

## Namaste,

A very big heartfelt thanks for your continued support throughout the year! It has been a great year at the Centre and an extremely eventful year for us all. As 2016 draws to a close we hope you can reflect over everything that unfolded, feel that you have made peace with any challenge, that you have accepted any loss and that you have positively embraced all the learnings you were offered. From The Lotus Healing Centre Team we wish you and your family a healthy and peaceful Christmas and a delightful New Year in 2017.

## What's New - Front Desk

**Farewell** - We would like to sincerely thank Iris Centin and Sarah Stephens of their caring and professional service at our very busy front desk. Iris has been with us for over 3 years and is now pursuing employment in an administrative role. Sarah is completing her university degree as a secondary school teacher. We will miss the ladies very much and wish them luck with their future endeavours.

**Welcome** - We would like to warmly welcome Rachel Gray to our front desk team. As well as being caring and passionate on the front desk, Rachel is also a qualified and experienced Traditional Chinese Medical Acupuncturist with sound knowledge of natural medicine. Ms Christina Franco also joined our front desk team earlier this year. Christina is an experienced Naturopath and is a passionate lecturer at the Southern School of Natural Medicine. With their vast clinical knowledge and experience, both Rachel and Christina are available to assist you with any health queries you may have and direct you to the appropriate health program or yoga courses.

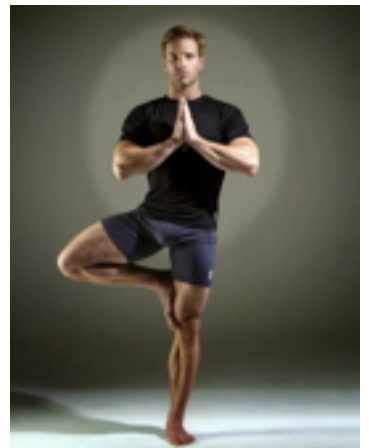
We warmly welcome our new Yoga teachers Anna and Aly to the centre. Both stepping in to replace Vicki, who is currently taking a break from teaching, to dedicate some much needed time to Jomeis Fine Foods & her family. Anna & Aly join the fabulous & extremely dedicated Pembe & Natalija, making up our amazingly good Yoga Teacher Team.

## WHAT'S NEW - BROGA Men's only yoga class Tue 7:45pm

BROGA is a non competitive, fun class the works with a combination of yoga poses to help lengthen & strengthen the body. Yoga props are also utilised to assist with balance, control & support. This class is great for beginners and compliments sporting activities such as cycling, soccer, footy, running, tennis & golf.

We would also like to congratulate the blokes who helped us kick off this fabulous class this year! It has been wonderful hearing their weekly positive feedback. Most commenting on how good it makes them feel & that they noticed an increase with their flexibility, balance, body awareness and inner calm.

**New Term starts 24-1-17, 10 wk/ \$180, bring a friend & receive a complimentary ACUPUNCTURE MIND-BODY BALANCING TREATMENT valued at \$75 (ends 31-12-16)**



**CONGRATULATIONS** to all the Pre Natal YOGA mothers that have given birth this year & good luck to the mothers that will give birth over the Summer break. You are all welcome to join us for the Baby Om class with Natalija on Wednesdays at 11.45pm

## CHRISTMAS & NEW YEAR TRADING HOURS

Closed 23th, 24th, 25th, 26th & 27th Dec 2016

Open 28th, 29th Dec 2016

Closed 30th Dec 2016 & Reopening Sat 7th January 2017

Follow us on **FACE BOOK & INSTAGRAM**



# UP COMING YOGA EVENTS

## 1. TERM 1 TIMETABLE - starts 23rd Jan 2017 10 wk term \$180. Full Payment is required by 15/1/17

MON	TUES	WED	THUR	SAT
	9.30am <b>B2</b> (Pembe)	10am <b>Over 50s</b> (Anna)	9.30am <b>B2 / Int</b> (Pembe)	9am <b>B2 / INT</b> (Pembe)
		10.30am <b>B1/B2</b> (Natalija)	10.40am <b>B1</b> (Pembe)	9.15am <b>PRE NATAL</b> (Natalija)
	4:00pm <b>KIDS</b> (Pembe)	11.15am <b>PRE NATAL</b> (Anna)		10.15am <b>Restorative</b> (Pembe)
	5:00pm <b>TEENS</b> (Pembe)	11.45am <b>BABY OM</b> (Natalija)		10.30am <b>B1 / B2</b> (Natalija)
6.15pm <b>PRE NATAL</b> (Anna)	6.15pm <b>B1</b> (Natalija)	6pm <b>B1 / B2</b> (Pembe)	6.15pm <b>B1 / B2</b> (Pembe)	
6.30pm <b>B1</b> (Pembe)	6.30pm <b>PRENATAL</b> (Anna)	6.30pm <b>PRE NATAL</b> (Natalija)	6.30pm <b>PRE NATAL</b> (Aly)	
7.30pm <b>B2 / INT</b> (Anna)	7.30pm <b>YIN YOGA</b> (Natalija)	7.15pm <b>B2 / INT</b> (Pembe)	7.30pm <b>INT</b> (Pembe)	
7.45pm <b>B2</b> (Pembe)	7.45pm <b>BROGA</b> (Anna)	7.45pm <b>B2</b> (Natalija)	7.45pm <b>B1</b> (Aly)	

### YOGA course Levels:

**B1** - very little or no previous experience, introducing the core base poses & breathing techniques

**B1/B2** - up to 6 months of consistent practice, consolidating Surya Namaskara & base poses

**B2** - over 6 months experience, introducing more vinyasa, twists, standing, balancing, seated, prone & supine asana

**B2/INT-** at least 2 yrs solid, consistent practice, consolidating B2 curriculum & introducing Intermediate asana, revolved postures, deeper twists.

**INT-** at least 3 years solid, consistent practice, with more dynamic vinyasa, supported inversions.

**Over 50s** - suitable for 50yrs+ & injured students, lots of props are utilised

**Yin/Restorative Yoga** - suitable for all, slower pace, poses are well supported & held for longer

**BROGA-** Yoga for blokes, utilising lots of props to help provide support throughout the class

## 2. YOGA IN THE PARK - FREE EVENT

Sun 18/12/16 & 22/1/17 at 10am

Queens Park, enter the Park via the corner of Kellaway Ave & Mt Alexander Rd. (If the weather is inclement please see our Facebook page for relocation details) Please bring a mat/towel, hat, sunnies, sunscreen, water, family & friends. All Welcome!!!

## 3. KIDS YOGA HOLIDAY WORKSHOP

Wed 18th Jan from 1- 3pm (7-10 yrs old) \$40

These holidays let your child explore the art of yoga, through Yogic postures, pranayama, relaxation, story telling, craft & meditation.

1.00-2pm Yoga Games, obstacle course & partner Yoga

2.00-3.00pm Mandala Making, Story Telling & guided Meditation.



## 4. 2016 YOGA HOLIDAY PROGRAM Any 2 classes for \$30 (Booking is essential)

- Wed 11th & 18th Jan 2017 : 6pm Prenatal & 7.15pm Hatha
- Sat 7th, 14th & 21st Jan 2017: 9am Hatha & 10.15am Pre Natal



# REMEDIAL MASSAGE THERAPY

## **CUPPING THERAPY** Helped a champion break records

Michael Phelps was in top form at the Rio Olympics this year, winning 5 gold & 2 silver medals in the pool. Michael had the audience intrigued as he entered the swimming pool with his body covered in purple circle marks, as a result of a pre race cupping treatment.

Michael stated that the cupping treatment helped to keep his muscles relaxed, which gave him a natural advantage over his competitors.



## **SO HOW DOES CUPPING WORK?**

Cupping is an ancient therapy that originated from China. The air is removed out of the cups by the traditional methods with a flame or it can be removed by the modern method by a vacuum hand pump. The cups are then quickly placed on the belly of the muscles to draw the blood up to the surface aiding the removal of stagnant toxins, wind and cold which can reduce muscle function and ease pain. The cups are generally left on the body for 3-5 mins. According to Traditional Chinese Medical theory the colour of the circular marks indicates the severity of the blockage. The darker the colour the more severe the condition is.

## **A LIST OF CONDITIONS CUPPING CAN TREAT.**

- Muscle pain
- Fluid retention around joints
- Tight & stiff tendons
- Lactic acid accumulation

## **DID YOU KNOW CUPPING IS ALSO EFFECTIVE FOR**

- Stress & Tension
- Cold & Flu infection
- Cough Sinus blockage

**BOOK** a 60min Cupping & Lymphatic Massage & receive a **FREE** Acupuncture treatment for Mind -Body Balancing

valued at \$75.00

## **QUESTIONS & ANSWERS**

### **Q. Why do we experience pain?**

**A:** Pain is a message from the body warning us that something is wrong and that it is important to fix it before it gets worse.

### **WIN A 30 MIN CUPPING & LYMPHATIC TREATMENT VALUED \$\$\$**

by answering this question

**" What would happen if we didn't feel pain?**

Please email us your answer to [lotushealing@optusnet.com.au](mailto:lotushealing@optusnet.com.au) by 23-12-16

## **OUR AMAZING THERAPISTS**

**Ms Stephanie Young** Diploma Remedial Massage

Lotus Therapist since 2011

Tues:1:30-8pm Thurs:4-7pm Sat: 9-3pm

**Ms Stephanie Capiron** Diploma Remedial Massage (Dry Needling)

Lotus Therapist since 2013

Mon, Tues, Wed:12-8pm, Thurs:10-3:30pm & Sat 9-3pm

**Mr David Gobbo** Diploma Myotherapy (Dry Needling)

New to our Lotus Healing Team

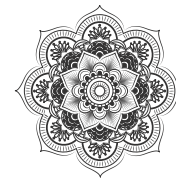
Mon: 3-8pm, Thurs: 3-8pm

## **CHRISTMAS GIFT VOUCHERS SPECIALS**

1. Buy 4x1 hr Remedial Massages for \$280, save \$28.
2. Buy 8x1 hr Remedial Massages for \$624 & 9th for free! save\$78



# NATURAL MEDICINE



## OVERCOMING CHRONIC ANXIETY - are you looking for a natural solution?

Did you know that anxiety is a normal human response to stress. It is the body getting ready to defend or remove itself from a dangerous or stressful event. In a state of anxiety the heart starts to beat faster, sweating occurs, the breath becomes shallow, the arms and legs feel heavy and the gut feels queasy or there is a sense of urgency to urinate or defecate. There is also an emotional sense of fear or worry. For most people the anxiety experienced ceases after the dangerous or stressful event has been resolved. For others the anxiety can be experienced at a time when there is no apparent or noticeable danger or stress.

Many Australians experience anxiety attacks everyday. Some can manage them, and are able to get through the day, while others are totally crippled by them. There are many natural ways to assist chronic anxiety.

At our centre Dr Martin Nguyen runs an effective holistic program combining modern Natural Medicine and Traditional Chinese Medicine to resolve chronic anxiety attacks. In the first appointment Dr Nguyen conducts a very thorough patient history, to determine the possible causes of the anxiety. The history may go back a few generations, as he believes trauma from the past generations can trigger anxiety in the present. Dr Nguyen takes a photo of the eyes to conduct an iridology assessment to determine if there are any weaknesses or an imbalance in the organs, which may be linked to the anxiety attacks. The patient's urine and saliva are also collected and assessed through RBTI ( Reams Biological Theory of Ionisation) technique to determine if the body is in an ideal healthy state, or if it is breaking down. The left and right wrist pulses are assessed according to the Traditional Chinese Medicine principles to determine the health of the organs and the energy flow. The patients meal plans, lifestyle, goals, mind constructs, trauma, stress levels and causes are also reviewed.

After obtaining sufficient information from the assessments Dr Nguyen then designs a personalised treatment plan that includes acupuncture, meditation, herbal and nutritional medicine, personal development and mentoring to balance the mind and body. This in turn resolves the anxiety attacks by assisting the body and mind to peacefully deal with real stress appropriately and then avoid unnecessary worry, fears and anxiety.

### HERB OF THE MONTH - Liquorice

**Botanical name:** *Glycyrrhiza Glabra*

**Benefits:** *Adrenal Exhaustion, Digestion, Stomach ulcers, Cold & Flu, Gastrointestinal disorders, Colic, Sore throats, Bronchitis, Dry Cough.*

**Contraindications:** *Avoid if you have high blood pressure*

**Available - Tea slices:** 80gr \$16 **Tincture:** 100 ml \$23

### COFFEE SUBSTITUTE

#### RECIPE

Add 4 slices of Liquorice root into a 400ml of hot water & drink over 7 days.

Great served cold with ice



## HEALTH PROGRAMS

Fertility Care for Couples  
Natural Dermatology Care  
Allergy & Immune Restoration  
Women's Gynaecology Care  
Digestive Restoration & Detox  
Stress Reduction &  
Personal Development  
Pain Reduction & Rehab  
Orthotic Foot care  
Quit Smoking & Detox

### Dr Martin Nguyen

(BaSC Traditional Chinese Acupuncturist & Herbalist)  
Mon & Tues: 10-3pm, Wed 10-8pm,  
Thurs 10-3pm, Sat 9-2:30pm

### Dr Rachel Gray

(BaSc Traditional Chinese Medicine Acupuncturist)  
Tues & Thurs: 3-8pm ( Commencing in 2017)