



UPCOMING EVENTS - Celebrating 10 Years



Celebrating 10 Years



Winter Solstice Chanting Satsang with Jarek

Saturday June 19th 7.30pm
Fees \$25/ \$23 concession
Bookings essential

Join us for an uplifting evening to celebrate the Winter Solstice. During satsang Jarek touches on the timeless themes of inner peace and the present moment, and how they relate to everyday life. No matter what your point of view Jarek invites you to examine one simple question: "From where is this thought arising?" Jarek has appeared at various yoga and wellbeing centres including Integral Yoga, AMMA Ashram, Art of Living, Yoga in Daily Life, Earthsong Symposium, Australian Meditation Conference, Insights & Solutions Conference, and Government House Melbourne. Children are welcome to attend this event, please notify upon booking.



Winter YOGA Warmer Workshop

With Sonia Shima,
Saturday July 10th 9-12 noon \$54

The focus will be on enhancing and circulating our vital energy (prana): keeping us warm, enlivened and free flowing, through Pranayama (breathwork). We will explore practices that nurture our inner fire, as well as the use of Bandhas (energy locks) to enhance the benefits. Helping to keep us warm from within and energized during the colder months. This workshop will help to inspire you in either establishing or expanding your meditation and pranayama practice. A lovely extended three hour session to immerse yourself deeply, and reconnect with the light of your essential nature. This workshop is suitable for practitioners of all levels of yoga. There will be a short break including light refreshments as well as discussion along the way.
Booking by 15th June is essential as space is limited.

YOGA Holiday Program "ON GOING VITALITY"

Tuesdays 29th June & 6th July 2010

- 6pm Beginners 1 & 2
- 7.15pm Intermediate
- 8.30pm Prenatal

Wednesday 30th June & 7th July

- 6:15pm B1
- 7:30pm B2

Saturdays 3rd & 10th July 2010

- 8.50am Intermediate
- 10 am Prenatal
- 11.10am Beginners 1 & 2

Book 2 classes for \$30, bookings essential as spaces are limited!

Please note make up class cannot be done in our Holiday



YOGA TERM 3 Coures

Mon 12th July (10 week course) \$180

All bookings must be finalized with payments by 1st July to confirm your space. See our website for term 3 timetable.

Students doing 2 classes per week receive a 10% discount off their 2nd course.



Yogic Meditation Course

Mondays 8:30pm

Learn the art of Yogic Meditation to strengthen & cleanse the mind & body with Dr Martin Nguyen (TCM)

This course incorporates Cleansing breath practices, gentle spinal loosening postures & Vibrational Chakra Meditation.

Benefits: Increase energy & health, reduce anxiety, phobia, insomnia, resolves illness. Improves depression, stamina, mental focus & positive thinking.

"Every body can enjoy meditation"

Suggestion Box

We now have a suggestion box for your use above the shoe rack. We look forwards to reading your comments, as we value your feedback greatly.

OPEN DAY & 10th year celebration

Sun 27th June 11- 2pm

Join us on FACEBOOK

We now have a facebook page set up. So join us on face book to see some photos of Yoga in the park, join our discussion board, write a review, give feedback, see our recommended links, be updated with events or just be apart of it to get our weekly inspirational message!

Namasté,

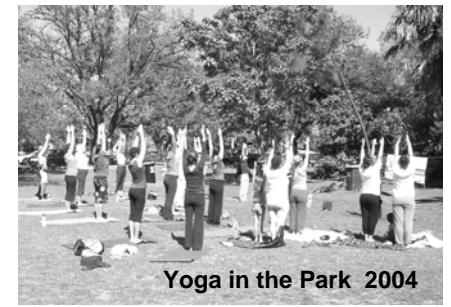
This year marks our 10 year Anniversary! Wow, how the time has flown! We take this opportunity to give thanks to all who have supported our vision, from the very first days of setting up the centre with a mission "to serve and help as many people as possible find optimal wellness" to today that our mission is still being fulfilled, having served over 9000 patrons, we are extremely thankful to those who have referred others to us over these years. We are truly grateful for the many of you students and patients alike who have been apart of the centre! We have been very fortunate to have such a great team of dedicated and passionate Yoga Teachers, Massage Therapists and we have seen people transform their lives moving from a state of unwellness to great health. We have taken pleasure in seeing women gestate and who have come back in the 2nd, 3rd & even 4th pregnancies.. so many births (over 500) & we have now seen these babies grow into beautiful children. We are extremely fortunate to do what we do & we look forward to another 10 years of serving the community! Vicki Nguyen



2000 Renovations



2000 Open Day



Yoga in the Park 2004



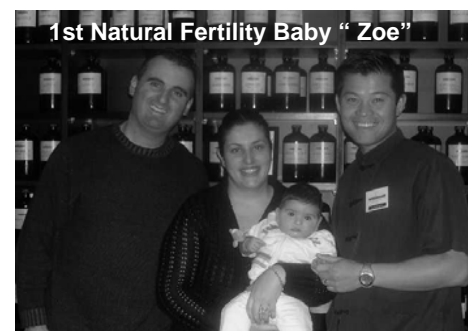
2008 Yoga Expo



2010 Baby Ohm Yoga



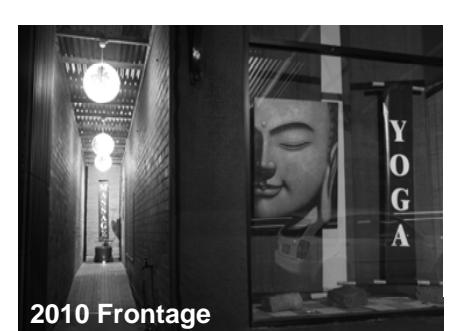
2010 Yoga Class



1st Natural Fertility Baby "Zoe"



2008 Pre Natal Yoga



2010 Frontage

Winter Solstice

Winter is now upon us, & Winter Solstice is almost here.. Winter Solstice falls on 21st June & is the day of the year when the earth spins on its axis & tilts some 23.5degrees. Winter is also the time when many people suffer from SAD or Seasonal Affective Disorder also known as winter depression or winter blues, it is a mood disorder which people who have normal mental health throughout most of the year experience depressive symptoms in the winter.

Symptoms of SAD may consist of: difficulty waking up in the morning, tendency to oversleep as well as to overeat, and especially a craving for carbohydrates, which leads to weight gain. Other symptoms include a lack of energy, difficulty concentrating on completing tasks, and withdrawal from friends, family, and social activities. All of this leads to the depression, pessimism, and lack of pleasure which characterise a person suffering from this disorder.

Seasonal mood variations are believed to be related to light. One possibility is that SAD is related to a lack of the hormone serotonin, which is a chemical messenger that transmits nerve signals between nerve cells, & that causes blood vessels to narrow. Altered levels of serotonin lead to mood changes. Another theory is that the cause may be related to Melatonin. Melatonin is a hormone secreted by the pineal gland in the brain. It helps regulate other hormones and maintains the body's circadian rhythm. The circadian rhythm is an internal 24-hour "clock" that plays a critical role in when we fall asleep and when we wake up. When it is dark, your body produces more melatonin; when it is light, the production of melatonin drops. Being exposed to bright lights in the evening or too little light during the day can disrupt the body's normal melatonin cycles. For example, jet lag, shift work, and poor vision can disrupt melatonin cycles.

The best way to avoid feeling SAD is to get out & enjoy some fresh air, partake in some exercise, enjoy healthy seasonal foods, sleep well & keep the body warm by dressing appropriately. Do your best to continue socialising with loved ones, get creative, do some indoor activities, visit a gallery, bake some delicious treats, go to the movies, or cuddle up & enjoy a DVD at home. To Celebrate Winter we are hosting a fabulous evening of Satsang Chanting with Jarek on Saturday 19th June at 7.30pm and Winter Warmer Yoga workshop coming up on July 10th with Sonia Shima, . (see back page for event details)

May you enjoy Winter & all it has to offer, Vicki Nguyen Yoga Teacher

Acupuncture

Foot Orthotics

Remedial Massage

Herbal Medicine

Nutritional Medicine

Hypnotherapy

Personal development

Meditation

Pain Management

Women's Health

Pregnancy care

Fertility Care

Baby & Children's health

Allergy & Immune Care

Natural Dermatology & Skin Care

Digestive Restoration & Detoxification

Quit Smoking & Detox

Effective Stress Management

Transform weight loss

2010 represents a very prosperous time for natural medicine as a profession in Australia. Research indicates that more than 90% of Australians used natural medicine annually. Since 2001 the modalities of Acupuncture and Chinese Herbal medicine has been medically recognised and accepted by the Australian government as a safe and effective form of medicine. The Chinese Medicine registration board has been set up to register qualified practitioners, uphold professional guidelines and practices that protect the modalities and the public's wellbeing from unqualified practitioners. www.cmr.vic.gov.au

As the co founder of The Lotus Healing Centre and Dr of Chinese Medicine I have witnessed a greater community acceptance and understanding of our health programs and healing modalities over the past 10 years. We have appreciated the increasing number of referrals from both orthodox and alternative practitioners and from satisfied patients.

So as the future awaits us, I believe natural medicine will play a very important part in assisting Australians overcome lifestyle and pathological disease and sustain optimal wellbeing of the mind, body & soul. May I wish all Optimal Health & Prosperity

Dr Martin Nguyen (TCM)



OPEN DAY & 10th year celebration Sun 27th June 11- 2pm

To celebrate our 10th Birthday The Lotus Healing Centre would like to welcome all to our OPEN DAY celebration.

- Dr Martin Nguyen (TCM) will be conducting lectures on Traditional Chinese Medicine diagnosis, Acupuncture, Cupping, Traditional Chinese Massage, Postural & Orthotic assessments, Herbal Medicine, Super food Nutrition and Meditation. He will also offer medical question time, so if you have any queries about your health come along and meet Dr Martin Nguyen.
- We will also be sampling Herbal & Nutritional medicines, Teas, Essential oils.
- Our Massage Team will also be available for patient information, postural assessments and seated massages.
- Introductory Yoga (11:30am & 1pm) & Meditation (12pm) classes will also be conducted to welcome new students
- We will also be having hourly door prizes & Balloons for kids

All purchases & booking made on the day shall receive our open day 10% discount.

How to stay healthy this winter

1. Get to bed earlier. Try to get an extra 30 mins sleep each night to recharge your body's immune system.
2. Decrease or avoid alcohol, high sugar foods, cigarettes, coffee, stressful events, confrontations & rushing.
3. Increase gentle, restorative & blood circulating exercises: walking, cycling, yoga, meditation, dancing or gardening.
4. Eat more fresh foods containing naturally occurring vitamin C. Many fruits and vegetables are rich Vitamin C sources. While the proper daily dosage varies from 40 to 120 milligrams of the nutrient per day depending on an individual's health, age, and metabolism – some recommendations may even be as high as 1,000 milligrams – the foods richest in the nutrient that supply 10 percent or more of the recommended daily dosage include: Sweet red bell peppers, Parsley, Broccoli, Cauliflower, Strawberries Mustard greens, Papaya, Grapefruit, Kiwi, Oranges, Cantaloupe, Cabbage, Tomatoes, Raspberries, Celery, Spinach, Pineapple, Watermelon, Tangerines, Limes, Cranberries, Guava, Basil, Cayenne pepper, Blueberries, Carrots, Garlic, Apricots, Sweet potatoes, Plums, Peas, Onions, Oregano, Chili pepper, Bananas, Apples, Beets, Shiitake mushrooms, Pears, Grapes, Avocado, Mango, Radishes. With such a wide variety of foods high in Vitamin C, it is easy to prepare a tasty, diverse diet to satisfy the body's requirements for this nutrient.
5. Take Herbal medicines such as Garlic, Echinacea, Astragalus and Nutrients such as Zinc, Vitamin B
6. Bath in sunshine, fresh air, laughter, soulful music and have a body massages.

A personal health assessment . Can we help you?

Do you suffer from any of these symptoms? If so please circle

Dry hair, Dry or oily scalp, Red eyes, Dark bags under your eyes, Cracked lips or cold sores, Acne or excessive black heads, Dry or irritated skin, Bad breath, Excessive ear wax, Indigestion, Food intolerances, Constipation or diarrhoea, Dry or productive cough, Muscle pain, Cracked nails, Fatigue, Mental confusion, Anxiety, Depression, Poor Sleep, Emotional upset, Over weight, Under weight,

If you circle any of the following symptoms please take care of yourself and come along to our OPEN DAY to some effective health tips. Sun 27th of June 11-2pm



Dr Martin Nguyen (TCM) consultation hours Mon 3-8pm Tues 10-8pm Wed 10-3pm Thurs 10-5pm Sat 9-3pm
Consultation fees are claimable with most private health insurance companies (ie HBA, MBF)

Why Should Everyone Get a regular massage?

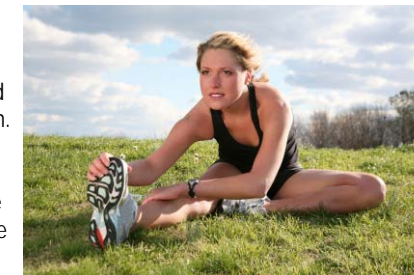
Tired, sore and stressed out?

Most people would agree a massage makes them feel good. But many probably don't realise exactly how good a regular massage is for their overall health. If only they knew massage could improve performance, aid recovery, prevent and eliminate injuries, reduce stress and even enhance metabolism and circulation! With so many alternative health treatments available it's little wonder people get confused about where to go when they're not feeling the best. But, while new health therapies continue to emerge, think about this. The Chinese began using massage to heal the human body as long as 5,000BC and it's still being used today. Now there has to be something to be said for that.



Massage for Sports and Injuries

Massage plays a part in every form of sport or exercise. Unfortunately, many people believe aches and pains are an inevitable consequence to activity. But massage can actually reduce or eliminate what may appear to be exercise-induced pain. It can increase endurance, control fatigue and help people feel better when used as part of a regular health program. Massage can also speed muscle recovery rates as it eliminates irritation from waste. By helping reduce fatigue and aid recovery, massage enables more productive training, with longer, more effective workouts. The ultimate spin-offs are better performance with fewer injuries. Exercise changes the way our muscles work. Blood vessels become more intricate as the body demands more oxygen and nutrients and increases waste elimination. This takes time. While the muscles are getting into shape, they can struggle to get enough oxygen and nutrients, so waste collects.



Massage also helps recovery from soft tissue injuries such as sprains and strains. Tissue growth and repair is accelerated by efficient circulation and appropriate stimulation. Everybody experiences some form of stress through work, family, the environment and society. Mental tensions, frustrations, and insecurity cause the most damage. Hormones released by stress actually shrink the vessels, inhibiting circulation. A stressed mind and body means the heart works harder. Breathing becomes rapid and shallow and digestion slows. Nearly every body process is degraded. Studies show stress can cause migraines, hypertension (high blood pressure), depression, some peptic ulcers, etc. In fact, researchers have estimated 80% of disease is stress related. Soothing and relaxing massage therapy can counteract the effects of stress.

Massage Therapy for Optimal Health

It may simply look like a lot of pressing and kneading on skin, but massage is actually a scientific process. The reason you feel different after a massage is because it is healing and invigorating tired, aching or injured muscles. Massage increases blood and lymph circulation. Lymph is a fluid that rids body tissues of waste, is dependent on the squeezing effect of muscles. An active person has better lymph flow than an inactive person. However, stimulation from vigorous activity can lead to increased waste, which can negate the benefit. This is where massage has a huge advantage. Massage can dramatically aid lymph movement, which together with blood, supplies nutrients and oxygen and rids wastes and toxins. It is easy to understand why good circulation is so important to our health and why massage can be so beneficial just for this purpose.

What our massage therapist can treat?

Headaches & migraines, Frozen shoulder, Sore shoulder and neck, Back pain & sciatica, Tennis and golfers elbow, Sprains, strains and tears of ligaments & tendons, Fluid retention, Over-use injuries, Shin splints, Foot pain, carpal tunnel, Arthritis, Insomnia, Immune exhaustion, Stress & Anxiety, Chronic Fatigue,

Winter Specials receive 10 % off Massages with Janice on Tues 10-2pm

OR Buy 5 Massages & Receive a Free Chinese medicine consultation & Acupuncture Treatment Values at \$95

(The 5 treatments can be individually claimed with private health insurance offer ends 31st July 2010)

We also offer Pregnancy , Reflexology massages & Gift vouchers.



Our Current Massage Therapist hours

Mon : Janice 3-8pm Tues: Janice 10-8pm Sandra 4-8pm Wed Sandra 10-2:30pm Janice 3-9pm
Thurs: Sandy 11-2:30pm & 4-8pm Thurs: Janice 3-8pm Sat: Janice & Sandra 9-3pm

New Massage hours to commence in mid June

Fri : 4-8pm Sun 10-2 pm (*Yes Sundays!*)

Massage Therapy fees are claimable with most private health insurance companies (ie HBA, MBF)