

Relaxation Centre of Queensland

A place for all ages to recharge, make friends & feel uplifted!

Enjoy Every Moment

Bert Weir and I first started presenting courses in 1973 in the Fortitude Valley building and then in October 1974 seven interested people sat in a big room to birth a new organisation which we decided to call the Relaxation Centre of Queensland. Little did we know the huge and exciting journey ahead and the thousands of people who would be touched by this unique Centre of ours.

All but two of the founding members have passed on and many other great supporters who joined us over the next 20 years are much older or have also passed on.

It was my responsibility to launch the Relaxation Centre and to be its Coordinator as well as guide its activities over all these years.

Some of you will know of the huge number of overseas speakers we have hosted not only to the benefit of thousands of people in Queensland but also speaking in most of the major cities in Australia.

Yes, doors into minds have been opened in such meaningful ways. An event some will recall was the 1982 *One Earth Gathering* where we organised 18 speakers to visit 16 cities over three and half weeks, commencing with a wonderful *In Depth Week* at our Centre in Fortitude Valley. Then a weekend for over a thousand people at a large Brisbane venue and followed by speakers zig zagging along the east coast from Cairns to Hobart, finishing with a grand finale gathering over a full weekend in Melbourne.

When the Guidelines for the Relaxation Centre came through me the week after our decision to form the Relaxation Centre, the scenario was set to provide a great service without owners, shareholders, government funding, monetary reserves, or ownership of buildings so that when we feel our purpose has been honoured, we can easily bring the Centre to completion. We are now looking at the closure of our beautiful organisation coming to pass at the end of April 2025.

Please, Please, Please – Don't say to me "Isn't there anybody else who can take it over and keep it going?" Yes, it may seem a real shame to close something that thousands of people say has assisted them and many, many others so much.

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**Courses October to
December 2024**

In date order Pages 3 – 18

Welcoming You

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**Our Weekly and
Fortnightly Classes**

See Back Page

**About Our New and
Visiting Presenters**

Page 19

**See More About
Our Shop**

Page 19

Call and Visit Us

**Tuesday to Thursday
9am to 7.30pm**

**Friday
9am – 6pm**

**Saturday
9am – 5pm**

*Other times according
to our programme*



JEN COMPTON

*Exploring End of Life Options
& Gut Health*

See 9th and 28th Nov



JO ROSS

*Kindness, Love
& Relaxation*

See 26th Oct and 28th Nov



ROSE-MARIE PENNISI

*Procrastinate
No More*

See 30th Nov



PATRICIA BARTON

*Your Life is in
Your Hands*

See 21st Dec

Relaxation Centre of Queensland Limited (by guarantee) – Est. 1974

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Enjoy Every Moment *(Continued from front page)*

However, throughout history countless people have brought great gifts and new possibilities to the world before they themselves have passed on.

I was 33 years old when we started the Relaxation Centre, and when we finally close in April 2025, I will be well on my way to 86.

I've always seen the Relaxation Centre rather like an individual who provides others with the opportunity to share their gifts – people such as **Bert Weir**, **Lois Imerson**, and **Marge Garrett**. Thank you to all of them for all they gave in the first 30 years. And thank you to the hundreds of overseas, interstate and local speakers who have brought inspiration, hope and endless ideas to countless people.

And a big **THANK YOU** to the thousands of volunteers who have made the Centre such a place of welcome over all the years.

Looking forward to seeing you in early 2025.

Lionel Fifield



Welcome, Welcome

One of the greatest secrets of life is focusing on what we have rather than dwelling on what we don't have.

If you love what the Relaxation Centre provides, please embrace the wonderful range of courses we have throughout October, November and up to Christmas. Then see what will be offered in late January, February, March and April next year.

As always if money is an issue, then simply call us and we'll let you enjoy whatever course you would love to do for whatever you can afford. We hear constantly of people who are feeling major financial pressures. Don't let that get in your way of coming here.

Please remember we have not completed our mission yet, so we look forward to seeing many of you who keep saying you've have been meaning to come back to the Centre.

Enjoy our courses and every moment of your life and please, please read our programme carefully, there are so many new courses available.

Lionel Fifield

*Intuition is such a gift.
Use it well and get a lift.*

*It's always quiet
and doesn't shout.
Tells you clearly
So you have no doubt.*

*It's all too easy
to ignore this friend.
Gentle and caring
With the truth to send.*

*That noisy mind
we've been trained to hear
Comes from history.
Intuition quietly says 'I'm here'.*

Vounteers & Volunteering

If you've ever thought about becoming a volunteer here at the Centre do take the opportunity to explore it now. I would love to meet you at one of the following times, or when you're next at the Centre just say hello. I can then give you one of our volunteer forms to fill in.

Volunteers have been an essential part of our organisation for 50 years. The meetings usually go for about an hour to give participants the opportunity to hear about the Relaxation Centre and what is involved in volunteering.

Come and hear more on the following dates:

Tuesday **15th October** 12.00-1.00pm,
Saturday **9th November** 12.45-1.45pm,
Thursday **5th December** 5.00-6.00pm



**VOLUNTEER
CAROL SWEET**

*Welcomes you at Reception on
many Thursday mornings*

Discounts ~ Discounts

From **Tuesday 3rd December to Tuesday 24th December**, we're doing something we've never done before: for these three weeks there will be a **30 % discount** on **ALL** the wonderful items in our shop.

Come and find beautiful Christmas presents for your loved ones and something special for YOU, too.

Great Pre-Loved Book Sale!

**Saturday 9th November
11.00am - 2.30pm**

See page 19

Friday 11th October

» **Deep Relaxation 1.00–1.40pm** Page 20



» **Cultivating Joy:
Where it Hides and
How to Find it**
Diane Bellchambers
6.00pm – 7.15pm

Have you lost your joy... or questioned why it's so hard to find? Ever wondered if joy is more than just a happy feeling? If so, this seminar is for you!

In this empowering session we will **explore the secrets of joy, how it supports the process of self-discovery and ways to tap into its hidden power.**

Ready to reap the rewards of joy?

Fee: \$10 **PLEASE BOOK**

Lionel's Book About the Journey of the Relaxation Centre

Yes, we're getting closer to completing this wonderful book full of stories, history, anecdotes and much to inspire and uplift.

Quite a lot of people have already expressed interest but do let us know if you also want to be advised when the book is ready for purchase. We hope to have it published by end of this year.

Non-Violent Communication Books

The Relaxation Centre has hosted the Non-Violent Communication (NVC) workshops in Brisbane for many years. We have books in our shop by the founder of Non-Violent Communication, Marshall B Rosenberg, including his classic **Non-Violent Communication – A Language of Life.**

Karla Cameron who has guided many practice groups says the following about this book:

“Marshall Rosenberg has set out his creation of the four-step learnable process to create deep connection in such a way that everyone's needs can be met and valued. In remarkable detail and using lots of potentially challenging real-life situations the Language of Non-Violent Communication will help us to recognise our common humanity.

NVC promotes a peaceful resolution of conflict all over the world and is known to be effective even in situations of much long-standing conflict.” You will see in our courses we generally refer to this wonderful work as **Compassionate Communication.**

Saturday 12th October

» **The Secrets of Service: How To Make a
Difference Without Feeling Depleted**
Diane Bellchambers
10.30am – 12.15pm

Have you ever felt like you need to save the world – or would like to help others and don't know how to proceed?

In this empowering seminar we will unpack the secrets of service ... **what it is and isn't, so we can avoid falling into the trap of servitude.**

Come and understand why it is invaluable to unravel the secrets of service. People have said **how uplifted they felt** by this seminar and how much it has added to their life.

Fee: \$15 **PLEASE BOOK**



» **Unpacking Our Dilemmas:
Knowing When to Act and
When to Let Things Be**
Diane Bellchambers
2.00pm – 4.00pm

Are you ready to leave inner storms behind? **Is being wise just a blend of knowledge and experience** or is it something more?

This session will explore how to be spiritually discerning in the face of competing values and responsibilities. It will offer **insights that will help you make difficult decisions without feeling guilty or dwelling on them unnecessarily.** Are you ready to make peace with difficult decisions? Would you like a less complicated relationship with life? If so, you're invited to join this thought-provoking session and reinvent your inner world.

Fee: \$20 **PLEASE BOOK**

Tuesday 15th October

- » **Yoga for Beginners 11.15am – 12.15pm** Page 20
- » **Volunteer Information Session**
Lionel Fifield
12.00pm – 1.00pm Page 2
- » **Deep Relaxation 6.00pm – 6.40pm** Page 20
- » **A Course In Miracles 7.00pm – 9.00pm**
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Wednesday 16th October

- » **Qi Gong 10.00am – 11.15am** Page 20
- » **Deep Relaxation 1.00pm – 1.40pm** Page 20



- » **Beautiful Aging**
Julie Richardson
10.30am – 12.00pm

As we age, we rarely think of our achievements and the **strength and wisdom we have acquired.**

Our minds seem only to remind us of negatives. With increasing reliance on technology, we may feel confused and left behind. Health issues can also cause concern and those irritating short-term memory problems don't help.

If you're feeling isolated, confused or just want some company, this weekly support group is for you! We aim to **pool our knowledge, discover our strengths and find more purpose in our lives as we make the transition to older age.** It is also hoped that we can **have some fun along the way.**

We've known Julie for many years and are delighted that she's joined us to develop a support group to discuss the joys and challenges of aging. This is a brand-new chapter in our lives and Julie looks forward to collaborating with others to make the transition to older age more fulfilling and more fun. Julie has vast life experience and has worked as a teacher, social worker and counsellor. Now semi-retired, she still has plenty of energy and looks forward to some robust discussion in these **weekly groups.**

Fee: \$5 **BOOKING ESSENTIAL**

Quick, She's Leaving

Jo Gifford has become a really popular presenter here in the last few months.

In this programme she's giving two four-week courses on Tuesday evenings, see Inner Child Healing beginning 29th October and The Sedona Method beginning 26th November, giving a Free Introductory session on the Saturday prior to each course. Jo also has Mindfulness Meditation sessions on Thursday evenings. She leaves Queensland later this year.



RUFUS: *When we give of ourselves, we give something that we alone can give.*

Thursday 17th October

- » **Freeing Yourself with Feldenkrais**
10.00am – 11.00am Page 20
- » **Mindfulness and Meditation**
6.00pm – 7.00pm Page 20



- » **Reclaim your Life**
Joan Wilson Jones
6.15pm – 9.00pm

John Lennon told us that Life is what happens when we're busy making other plans. Life is also what can easily go off-track and can often feel very challenging. In this uplifting session Joan will share with you proven strategies that will help **you to recharge, realign, revitalise, and redirect** your life. Joan is a popular speaker in cities all over Australia.

Fee: \$30 **PLEASE BOOK**

- » **The Enneagram – Focusing on Personality Type Two 7.00pm – 9.00pm**

More About the Enneagram

The Enneagram not only describes nine evolutionary habitual responses but also ways to transcend them and **become a more conscious, dynamic and creative adult.** It is a wonderful aid to **clearer more honest communication** for warmer and more intimate personal relationships and for more **creative and successful** work relationships.

See also Thursday 24th & 31st Oct and 7th Nov

Friday 18th October



- » **Dance Movement and Art Class**
Lidia Fera
10.00am – 12.00pm

In this workshop you will **experience the healing benefits of the freedom of self-expression.** Lidia facilitates a dance and movement class that allows for connection to the body and teaches techniques to **realign the nervous system and release emotions through movement.** Her class pays attention to the chakra system for wellbeing.

Dance is followed by an art process to explore your experience. Lidia is a master's level Counsellor interested in Somatic Therapy and a qualified Art Therapist. No prior art or dance experience is required.

Fee: \$25 **PLEASE BOOK**

- » **Deep Relaxation 1.00pm – 1.40pm** Page 20

Saturday 19th October



- » **A Guide to Healthy Ageing and Preventing Degenerative Decline**
Dr Heather Way
2.00pm – 5.00pm

We don't want to just live for a long time we want to live well for a long time. There's a **great deal that can be done to keep us as fit, well and active for as long as possible.**

Come along and give yourself a treat and hear Dr Heather Way talk about how we can **influence our genes positively, reduce inflammation and cell damage, and improve our brain power, gut function and detoxification through nutrition.** Dr Way has so much to offer and when we have previously had this session in our programme people call and say, "Please can you arrange for Dr Heather to come back soon!" Attendees at Dr Way's last course of this title described it as fantastic and a real eye opener.

Fee: \$25 **PLEASE BOOK**



- » **Choose Change**
Simon Preston
2.00pm – 3.15pm

Come along and have a discussion about growth, methods of optimal habit forming and self-management.

Join us today and enjoy a great little session.

Numbers are strictly limited to five to allow for free-flowing discussion and sharing of ideas.

Fee: \$5 **BOOKING BY PHONE ESSENTIAL**

Tuesday 22nd October

- » **Yoga for Beginners 11.15am – 12.15pm** Page 20
- » **Deep Relaxation 6.00pm – 6.40pm** Page 20
- » **A Course In Miracles 7.00pm – 9.00pm** Page 20

Wednesday 23rd October

- » **Qi Gong 10.00am – 11.15am** Page 20
- » **Beautiful Ageing 10.30am – 12.00pm**
See Wednesday 16th October
- » **Deep Relaxation 1.00pm – 1.40pm** Page 20

Thursday 24th October

- » **Freeing Yourself with Feldenkrais**
10.00am – 11.00am See Page 20
- » **Mindfulness and Meditation**
6.00pm – 7.00pm See Page 20
- » **The Enneagram – Focusing on Personality Type Eight 7.00pm – 9.00pm**
See more Thursday 17th October



- » **Mantras/Chanting and Meditation**
Angela and Rob
7.00pm – 8.30pm

Join Angela and Rob from **SpiritSong** for a **blissful evening of mantras, chanting and meditation.** When we sing mantras, we invoke the **stillness of the heart** which is the presence that lives within us all.

It is a **simple and easy** practice that helps **quiet** the mind and lead to **inner peace.** No experience is necessary, and everyone is welcome. **Please arrive early so we can all start together.**

Fee: \$20 **PLEASE BOOK**

Friday 25th October

- » **Deep Relaxation 1.00pm – 1.40pm** See Page 20

Saturday 26th October



- » **Uplifting your Life Force - The Miracle of Qi Gong**
Terri Kozak and Robyn Caldwell
1.30pm – 4.30pm

Enjoy an afternoon of Qi Gong. Stimulate your life force with movements that:

- cleanse and nourish your internal organs,
- ease discomfort in your back, neck and shoulders,
- experience lots of deep rest and relaxation.

This workshop is suitable for both beginners and those with experience in Qigong.

Please bring a thick towel or a small blanket

Fee: \$25 **PLEASE BOOK**

Saturday 26th October (cont'd)



- » **A Boost for Your Mental Health**
Hilda Brunkhorst
10.00am - 1.00pm

With ingredients from courses such as Bootcamp for Mental Fitness and Understanding Anxiety this course offers participants a blend of insights and practical tools to help reduce stress and anxiety. The mix of gaining **more understanding and learning how to apply these helpful tools in life** empowers and supports participants on their way to living a mentally healthier life.

Hilda brings many years of experience to this course and what she offers has been invaluable to many people.

Fee: \$30 **PLEASE BOOK**



- » **Understanding Emotions**
Alexander Robey
10.00am - 12.30pm

If your emotions have a life of their own and drag you down and leave you with a sense of being overwhelmed with the busyness of the day and feeling swamped, also reactive to other people, then this is the workshop for you.

Imagine how great it would be if you were able to cope better by **feeling calm, unflurried and in charge**.

Alexander will guide you through seven aspects of understanding emotions and show you how you can **develop healthy coping strategies for everyday occurrences**. Alexander is a much-loved presenter.

Fee: \$25 (Repeater fee \$10) **BOOKING ESSENTIAL**



- » **Kindness Begins with Me**
Jo Ross
1.00pm - 2.30pm

As we all consider our presence here on the earth, we can dream of the possibilities of making it a better place to be. **Have we pondered how kindness to ourselves and others can make a difference?** Join this session and begin a much-needed epidemic of **Kindness**.

Jo Ross has spent most of this lifetime searching many different natural healing modalities and is convinced that the mind, body, soul dynamic is the future to wellness, personal freedom and joy.

Fee: \$15 **PLEASE BOOK**



- » **Inner Child Healing**
Jo Gifford
2.00pm - 4.00pm

Introductory Session Unhealed childhood trauma can resurface and impact us later in life -

but it's not just the trauma that impacts us it's the perspectives and decisions we made as children that can affect our entire lives. The **Inner Child journey is one of healing**, it is also a journey of **emotional intelligence and self-awareness**.

We will explore the 'autopilot' program that most humans live by. If you are wanting to make changes within your life but feel blocked the answer may lie within your inner child.

Jo's first course in June was so valued and enjoyed by participants. Come and join Jo for this enlightening, liberating journey of exploration.

Introductory session today free. Four-week course: Tuesday 29th October & 5th, 12th, 19th November.

Fee: \$135 **PLEASE BOOK**

Tuesday 29th October

- » **Yoga for Beginners 11.15am - 12.15pm** Page 20
- » **Deep Relaxation 6.00pm - 6.40pm** Page 20
- » **A Course In Miracles 7.00pm - 9.00pm** Page 20
- » **Inner Child Healing**
Jo Gifford 6.30pm - 8.30pm
Session 1 of 4 See Introduction Saturday 26th October

Wednesday 30th October

- » **Qi Gong 10.00am - 11.15am** Page 20
- » **Beautiful Ageing 10.30am-12.00pm**
See Wednesday 16th October
- » **Deep Relaxation 1.00pm - 1.40pm** Page 20

Thursday 31st October

- » **Freeing Yourself with Feldenkrais**
10.00am - 11.00am Page 20
- » **Mindfulness and Meditation**
6.00pm - 7.00pm Page 20
- » **The Enneagram - Focusing on Personality Type Five 7.00pm - 9.00pm**
See **Full Introduction** Thursday 5th September
See also Thursday 17th October

Thursday 31st October (cont'd)



» **Freedom From Addiction**
Ian Ratcliffe
12.00 – 1.30pm

After being addicted to alcohol for 40 years Ian got over it.

That was 20 years ago! Ian says his life is now full of **meaning, success, and lots of satisfaction**. His talks are really inspiring.

Ian says that in his search for answers, he discovered so much about himself and has been able to assist others in their search for freedom. He will also discuss how **depression** comes into this **whole scenario of addiction**. Ian looks forward to seeing you.

Fee: \$10 **Just come along.**

Friday 1st November

» **Dance Movement and Art Class**

Lidia Fera **10.00am – 12.00pm**

See Friday 18th October & Page 20

» **Deep Relaxation** **1.00pm – 1.40pm** *Page 20*

Saturday 2nd November



» **Dowsing For Answers**
Rod and Megan Middleton
10.00am – 12.30pm

Dowsing has been used for thousands of years and by many

cultures. It is a way of **tapping into your mental and intuitive powers**. When skills have been developed dowsing can be used in revealing answers to unanswered questions, **finding lost objects and exploring what foods can be helpful** – these along with other possibilities.

Rod and Megan Middleton have been teaching dowsing for many years. These are fascinating sessions with lots of participants discovering **abilities that really surprise them**.

Fee: \$25 **Just come along.**



» **Exploring Hope and Overcoming Anxiety**
Vicki Bennett
10.00am – 12.30pm

With humour, freshness, wisdom and real-life stories, Vicki will talk

about coping with **change**, taking **risks**, creating a **hopeful** vision, **forgiving** quickly, **healing** relationships, dealing with **anxiety** and giving **yourself great customer service**.

All these abilities generate a hopeful, healthy life. Vicki's insights on hope and anxiety give a fresh perspective and reveal extraordinary tools for dealing with 21st century anxiety and the challenge of **building a hopeful life**.

Vicki is author of The Book of Hope – an Antidote to Anxiety

Fee: \$25 **PLEASE BOOK**



» **Energy Healing Circle – Transform Your Life**
Josie Thomson
10.30am – 12.30pm

Are you ready to embark on a profound journey of healing and transformation? Imagine stepping into a **serene, sacred space filled with warmth, compassion, and empowering energy of individuals coming together to heal, uplift and support one another**. Please accept our invitation to join us today in this energy healing circle guided by Josie Thomson. Come and experience **deep healing, relaxation, connect with your inner wisdom and gain clarity** on your unique journey.

Josie brings many years of experience in guiding these healing circles throughout Australia and many other countries. *See more on Page 19*

Fee: \$20 **PLEASE BOOK**



» **Vision Board**
Virginie Fortin
2.00 – 4.00pm

What a powerful gift is envisioning. All too often we can drift from day to day without a vision – without goals – without dreams!

There is no better time to create your Vision Board than now – then the months ahead are waiting at your command to respond.

Come and hear Virginie as she introduces you to all sorts of ideas and subtleties in creating a Vision Board offering you the opportunity to give **birth to your dreams and deeply held visions**.

Just bring yourself – have a wonderful afternoon that can offer you benefits for the rest of your life.

Fee: \$15 **PLEASE BOOK** *See also Thursday 17th October*

» **Dance Movement and Art Class**

Lidia Fera **2.00pm – 4.00pm**

See Friday 18th October & Page 20

Saturday 2nd November (cont'd)



- » **Fear, Nervousness, Anxiety, and Panic – Finding Answers**
Paul Spottiswood
2.00–4.30pm

Paul went through many years

of fear and much worry. He sought far and wide for answers. Participants love his talks and Paul loves sharing his **ideas, insights, and techniques.**

Come and enjoy this little session which offers big benefits as it has done for many people previously.

Fee: \$20 **PLEASE BOOK**

Tuesday 5th November

- » **Yoga for Beginners 11.15am – 12.15pm** Page 20
- » **Deep Relaxation 6.00pm – 6.40pm** Page 20
- » **A Course In Miracles 7.00pm – 9.00pm** Page 20
- » **Inner Child Healing**
Jo Gifford 6.30pm – 8.30pm
Session 2 of 4 See Introduction Saturday 26th October

Wednesday 6th November

- » **Qi Gong 10.00am – 11.15am** Page 20
- » **Beautiful Ageing 10.30am – 12.00pm**
See Wednesday 16th October
- » **Deep Relaxation 1.00pm – 1.40pm** Page 20

Thursday 7th November

- » **Freeing Yourself with Feldenkrais**
10.00am – 11.00am Page 20



- » **Teaching Kids Reading, Writing, Spelling**
Jack L'Estrange
10.00am – 11.30am
Session 1.

At school, teachers teach. At home, parents tutor. You can learn a set of instructions you say to your children (notes provided) to guide them to learn those important automatic skills which form the basis of all future school learning using **Brain Friendly** methods which work even when classroom methods fail.

Remember, it is your child that matters to you. The reasons are covered in our program.

My motto: *Kids can, Parents can. Yes, Kids can learn, Parents can tutor effectively, using a surprisingly small amount of time for busy parents. One important point: these methods are not remedial methods; they work with all children. See you there!*

Session 2. 14th November, **Session 3.** 21st November
Fee: \$10 per session **PLEASE BOOK**

- » **FILM: Love, Medicine and Miracles**
1.15pm – 3.00pm

Dr Bernie Siegel is a world-famous paediatric surgeon and pioneer of the groundbreaking work, *Exceptional Cancer Patients*. In this film Dr Siegel shares from over his 30 years of medical practice and tells amazing stories, anecdotes, insights, and strategies that will wonderfully touch your heart and powerfully uplift your spirit. Dr Siegel is loved for his work in many countries. Viewers love this film.

Fee: \$5

- » **Mindfulness and Meditation**
6.00pm – 7.00pm Page 20
- » **The Enneagram – Focusing on Personality Type Seven 7.00pm – 9.00pm**
See Full Introduction Thursday 5th September
See also Thursday 17th October

Friday 8th November

- » **Deep Relaxation 1.00pm – 1.40pm** Page 20

Saturday 9th November



- » **Our Lives – A New Chapter Every Seven Years**
Eliane Mathiuet
10.00am – 12.30pm

Our lives are not level playing fields. They are in fact a series of mountains and gullies, comforts, and discomforts. **Every cycle in our life has its purpose** but often when we are deeply in them, we may be struggling just to survive and wondering why all this is happening to us.

You may be surprised as you begin to see the **connections between various ages and stages** and links with others in your life. The insight and overview into some of these challenges and changing periods will be invaluable.

Join Eliane and gain a new respect and understanding of yourself.

Fee: \$35 **PLEASE BOOK**

Saturday 9th November (cont'd)



- » **Cake, Cuppa, and a Chat – Discussions on Death**
Jen Compton
10.00am – 12.00pm

Come and join Jen Compton to explore the endless questions, topics and issues death raises in each of us. An opportunity to **share your thoughts and stories**, hear the thoughts and stories of others and **have a say in the topics explored**. We will begin with the question “Is death an ending or a beginning?”

Fee: \$20 **PLEASE BOOK** Cake and a cuppa supplied.

- » **Volunteer Information Session**
Lionel Fifield
12.45pm – 1.45pm Page 2

- » **Funeral Ceremonies – What are the Options?**
Jen Compton
1.30pm–3.30pm



Western society has begun to move away from the death industry developed by funeral homes, becoming more creative in the ways that we choose to **farewell and honour** the lives of ourselves and/or family and friends. From **returning to ancient traditions, embracing totally new ideas**, or melding a mix of the two, come and learn about the multiple options you have. It's never too young to be prepared.

Fee: \$20 **PLEASE BOOK**

- » **Choose Change 2.00pm – 3.15pm**
See Saturday 19th October

Tuesday 12th November

- » **Yoga for Beginners 11.15am – 12.15pm** Page 20
- » **Deep Relaxation 6.00pm – 6.40pm** Page 20
- » **A Course In Miracles 7.00pm – 9.00pm** Page 20
- » **Inner Child Healing**
Jo Gifford 6.30pm – 8.30pm
Session 3 of 4. See Introduction Saturday 26th October

Wednesday 13th November

- » **Qi Gong 10.00am – 11.15am** Page 20
- » **Beautiful Ageing 10.30am – 12.00pm**
See Wednesday 16th October
- » **Deep Relaxation 1.00pm – 1.40pm** Page 20

Thursday 14th November

- » **Freeing Yourself with Feldenkrais**
10.00am – 11.00am Page 20
- » **Teaching Kids Reading, Writing, Spelling**
10.00am – 11.30am
Session 2 of 3 See Thursday 7th November
- » **Mindfulness and Meditation**
6.00pm – 7.00pm Page 20

Friday 15th November

- » **Dance Movement and Art Class**
Lidia Fera 10.00am – 12.00pm
See Friday 18th October & Page 20
- » **Deep Relaxation 1.00pm – 1.40pm** Page 20



- » **Restoration of the Mysteries – Masonry**
Keith Bailey
6.30pm – 8.30pm

Ancient Universal Mysteries is an international order of Masonry for men and women and dedicated to the purpose of opening individual minds to cooperate with the Divine Plan.

The work to be done is familiarising the general public with the **nature of the mysteries and is of paramount importance at this time**.

Keith will talk about the significance of Masonry, its historical origin and current objectives, existence, and its future purpose. It has been said that Masonry is an earthly symbol of a heavenly archetype that is:

1. *The custodian of the law*
2. *The home of the mysteries*
3. *The seat of initiation.*

Bring your questions and Keith will answer anything you want to know about this fascinating subject.

Fee: \$10 **PLEASE BOOK** more on Page 19

Saturday 16th November



» Writing Your Story

Vicki Bennett

10.00am – 2.00pm

Anyone who's had a full life at home, at work and in other areas has **something fascinating to share** with the world, whether it's

an autobiography, biography, or your memoirs.

Very importantly Vicki will share how to **get started**, how to **create** a story and how to introduce the cast of characters who influence you.

Learn how to write the **essence of your story** and how to **share what mattered to you**. We may think that there's nothing special about our lives but each of our lives is unique and someday your children's children or later generations will search out the **stories of those who came before**. Writing your story can be a great gift to them and can even assist you in making sense of your own personal journey. You may be surprised at how your simple story can enrich others. Vicki Bennett (author of 34 books) looks forward to helping you get started in writing YOUR STORY.

Fee: \$65 **PLEASE BOOK** with full payment



» Unlock Your Intuition: Be Seen and Heard in a Crowd

Kirsten Barfoot

10.00am – 12.30pm

A transformative workshop designed to help you **tap into your innate wisdom and stand out authentically**. Using insights from the Gene Keys Activation Sequence, we'll embark on a journey of self-discovery and personal growth.

Discover how to access your internal compass, guiding you towards your highest potential. This workshop will explore your unique Gene Keys Activation Sequence, a key to unlocking your genius zone—where you operate at your highest frequency.

Whether you're new to Gene Keys or have explored them before, gain fresh perspectives and practical tools to integrate these teachings into your daily life. Learn to **navigate challenges with grace, make aligned decisions, and communicate effectively in any crowd**.

Join us to unlock your intuition, embrace your genius, and step into your power.

Fee: \$20 **PLEASE BOOK**

» Sound Healing – Meditation Relaxation

2.00pm – 3.15pm Page 20

» Sound Healing – Meditation for Children and Parents 3.45pm – 4.30pm Page 20



» Don't Leave a Mess – For Others

Paul Spottiswood

2.00pm – 4.30pm

This session highlights the many possibilities and options that are available to you, to prepare for your departure from this world in creating a **Pre-departure Check list**. Most of us have not thought through this subject carefully. You may **be amazed at all the possibilities** that Paul brings to this session.

Fee: \$25 **PLEASE BOOK**



» Nature Journaling for Connection and Self-Care

Bethan Burton

2.30pm – 5.00pm

Nature Journaling is the practice of **connecting with the intricate**

wonders of this world, cultivating curiosity and asking questions. It's about living with a sense of wonder for the life that is within us and around us, observing closely, and capturing all this on paper using a combination of words, pictures, and numbers.

Connecting with nature has **tremendous calming healing benefits** for the body and mind. Through this workshop we will explore the power of this simple practice to create more joy, presence and connection in our lives. We will work with natural subjects and a variety of art materials, to create a vibrant journal page. The workshop will also provide the tools and inspiration to bring this nature journaling practice into our everyday lives – **these are lovely sessions with fantastic feedback – don't miss it!**

Fee: \$25 **PLEASE BOOK**

Tuesday 19th November



» Linking Friends of the Relaxation Centre

Paul Spottiswood

10.00am – 12.00pm

In June we put the Linking Friends session on and it was enthusiastically attended by ten people, so come along and share a cuppa and meet others with similar personal growth interests. This session seems full of possibilities.

No charge, please let us know if you're coming and bring a plate to share.

Tuesday 19th November (cont'd)

- » **Yoga for Beginners 11.15am – 12.15pm** Page 20
- » **Deep Relaxation 6.00pm – 6.40pm** Page 20
- » **A Course In Miracles 7.00pm – 9.00pm** Page 20
- » **Inner Child Healing**
Jo Gifford 6.30pm – 8.30pm
Session 4 of 4 See Introduction Saturday 26th October

Wednesday 20th November

- » **Qi Gong 10.00am – 11.15am** Page 20
- » **Beautiful Ageing 10.30am – 12.00pm**
See Wednesday 16th October
- » **Deep Relaxation 1.00pm – 1.40pm** Page 20

Thursday 21st November

- » **Freeing Yourself with Feldenkrais**
10.00am – 11.00am Page 20
- » **Teaching Kids Reading, Writing, Spelling**
Jack L'Estrange 10.00am – 11.30am
Session 3 of 3 See Thursday 7th November
- » **Health and Wellbeing Support Group**
11.00am – 1.00pm Page 20
- » **Mindfulness and Meditation**
6.00pm – 7.00pm Page 20



- » **Mantras/Chanting and Meditation**
Angela and Rob
7.00pm – 8.30pm

Join Angela and Rob from **SpiritSong** for a **blissful evening** of **mantras, chanting** and **meditation**. When we sing mantras, we invoke the stillness of the heart which is the presence that lives within us all.

It is a **simple** and **easy** practice that helps **quiet** the mind and lead to **inner peace**. No experience is necessary, and **everyone is welcome**. Please arrive early so we can all start together.

Fee: \$20 **PLEASE BOOK**

Friday 22nd November

- » **Deep Relaxation 1.00pm – 1.40pm** Page 20

Saturday 23rd November



- » **Your Magical Moon - How it Can Enrich Your Life**
Nicky Bassett
10.00am – 1.00pm

Did you know that astrologically the **Moon is nearly as significant as the sun?** It impacts you and everyone else on our planet every day; reveals specific strategies to help us relieve stress; affects our spiritual life, feelings and moods; enables us to tune into its natural rhythms and as a result **manage our emotions, decrease fatigue and frustration, and increase our energy, joy and harmony.**

Join us for a transformative, fun-filled and spiritual adventure as we journey into the magical moon.

Fee: \$30 **PLEASE BOOK**



- » **For Parents and Carers of Babies and Children**
Evor
10.00am – 12.30pm

Have you noticed your child/children are **special unique sensitive souls and light beings?**

Does your inner knowing recognise they are far older and wiser than their physical age.

They have arrived with greater purpose to make a difference to the future of the planet and this new earth creation. Nurture and support their future way of being so they **continue to shine their light** and live in the world.

Discover being in-tune with your child/children, their purpose and have a positive impact towards a happy healthier environment that **nurtures, guides, protects and supports these divine light beings.**

Receive tools to guide and care for these wonderful souls.

Fee: \$25 Individuals or \$35 for Couples **PLEASE BOOK** more on Page 19

Visiting Speaker Reflections

Many of you may know that we have hosted a huge number of speakers from other countries in our 50 year journey.

Virtually every one of those speakers has told Lionel that they have never encountered an organisation anywhere else in the world that was run along the lines of the Relaxation Centre, and how deeply impressed and inspired they'd been by their experience of it.

Saturday 23rd November



- » **Heart Centre Intelligence**
Kath Howie
10.30am - 12.45pm

The Heart is an extraordinary organ **with traits and abilities that are not widely understood.**

With new information continuing to come to light, this is an exciting time for our Heart centred community.

In this introductory session we will explore Heart Centre intelligence and how this differs from the other centres of intelligence. We will look at what it truly means to be a Heart centred person, which is far deeper and more complex than just emotions and feelings. With Insights into the **Heart centre** this introductory session provides insights that may **change the way you view yourself and those around you**, and bring about more healthy, harmonious interactions.

Fee: \$20 **PLEASE BOOK**



- » **The Chestahedron:
The Female Heart Sixth
Platonic Solid**
Robert Vicary
2.00pm - 4.30pm

Have you been experiencing the Female Energy rising from the Earth **causing your heart to open to new possibilities** for the way we could run the planet and care for each other. In 1924, Rudolf Steiner stated that there was a Female Heart Sixth Platonic Solid to counterbalance the Male Dominating way the planet was currently being run.

Come and experience the Female Energy of the simple Chestahedron structure that is **resident in each of our Hearts** to assist with the Conscious Evolution of our species during this transition period. Handouts provided.

Fee: \$25 **PLEASE BOOK.**



- » **The Sedona Method**
Jo Gifford
2.00pm - 4.00pm

The Sedona Method is a unique, simple, powerful, easy-to-learn and repeat technique that shows you **how to uncover your natural**

ability to let go of any painful or unwanted feeling in the moment. It really works and is a tool you can use any time, any place, to improve any area of your life and uncover happiness and joy that is right within you.

Introductory session today FREE.

Four-week course: Tuesday 26th November, Tuesday 3rd, 10th and 17th December

Fee: \$135 for 4-week course **PLEASE BOOK**

Tuesday 26th November

- » **Yoga for Beginners 11.15am - 12.15pm** Page 20
- » **Deep Relaxation 6.00pm - 6.40pm** Page 20
- » **A Course In Miracles 7.00pm - 9.00pm** Page 20
- » **The Sedona Method**
6.30pm - 8.30pm Session 1 of 4
See Introduction Saturday 23rd November.

Wednesday 27th November

- » **Qi Gong 10.00am - 11.15am** Page 20
- » **Beautiful Ageing 10.30am - 12.00pm**
See Wednesday 16th October
- » **Deep Relaxation 1.00pm - 1.40pm** Page 20



- » **Insights and Overview
of Compassionate
Communication**
Cate Crombie
6.00pm - 8.30pm

Don't underestimate this evening! It is more than simply an introduction.

This valuable session will give you an understanding of a **life and relationship-changing concept** using ideas and approaches which have been **bringing profound benefits** to people and organisations in many countries for the past 30 years.

Enjoy this evening, and definitely read more about the **Compassionate Communication weekend on Saturday 7th and Sunday 8th December**

Fee: \$25 **PLEASE BOOK**

Thursday 28th November

- » **Freeing Yourself with Feldenkrais**
10.00am - 11.00am Page 20
- » **Freedom From Addiction**
Ian Ratcliff 12.00pm - 1.30pm
This has been an invaluable course for many. See full details on Thursday 31st October.
- » **Mindfulness and Meditation**
6.00pm - 7.00pm Page 20

Thursday 28th November (cont'd)



» Your Gut Health

Jen Compton

6.00pm – 8.00pm

Learn about the gut biome and how to treat it well. **When you understand how all disease starts in the gut, you will eat to keep**

your gut buddies happy. Your gut health affects your whole health, mind and body.

Jen Compton has been studying nutrition over the last 40 years and has found it fascinating. Her husband has commented that she should probably have a PhD by now in functional integrative medicine / naturopathy with all the books, podcasts and videos she's interacted with over the years.

Fee: \$20 **PLEASE BOOK**

Friday 29th November

» Dance Movement and Art Class

10.00am – 12.00pm

See Friday 18th October & Page 20

» Deep Relaxation **1.00pm – 1.40pm** Page 20

Saturday 30th November

» Sound Healing – Meditation Relaxation

2.00pm – 3.15pm Page 20



» Love, Is It the Answer?

Jo Ross

1.00pm – 2.30pm

Can it really be as simple as **Leo Buscaglia, John Lennon, the Dalai Lama** or any of the great teachers suggest?

During this session we will look at a snippet of the mindful words gifted to us in relation to our own need to Self-Care and walk in Love.

Fee: \$15 **PLEASE BOOK**



» Procrastinate NO MORE

Rose-Marie Pennisi

2.15pm – 4.30pm

Is procrastination holding you back?

Is there more you want to achieve but don't know how? You are

not alone. This is a common challenge many of us face. Did you know that the average person **loses 3.5 hours each day** to procrastination? **That's 55 days each year!** Imagine if you could get this time back. What would you do with it?

Join Rose-Marie in this practical workshop where you will gain **clarity on what you want and what is important to you**, and insights into why you procrastinate and what you can do to break free from this vicious cycle boosting not only your productivity but also your wellbeing. She'll share tips and hacks to inspire you to procrastinate **NO MORE** so you can finally move forward and achieve your goals and dreams. What's holding you back?

Fee: \$20 **PLEASE BOOK**

Tuesday 3rd December

» Yoga for Beginners **11.15am – 12.15pm** Page 20

» Deep Relaxation **6.00pm – 6.40pm** Page 20

» A Course In Miracles **7.00pm – 9.00pm** Page 20

» The Sedona Method

6.30–8.30pm Session 2 of 4

See Introduction Saturday 23rd November

Wednesday 4th December

» Qi Gong **10.00am – 11.15am** Page 20

» Beautiful Ageing **10.30am – 12.00pm**

See Wednesday 16th October

» Deep Relaxation **1.00pm – 1.40pm** Page 20

Thursday 5th December

» Freeing Yourself with Feldenkrais

10.00am – 11.00am Page 20

» Health and Wellbeing Support Group

11.00am – 1.00pm Page 20

» Mindfulness and Meditation

6.00pm – 7.00pm Page 20

» Volunteer Information Session

5.00pm–6.00pm Page 2

RUFUS: How unconditional is love in your life? It's remarkable how we can have six children and each of them can be so different. Who are these people who pop up in their little bodies and choose us to come through?



Thursday 5th December (cont'd)

» **FILM: Prostate Empowerment**

1.15pm – 3.00pm

Prostate Empowerment – Graeme Sait gives us the keys to prostate health. Men rarely discuss their health issues, and this is probably linked to the sub-standard education and misinformation about health management. Discover why the prostate gland malfunctions and deteriorates so readily and learn the strategies to overcome these weaknesses from Graeme Sait, international consultant on soil health, animal and human health.

Fee: \$5

Friday 6th December

» **Deep Relaxation 1.00pm – 1.40pm** Page 20

Saturday 7th December



» **The Compassionate Communication (NVC) Workshop – Making Connections**

Cate Crombie

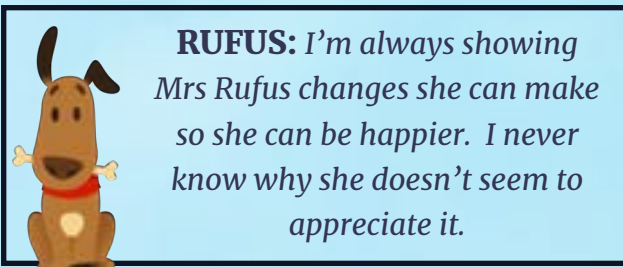
9.30am – 5.00pm Day one

Imagine interacting with one another in a way that **allows everyone's needs to be equally valued**. This is what this two-day workshop is about. Cate offers a **practical process** to ensure everyone's needs are heard and understood, bringing **resolution to personal conflicts** with personal empowerment and learning how to be fully present when people express emotion, including anger, resentment, or criticism.

This is a remarkable course that people tell us has made a **huge difference to their family life and brought wonders at the workplace**. The ideas are now used world-wide in many major organisations. You will love it and Cate presents the wonderfully life-changing insights of this course so beautifully. It is essential that you attend both days.

Fee: \$195 **BOOKING ESSENTIAL WITH FULL FEE**

See **Introduction** Wednesday 27th November



RUFUS: *I'm always showing Mrs Rufus changes she can make so she can be happier. I never know why she doesn't seem to appreciate it.*



» **Power of Our Stories – Words That Make Our World**

Andrew Greentree

9.30am – 12.30pm

Come and enjoy this new course presented by Andrew. He has been fascinated by the stories people tell themselves Here is an opportunity to **update your stories and see through different eyes**.

This is a fun course to not only bring you new insights but also to enjoy interactions with others in the group. Remember, **life is all about growing together**.

Fee: \$20 **PLEASE BOOK**



» **100 Keys to Love: Tools for Self-Care**

Vicki Bennett

10.00am – 12.30pm

Each one of us longs for love and true happiness. This course by Vicki Bennett is for those of us

who are **seeking to find true love** and who want to write their own recipe for an **authentic relationship**.

The keys shared by Vicki are concise and clear so we can **create positive, happy and healthy relationships**. Each key offers tools and skills for the future, giving direction and guidance in the journey of love, and shares insights to unlock true love and joy.

This course will help you **develop a positive mindset** for bringing authentic love into your life, keeping it alive, and loving yourself in the process. If you want to take positive steps towards finding love and building relationships based on **self-worth**, then this course is for you. Fee: \$25 **PLEASE BOOK**



» **UFO's – A Remarkable Australian Story**

Paul Spottiswood

2.00pm – 4.30pm

Was a UFO involved in the most amazing aircraft disappearance?

This event occurred in Australia

45 years ago on Saturday 21st October 1978. Paul, a retired commercial pilot, had flown the very same Cessna that disappeared; this time flown by a 20-year-old pilot named Frederick Valentich.

Today Paul hosts **special guest**, Rhonda Rushton, who was only 16 years old at the time, and who had secretly become engaged to Frederick only eight days earlier.

Paul will tell of his association with the aircraft and give details of the flight from Melbourne to King Island. He will share the amazing radio transmissions, describing what was happening to Frederick.

Rhonda was to have been on the flight and will tell of her relationship with Frederick, what happened on the day and the **tragic aftermath of Frederick's disappearance**. It is quite a mystery. This is a fascinating story, so come and hear it!

Fee: \$12

Saturday 7th December (cont'd)



- » **Free Yourself from the Prison of Your Mind**
Rosie Stave
2.30pm – 5.00pm

Rosie will introduce you to The Work of Byron Katie. This process has **transformed the lives** of millions of people. It can bring the most remarkable **immediate insights, freedom and happiness** in a most profound way. **You need to experience it to understand why.**

The Work, as it is often referred to, has the capacity to liberate us. It assists us to embrace and accept life's surprises as well as the differences in other people's personalities and approaches.

It is the apparent **simplicity of it that makes it so effective.** Rosie worked for some years with Byron Katie in the USA and has assisted thousands of people since returning to Australia.

Fee: \$25 **PLEASE BOOK**

Sunday 8th December

- » **The Compassionate Communication (NVC) Workshop – Making Connections**
Cate Crombie
9.30am – 5.00pm *Day two*
See Saturday 7th December.
It is essential that you attend both days.



- » **Freeing Yourself in Relationships – The Work of Byron Katie**
Rosie Stave
9.30am – 5.00pm

We all come to recognise that our relationships – whether they be with our partners, parents, children, friends, or people at work – can bring out the most unexpected pain, guilt, fear, anger, misunderstandings, frustrations, and much more. We are often at a loss in regard to **what we can do** to bring the **harmony and connection and comfort** between us that we yearn for.

Here you could well find your answers as have thousands of people before you.

Fee: \$85 **PLEASE BOOK with a \$25 deposit**

“ Love is what we all seek and yet how complicated it can be. ”



Tuesday 10th December

- » **Yoga for Beginners 11.15am – 12.15pm** Page 20
- » **Deep Relaxation 6.00pm – 6.40pm** Page 20
- » **A Course In Miracles 7.00pm – 9.00pm** Page 20
- » **The Sedona Method**
Jo Gifford 6.30–8.30pm **Session 3 of 4**
(For those who have completed sessions 1 & 2)

Wednesday 11th December

- » **Qi Gong 10.00am – 11.15am** Page 20
Last class for the year
- » **Beautiful Ageing 10.30am – 12.00pm**
See Wednesday 16th October
- » **Deep Relaxation 1.00pm – 1.40pm** Page 20
- » **Sound Healing – Meditation Relaxation 6.30pm – 7.45pm** Page 20

Thursday 12th December

- » **Freeing Yourself with Feldenkrais 10.00am – 11.00am** Page 20
- » **Mindfulness and Meditation 6.00pm – 7.00pm** Page 20
Last session for Jo Gifford.

RUFUS: *Is anything more wonderful than true friendship? Yet I think you humans promote competition comparison and winning ahead of the beautiful qualities of friendship.*

RUFUS: *The more they discover about the remarkable sense we dogs have the more I wonder how long it will be before we start to keep humans as pets.*

RUFUS: *After I've been with my rellies over Christmas, I'm sure my insights in the new year will be riveting, sensational, and overflowing with wisdom.*

Thursday 12th December (cont'd)



- » **Surviving (Thriving) Through the Silly Season**
Joan Wilson-Jones
6.00pm – 8.30pm

Christmas isn't always a time of joy and happiness for many people. Maybe you are missing a special loved one. Maybe you are going through some family difficulties. Maybe you just don't celebrate Christmas for personal, cultural or religious reasons.

It can be very hard to navigate December, especially if you aren't feeling up to it, or if you don't want to participate in the festivities. So often people find it hard to understand how you feel and might **try to lure you out of your safe hiding place with their expectations of what might be good for you** (in their view).

If any of the above resonates with you come and join us for some **strategies, insights and ideas on how to protect your needs and sanity** throughout and beyond December.

Joan Wilson-Jones is well known to anybody who regularly attends the Relaxation Centre.

We can promise you'll find some insights, ideas and strategies to not just survive but to thrive and be ready for 2025.

Friday 13th December

- » **Dance Movement and Art Class**
10.00am – 12.00pm – *Last Class for 2024*
See Friday 18th October & Page 20
Fee: \$10

- » **Deep Relaxation 1.00pm – 1.40pm** Page 20

Saturday 14th December



- » **Active Gratitude**
Andrew Greentree
9.30am – 12.30pm

Here is a practice that can enrich your life and bring ever increasing meaning to each day.

Andrew will highlight how we can make decisions and **take actions that can transform our perceptions** of all that occurs and so allow us to see opportunities where previously we often saw problems. This is real empowerment and a huge all-embracing gift to us.

Fee: \$20 **PLEASE BOOK**



- » **Energy Healing Circle – Transform Your Life**
Josie Thomson
10.30am – 12.30pm

Are you ready to embark on a profound journey of healing and transformation? Imagine **stepping into a serene, sacred space filled with warmth, compassion, and empowering energy** of individuals coming together to **heal, uplift and support one another**. Please accept our invitation to join us today in this energy healing circle guided by Josie Thomson. Come and experience **deep healing, relaxation, connect with your inner wisdom and gain clarity** on your unique journey.

Josie brings many years of experience in guiding these healing circles throughout Australia and many other countries.

Fee: \$20 **PLEASE BOOK**



- » **Overcoming the Fear of Flying**
Paul Spottiswood
10.00am – 12.00pm

For some years Paul presented the pilot's segment of the 'Fear of Flying Course' conducted by one of **Australia's major airlines**.

Paul is a retired commercial pilot with **35 years experience** and is amazed how **in these courses many fear barriers seem to melt** away.

Fee: \$25 **PLEASE BOOK**



- » **Dowsing For Answers**
Rod and Megan Middleton
1.30pm – 4.00pm

Dowsing has been used for thousands of years and by many cultures. It is a way of **tapping into your mental and intuitive powers**. When skills have been developed dowsing can be used in revealing answers to unanswered questions, **finding lost objects and exploring what foods can be helpful** – these along with other possibilities.

Rod and Megan Middleton have been teaching dowsing for many years. These are fascinating sessions with lots of participants discovering **abilities that really surprise them**. People have gained so much from this course.

Fee: \$25 **JUST COME ALONG**

Saturday 14th December (cont'd)



- » **Six Strategies for Thriving**
Donna Thistlethwaite
2.00pm – 4.00pm

In 2012 Donna experienced a mental health crisis which

culminated in her jumping from Brisbane's Story Bridge, in an attempt to end her life. Today she is an award-winning entrepreneur and accomplished speaker **who empowers others to live their best life** and TV documentaries have been made about Donna.

Join Donna in this workshop to discover insights from her crisis, and the **six key strategies** that transformed her life from **surviving to thriving**. A powerful and engaging session that will equip you to THRIVE in a whole new way.

Fee: \$25 **PLEASE BOOK**

- » **Sound Healing – Meditation Relaxation**
2.00pm – 3.15pm Page 20
- » **Sound Healing – Meditation for Children and Parents** 3.45pm – 4.30pm Page 20

Tuesday 17th December

- » **Yoga for Beginners** 11.15am – 12.15pm
Last class for the year. Page 20
- » **Deep Relaxation** 6.00pm – 6.40pm Page 20
- » **A Course In Miracles** 7.00pm – 9.00pm Page 20
- » **The Sedona Method**
6.30–8.30pm Session 4 of 4
(For those who have completed sessions 1, 2 & 3)

Wednesday 18th December

- » **Beautiful Ageing** 10.30am – 12.00pm
See Wednesday 16th October
Last session for the year
- » **Deep Relaxation** 1.00pm – 1.40pm Page 20

“ Have you noticed how sometimes life flies and sometimes it drags. Are we the interpreters of time? ”

Thursday 19th December

- » **Freeing Yourself with Feldenkrais**
10.00am – 11.00am Page 20
Last class for the year
- » **Health and Wellbeing Support Group**
11.00am – 1.00pm Page 20
- » **Freedom From Addiction** 12.00pm – 1.30pm
This has been an invaluable course for many.
See full details on Thursday 31st October.
- » **Cake, a Cuppa, and a Chat - Facilitated Discussions on Death** 1.30pm – 3.30pm
See full details Saturday 9th November

Friday 20th December

- » **Deep Relaxation** 1.00pm – 1.40pm Page 20

Saturday 21st December

- » **Choose Change** 2.00–3.15pm
See Saturday 19th October
- » **Sound Healing – Meditation Relaxation**
2.00pm – 3.15pm Page 20



- » **Your Life is In Your Hands**
Patricia Barton
1.00pm–5.00pm

Patricia Barton has been a Hand reader and teacher of Palmistry

and Hand Analysis for many years. In this fun afternoon you will learn the basics of both these approaches and **Patti will also read your hands**. You'll be welcome to record your personal reading on your phone.

You will learn how palm markings describe **your personality profile** and how your fingerprints can be analysed as **your soul's 'bar code'** to reveal your **life purpose** and some of its **challenges**.

Ink prints will be taken so we can see your palm markings and fingerprints more easily. Patti is flying in from Mackay to offer this amazing workshop and will also have a few copies of her book *A Handbook on Hand Reading* for sale.

Please bring a magnifying glass if possible.

Fee: \$55 **PLEASE BOOK**

Saturday 21st December (cont'd)



» **Vision Board**
Virginie Fortin
10.00am – 12.15pm

What a **powerful gift is envisioning**. All too often we can drift from day to day without a vision – without goals – without dreams!

There is no better time to create your Vision Board than now – then the months ahead are waiting at your command to respond.

Come and hear Virginie as she introduces you to all sorts of ideas and subtleties in creating a Vision Board offering you the opportunity to give **birth to your dreams and deeply held visions**.

Just bring yourself – have a wonderful afternoon that can offer you benefits for the rest of your life.

Fee: \$15 **PLEASE BOOK**

Tuesday 24th December Christmas Eve



» **Deep Relaxation**
Jo Ross
1.00pm – 1.40pm

Deep Relaxation came to us from Dr Ainslie Meares, the great Australian pioneer of this method to achieve the **life-**

changing benefits available from quietening our minds and bodies. Participants sit in chairs.

Fee: \$8 (\$5 for pensioners) **Just come along.**

The Relaxation Centre Closes at 4.00pm, 24th December

* * *

We Reopen on

Thursday 23rd January 2025

Friday 24th January

Saturday 25th January

All 9.00am ~ 5.00pm

Tuesday 28th January

Hours as Normal

Saturday 28th December

CLEAN UP DAY

These **Clean-up** days can be both fun and incredibly invaluable. After a year of a lot of courses and activities in the Centre it makes such a difference to give our lovely home a good cleanup ready for the New Year.

Our clean-up day this year is on
Saturday 28th December.

If you have a favourite cleaning implement, please bring it and share your skills. We'll have lots of cleaning cloths and supplies available.

It's also great to share lunch together. If you have some Christmas leftovers or other food you'd like to share please bring it along.

9.30am to 3.30pm
Saturday 28th December

Come for however long you can.



Unfortunately, we have created a world full of rush, hurry, and many tasks to accomplish. No wonder that with an intellect so full of things to do, wanting to look good, fulfilling expectations, trying to earn enough money, and so much more that people worldwide are stressed, anxious, and struggling within themselves and their relationships.

Having space and enjoying space was once a natural part of life – SO for this last but one newsletter we have put aside the space above just for you.

Enjoy it, immerse yourself in it, and breathe it in. Take your time – it's yours and always will be to your last days. Become a **Space Being** and share it with others **but be careful not to fill it or give it away!**

More about Presenters



» **Energy Healing Circle**

Josie Thomson is known as an outstanding mindfulness and meditation facilitator. Her journey includes deep rooted experience in neuroscience, quantum consciousness and energy healing. She's had three near death experiences which have given her a profound understanding of life beyond the veil. **See Saturday 2nd November and Saurday 14th December**



» **Restoration of the Mysteries – Masonry**

Keith Bailey, composer and musician, has thirty-five years of mystical and occult training and is a teacher, writer, and speaker in this field. He has received Masonic training since 1977 and is the founder of the Masonic Order, Grand Lodge, Ancient Universal Mysteries, established for both men and women to meet the Masonic quest for the restoration of the Mysteries. **See Friday 15th November**



» **Seminar for Parents and Carers of Babies and Children**

Evor has a burning desire to assist others into finding their personal direction and healing within themselves. Yes, the essence of their soul journey and purpose. Now she is keen to assist parents and carers to nurture the light in children and assist them to keep it ever glowing. The heart of education is to draw out of children all their natural wisdom and knowing. **See Saturday 23rd November**

Crystal Fun in The Bookshop

We have some lovely gifts and keepsakes from the crystal realm in our bookshop.

Everything from Crystal infused healing roll-on essences for travel, love, sleep, and bliss (\$22 each), to individual crystals for \$1 each, and many other gorgeous crystal gifts to browse in store.

We also have some great books about crystals. The **Crystal Bible** by Judy Hall (\$22.99) is a wonderful reference source for beginner crystal lovers as well as practices experts. This is the first crystal book I bought over 15 years ago and I still love dipping into it.

Self- Love Crystals, Crystal Spells and Rituals for Magical Self-care by Katie Huang (\$32.99) is a beautifully presented book with information on the crystals to use in ways to bring self-healing. Our crystal books and giftware make wonderful gifts so come on in and see for yourself.



» **Two great Speakers Coming in the New Year** (More in our next Programme)

We are delighted to again welcome **William Meader** from the USA. William will present **The Lighted Lamp** on **Thursday 27th Feb 2025**. Every human being is destined to bring light into the world. Indeed, the purpose of the soul is to creatively express its love and wisdom in support of humanity's betterment. In this seminar William will explore the soul's creative process as it seeks to magically radiate through this lighted lamp deep within each of us. This will include a penetrating look at the step-by-step method used by the soul to manifest its creative intention.



Steven Acuff

is visiting us again from Sweden and will present an Introductory Evening on **Friday 20th March**, then two full day seminars: **Healthy Body, Healthy Mind – How Food Affects the Mind** **Saturday 22nd March and Food for Self-Healing Sunday 23 March 2025**

Last time Steven came to the Relaxation Centre he said to the very responsive and enthusiastic audience "Next time I come I'll put on a two-day session for you."

Steven's approach to eating for health comes from the holistic insights that we can consciously strengthen and bond with the natural order around us for choosing the proper food. Steven's previous three visits were so enjoyable for many people.

Remember we have a 30% DISCOUNT on all new items in our shop from Tuesday 3rd December to Tuesday 24th December

Calendars

Don't forget we stock some great calendars for the New Year: **Crystal Calendar** (\$12.99)
Moon Time Diary (\$42)
2025 Moon Planting Guide for Gardeners (\$12.00)

PRE-LOVED BOOK SALE

So many of you have kindly dropped in boxes of books that you have valued and cherished yet because of moving or downsizing you have passed them on to us. We are having a special sale of these treasured books so come in and bask in a wonderful wide range of great books.

Our pre-loved book sale will be held on **Saturday 9th November 11.00-2.30pm.**

\$1 each or 5 books for \$3. Bring cash if possible.

Weekly Classes

Tuesdays



» **Yoga for Beginners** Sally Waters
11.15am – 12.15pm

Here is a gentle introduction to the basic poses and skills of yoga. Whether you're a beginning yoga student or someone who hasn't practised in a while, it's time to connect with your yoga practice now. *Fee: \$12 or \$90 for 8 sessions*



» **Deep Relaxation** Jo Ross
6.00pm – 6.40pm

Deep Relaxation came to us from Dr Ainslie Meares, the great Australian pioneer of this method to achieve the **life-changing benefits** available from quietening our minds and bodies. Participants sit in chairs. *Fee: \$8 per session or \$48 for seven sessions (\$5 for pensioners)*
Just come along.



» **A Course In Miracles**
Simon Jones **7.00pm – 9.00pm**

A Course In Miracles has opened the minds and awareness of millions of people worldwide. A remarkable study book which many people love to **meet and share insights** about. Simon looks forward to meeting you and guiding this session. *Fee: \$5*

Wednesdays



» **Qi Gong for a Healthy Body and Peaceful Mind** Terri Kozak
10.00am – 11.15am

Qi Gong movements **enrich your brain and nervous system** while enhancing your health holistically. Ten minutes a day makes a profound **difference to mind and energy levels**. Benefits can be gained from a single lesson. *Fee: \$14 or \$48 for 4 sessions*



» **Deep Relaxation** Sandra Ballinger
1.00pm – 1.40pm
Fee: \$8 per session or \$48 for 7 sessions. (\$5 for pensioners)
Just come along. See Tuesdays above

Thursdays



» **Freeing Yourself with Feldenkrais** Rita Ryan
10.00am – 11.00am

Here is a method you need to experience yourself, a wonderful process that's brought **quite miraculous changes and healings for numerous people**. Rita Ryan is a highly trained teacher with many years of experience which she has shared with thousands of individuals and groups. *Fee: \$14 or \$48 for 4 sessions*



» **Mindfulness and Meditation**

Jo Gifford **6.00pm – 7.00pm**

Jo combines exercises in heart/mind coherence, mindfulness, and energetic release work and shows you how to move from the '**stress response**' into the '**relaxation response**' to help you feel more alive and connected to the world around you. *Fee: \$10*

Fridays



» **Deep Relaxation**

Jane Watson-Brown

1.00pm – 1.40pm

Fee: \$8 per session or \$48 for 7 sessions. (\$5 for pensioners)

Just come along. See Tuesdays

Other Recurring Courses



» **Health and Wellbeing Support Group**

Elena Lymbery

11.00am – 1.00pm

Here is an exceptional opportunity to look at your health and wellbeing in small, easily digestible chunks. Elena has a wealth of knowledge to share.

Fee: \$12 See Thursday 21st November, 5th & 19th December

» **Sound Healing – Meditation Relaxation**

Elena Lymbery

Come and experience the wonders of sound. People have been using sound in many ways for centuries. It **balances both hemispheres** of the brain, improves sleep and helps with pain management. You can sit on chairs or lie on the floor (bring a mat or towel to lie on). *Fee: \$15*
See Saturday 16th & 30th November, 14th December, Wednesday 11th December & Christmas Special Saturday 21st December

» **Sound Healing – Meditation for Children and Parents** Elena Lymbery

Help your child **discover their inner resources** for calm, peace, resilience, confidence, and creativity.

Fee: \$5 p/person

See Saturday 16th November & 14th December



» **Dance Movement and Art Class**

Lidia Fera

Lidia facilitates a dance and movement class that allows for connection to the body and teaches techniques to realign the nervous system and release emotions through movement.

Every two weeks from Friday 18th October

Relaxation Centre of Queensland Limited

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