a friendly chat with Peter about how Positive Change Hypnotherapy and Neuro Linguistics can work for you.



One of our Yoga teachers Zabou has been practising yoga as both a participant and an instructor for 20 years in Australia and overseas.

She runs a number of yoga classes each week, from Power yoga to Gentle Yoga , Prenatal Yoga and Kids Yoga.

Prenatal yoga classes are more popular than ever. If you're pregnant and looking for ways to relax or stay fit, you may be considering prenatal yoga. This age-old practice keeps you limber, tones your muscles, and improves your balance and circulation, with little, if any, impact on your joints.

Did you know that prenatal yoga may also helps you learn to breathe deeply and relax, which will come in handy as you face the physical demands of labour, birth, and motherhood.



Prenatal yoga aren't limited to your physical well-being, it can also help you meet and bond with other pregnant women and prepare for the stress of being a new parent. Being in a positive, supportive environment with others like you can give you a regular emotional boost and keep you motivated to continue exercising.

Introducing Ann Hargreaves

Life Essence now offers the Ancient Science of Palmistry. It can provide you details with regard to your inner being or personality that may affect your performance in work, school and dealing with relationships. Book a reading with Ann today on 3807 7687.



Astarea Rae - Life Coach, Counsellor, Personal Trainer



Astarea completed her Diploma in Holistic Life Coaching, switched careers and became a Life Coach and Mentor working throughout New Zealand, the United States and Australia. Astarea has 14 years' experience in counselling, crisis/trauma and social work and blends these modalities with her Life Coaching to offer a very dynamic and holistic approach. She believes that Life Coaching is more than just a therapeutic process; it's also an opportunity to teach her clients the principles of Life Coaching and the many strategies and techniques which can assist them in daily life. As a Coach, Astarea accompanies her clients on their journey of self-discovery, self-awareness, change and transformation.

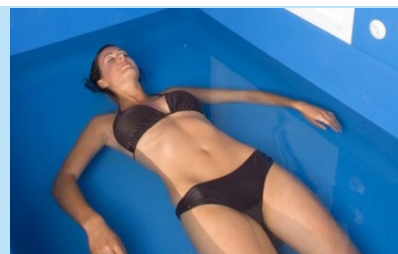
Alongside Astarea's Life Coaching she is a qualified Personal Trainer and blends together her Life Coaching and Training to provide people with a holistic approach to Health and Wellness.



INDIAN COOKING CLASSES: Join Shweta for her amazing Authentic Indian Cooking Classes and learn how to cook in real Indian Style. Be swept away by a tantalising Indian Feast at the end of your class in a wonderful Indian atmosphere and dining experience. Book now, spaces are limited, next date is 7th November 10.30am - 1.30pm.

Float Special

Mention our Newsletter in the Month of October and receive 50% off your next float



Greet and Beat your Stress Successfully With Dr. Anand Bhatt

Stress & distress appear to be part & parcel of human experience & at times almost all of us are subject to intense periods of stress or distress. Occasionally, stress is positively sought out, but more frequently it is seen as highly undesirable.

Modern man in spite of his current level of progress & advancement, is yet to conquer stress. The threat provoking situations have probably changed but man's response in the face of threats has not.

Many peoples are unclear what they should do about stress & think it is just something they simply have to put up with.

Stress has commanded much attention because it is commonly seen as a prime cause of distress.

Stress is something which can not be avoided.

It creeps in stealthily & has the potential to make you or destruct you.

Stress can head to significant, but avoidable costs for the individual, employees & the wider society in which they live. It has been suggested that more than 40% of absenteeism at work can be attributed to stress & the costs of stress to society are huge when reduced productivity health care costs and other indirect consequences.

Basic principles for coping the stress in a positive way.

Proper Exercise. Proper Relationship
Proper Breathing, Proper Nutrition

Supporting Natural Therapies

Relaxation Massage:

Benefits: regulates Blood Pressure,
Improves peripheral circulation, skin
tone, digestive mobility. Reduces

muscle tensions, headaches etc.

Chakra Cleansing: Chakras are like the power stations of our body, bringing it to life, and keeping it healthy. Each chakra is associated with different parts of us and they need to spin totally in balance for us to feel good and de-stressed.

Reiki: Universal Life force energy aims to improve health and enhance the quality of life. It treats the whole person including body, emotions, mind and spirit.

Reflexology: It helps the body to release toxins from the organs in order to attain balance in grounding. Reflexology has been known since ancient times to reduce stress and anxiety by improving the sense of well being.



*Red Tent
Australia*
Connect • Create • Community

Life Essence is hosting Beenleigh's very first Red Tent Circle

We invite you to come along with an open mind and a willing spirit ready for a new community of aware and awake women

Thursday 5th November from 1.30pm - 3pm

Phelly Gee - Massage Therapist

Phelly is an accredited member of the Australian Association of Massage Therapists and a licensed Remedial Massage Therapist. Her modalities include general relaxation and Remedial Massage as well as Trigger Point Therapy, Pregnancy and Sports Massage (before, during and after event). She is incredibly passionate about helping her clients not only through a healing massage, with unique style that focuses on repairing damaged muscles, releasing knots and joint mobilisation to promote healing. She is also an avid believer in client education about what they may be doing to create or sustain problems and homework to help avoid recurrence.

Julie Walcott - Nutritionist

Julie will provide an individual assessment and provide dietary recommendations suited to your personal needs. She can provide weight loss or weight gain programs tailored to your needs with ongoing testing and monitoring of your progress to keep you on track.

Antioxidant testing is available to assess your current levels, and to monitor your progress. Other tests include iridology, blood pressure, body fat and muscle ratios on our bio impedance scale. Food intolerance testing is also available.

Childrens Music Sessions with Gail Godfrey

Gail Godfrey T.Mus.A, B.HuServ, B.Th, M.Ed, is an early childhood music lecturer, piano teacher and counsellor. Gail is a Past President of the Kodály Music Education Institute of Australia (KMEIA) and National Coordinator for do-re-mi early childhood music teachers and has taught at Griffith University Young Conservatorium, University of Queensland, and in childcare/ preschool centres. Her experience in teacher-training for staff in Childcare Centres has increased her passion in the holistic development of children with whom she continues to share music. Gail's multi-disciplinary approach in music, theology, education and in human services as a counsellor, combine to broaden and enrich her service to other people, particularly in her work with children and adolescents.



Annie O'Moon-Browning

Annie specialises in Natural Fertility, Preconception Health Care, Men's & Women's Hormones & Detox programs for optimal health. She offers you a 34 year clinical experience in her consultations as a Naturopath, Homeopath & Health Counsellor.

Annie teaches Pranala Yoga, a fusion of Hatha & Vinyasa Yoga from Bali. Annie has worked & lectured in Natural Medicine throughout QLD, NSW, NZ, Nepal & Bali.

Check out Annie's attached flyers for her Juicing Detox Program, Restorative Yoga Class and Natural Fertility Program.

