



Kalari Healing Centre

302 HIGHTT RD, HIGHTT 3190

PH 9553 7053 www.kalariayurveda.com.au

WINTER NEWSLETTER 2010

CLASSES TIMETABLE

MONDAY

- 10.00-12.00pm Creative arts therapy group with Meike
6.30-7.30pm Kundalini Yoga with Ruth

TUESDAY

- 6.00am Morning Meditation with Peter
4.30-5.30pm Yoga for children and teenagers with Belinda
5.30-6.30pm General Yoga with Belinda
7.00-8.30pm Somachi Yoga with Kirran

WEDNESDAY

- 7.00-8.00am Utkatanga Yoga with Dennis
7.00-8.30pm General Yoga with Caz

THURSDAY

- 6.00-7.15pm General Yoga with Trish
8.00-9.30pm Meditation with music and movement with Christina

FRIDAY

- 7.00-8.30pm Mantra - The Yoga of Sound with Chaitanya

SATURDAY

- 6.30am Indian Martial Arts (Kalaripayattu) with Peter
8.30-10.00am Beginner Yoga with Caz

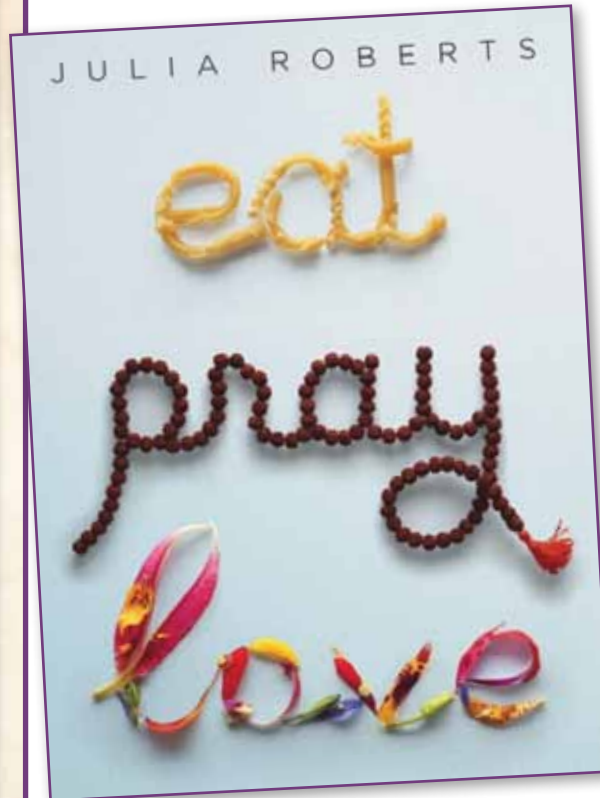
BOOKINGS ESSENTIAL WITH INDIVIDUAL TEACHERS TO CONFIRM ATTENDANCE.

CLASS SIZES ARE LIMITED.

Christina	Enq./Bookings	0400 440 554
Belinda	Enq./Bookings	0418 566 950
Meike	Enq./Bookings	0400 638 626
Caz	Enq./Bookings	0438 077 293
Peter	Enq./Bookings	0427 571 323
Luisa	Enq./Bookings	0413 447 486
Ruth	Enq./Bookings	0403 220 391
Denis	Enq./Bookings	0439 350 035
Kirran	Enq./Bookings	0405 510 389
Chaitanya	Enq./Bookings	0423 599 276
Trish	Enq./Bookings	0425 720 049

Hrs: Mon-Fri 9am-6pm. Sat 9am-2pm

MOVIE NIGHT



SUNDAY OCTOBER 10 2010

TIME: 6.30 PM

AT: DENDY CINEMA IN BRIGHTON.

TICKETS ARE \$17.00

The Kalari Healing Centre is holding a fundraiser for our patron Sat Guru Hanuman Das, to sponsor his next visit to Melbourne where he will teach and heal using traditional Ayurvedic wisdom.

The movie will be "Eat Pray Love", 10th of October 2010. It will start at 6.30pm at the Dendy Cinema in Brighton. Tickets are \$17.00 and are available from the Kalari Healing Centre phone 9553 7053.

This film, based on the best-selling book, promises to be a delightful gastronomical and spiritual journey.



Sat Guru Hanuman Das

YOUTH WELLBEING PROJECT

This collaborative project between City of Kingston, MOIRA SDYS, Swinburne and the Kalari Healing Centre was run in April 2010. Young people who were at risk, had experienced homelessness, mental health or drug and alcohol issues were invited to attend. The aim of the project was to enable the participants to experience a range of modalities related to self expression, relaxation and self care. These included art therapy, yoga and martial arts in 4 afternoon sessions over 4 weeks. Most of the 12 participants had not tried any of these activities before and their level of engagement in each was high and the feedback very positive.

Some of the comments were as follows:

'My favourite was yoga as it was relaxing and I've never done it before.'

'I really enjoyed the yoga and martial arts because its not something I would do as a teenager'

'I enjoyed the martial arts for the balance it provides in your life'

'I liked all of them, got heaps out of every one, learning about myself'

'Creative arts therapy was my favourite thing, it relaxed me and I learned new things about myself'

'I enjoyed the martial arts for learning new skills and it was done outside'

'My favourite was the totem in art therapy, it was a fun way to express myself'

'The best was the art therapy collage it really helped me to express stuff'

These workshops were facilitated by Meike Zielinski, Carolyn Acuna and Peter Noblet from the Kalari Healing Centre. We have heard that several of the participants who attended have followed up these activities in their local area. We would love to run more of these kinds of collaborative projects as young people get so much out of them and it can sow some powerful seeds for self care and personal development in the future.

Also a huge thanks to City of Kingston Youth services for funding this project!

For individual or group-based art therapy enquiries please contact Meike on 0400 638 626 or meike67@hotmail.com



AYURVEDIC FOOT MASSAGE, HEALING TOUCH

with Luisa Cruthers

Luisa is a Special Education Consultant who has studied healing touch (energy work & chakra balancing) for a number of years, as well as Ayurvedic foot massage. These modalities can alleviate physical & emotional blockages and help with pain management.



Enquires / Bookings 0413 447 486 or 9553 7053

CHILDREN'S POSITIVE THINKING WORKSHOP USING BOTH ART THERAPY AND MEDITATION

Sessions will be available during the September school holidays. This workshop aims to give children calming and positive thinking techniques that they can use in their everyday life. Please contact Meike or Luisa for further information.

**TAROT READINGS
STARTING MID JULY**
Enquires Luisa
0413-447-486

Chanting every last Sunday of the month, 6-8pm

Meditation with Movement & Music with Christina Salmen Thursdays 8 -9.30 pm

ENQUIRIES/BOOKINGS 0400 440 554

FAMILY & COUPLE THERAPY, SPIRITUAL HEALING.

soulandlife-connect.blogspot.com

Through moving, you connect with yourself and with your body. We respond on an energetic level with others. Let go of old energies, patterns, belief systems and blockages, be fully yourself free.

Clear and clean yourself, your spirit, your space, to be creative and connected.

Restore, stay healthy and keep your full potential, listen to your heart

Next Workshop: Family Constellations

Saturday 31st July 2010

10.15am-4pm Kalari Healing Centre Highett

Peace & Tranquillity in Family Relationships

Love flow. Heart connected. Reach full potential

(see website for more details)

MANTRA - THE YOGA OF SOUND WITH CHAITANYA

Enq./Bookings 0423 599 276 FRIDAY 7-8:30 PM \$15 CASUAL

Mantra yoga is the yoga of sound. It enables us to bring harmony, healing and initiate great change spiritually, emotionally and physically in our lives.

Explore and heal the heart space with simple mantra yogic techniques.

Let Chaitanya guide you in some beautiful breath, sound and visualization

techniques – simple and powerful. Suitable for adults of all shapes and sizes.



ALCHEMY DANCE WORKSHOP Sunday July 25, 2010

This one-day DANCE IMPROVISATION workshop is for movers wishing to explore the freedom and beauty of presence.

In this workshop, we will embrace who we are and where we are through movement made in the moment. We will explore deep embodiment, and through attention to our sensations, feelings and imaginings, gain greater awareness of our intuitive wisdom. In a climate of non-judgment, we will engage with our innate creativity - as we move on our own and together. Using dance, writing, drawing and sharing, this workshop is designed for those wishing to honour the unique qualities of their moving body, embrace authenticity and expand understanding of the creative process.

Alchemy engages the heart and enriches the spirit in a joyful celebration of the moving moment.

DATES: Sunday, July 25, 2010

TIMES: 10.00am – 5.00pm

(with a one hour lunch break)

**PLACE: KALARI HEALING CENTRE,
302 Highett Road, Highett**

COST: \$100

*Please bring a JOURNAL, your favourite pens or pencils and lunch to share.

Anne O'Keefe is a dancer, choreographer and teacher, trained at Rusden (Dance/Drama) and Victorian College of the Arts (Choreography). She has taught movement-based improvisation since 1984, inspired by Skinner Releasing Technique, Al Wunder, Stephanie Skura, Eva Karczag, Min Tanaka and her ongoing studies in Yoga and Buddhism.



KALARI YOGA AT FED SQUARE



On the evening of June 19th 2010 some of the yoga practitioners from the Kalari Healing Centre demonstrated Surya Namaskar (Sun Salutations) in Federation Square as part of the Festival of Light and the winter solstice. These pictures show the beautiful golden globe that was the highlight of the festival, a stunning artistic installation underneath which the yoga was performed and the crowd was invited to participate. It was an amazing event enjoyed by all!

Chanting dates: 25th July, 29th Aug, 26th Sept and 24th Oct. \$10 donation.



SOMACHI YOGA WITH KIRRAN

TUESDAY 7.00PM-8.30AM

SomaChi Yoga is a unique and dynamic style of vinyasa flow yoga. The sequences of SomaChi Yoga include traditional hatha postures and pranayama (breath practises) with tai chi influences. The intention of Somachi Yoga is to create a fluid practice which aids the participant to centre the mind and bring 'aliveness' to the body.

Kirran Walker is a SomaChi trained teacher and she also holds a 500 hour practitioner's certificate from Victorian Institute of Teacher Training. She is a supportive teacher. Her classes are playful and explore the physical and energetic qualities of the self and other.

Casual \$18 6 week pass \$96 10 week pass \$160 Enq./Bookings 0405 510 389

UTKATANGA / STRENGTH AND BALANCE YOGA WITH DENIS

WEDNESDAY 7.00AM – 8.00AM

Learn Utkatanga / Strength and Balance (Utka means powerful and anga are the limbs, or body) classes will be based on the fundamental steps to strengthen the body, whilst ensuring that through the twisting and folding movements of the poses tensions will start to be released.

With the combined practice of building strength as well as learning a specific rhythm to the movements a subtle shift starts to take place with the focus of the mind being directed internally.

If you would like more detail go to my Find Yoga page : <http://theyogaden.findyoga.com.au>

*Cost \$15.00/class or 10 class card \$135.00
(9 paid classes, 10th class free)

Yoga class card also valid for course work (yoga intensives)
Enquiries & bookings 0439 350 035

KUNDALINI YOGA WITH RUTH

MONDAY 6.30PM – 7.30PM

Kundalini Yoga is a very fast acting yoga which helps us to realise that our true strength comes from within.

Ruth Dogovski/Parmatma Kaur started in the healing industry 14 years ago when she became a reflexologist. This interest in healing continued developing and 7 years ago it led her to Kundalini yoga. "I have tried other forms of yoga; however, I find this is very fast acting and very powerful".

Casual \$15

Enq./Bookings 0403 220 391

YOGA WITH TRISH

THURSDAY 6.00PM-7.30PM

NEW!!

This is a general Hatha Yoga Class, which incorporates Asanas (yoga poses) with some simple breathing exercises, relaxation and meditation.

Many people try a hatha class and love the relaxed feeling they are left with after the class.

Casual \$18 6 week pass \$96 10 week pass \$160

Enq./Bookings 0425 720 049

YOGA WITH BELINDA

Bookings essential call Belinda on 0418 566 950

HATHA YOGA GENERAL CLASS

Tuesday 5.30-6.30 \$15 per class

This will be an open class any one can attend.

CHILDREN AND TEENAGE YOGA

Tuesday 4.30-5.30 \$15 per class

Yoga for children is all about having fun however the fundamentals and values of yoga are incorporated. The classes consist of a mixture of relaxation, postures, breathing, chanting, meditation and games. Children's Yoga develops self-confidence, great posture, flexibility, self-awareness, and relaxation skills.

HATHA YOGA WITH CAZ

Enquiries/ Bookings 0438 077 293

Wednesday-7pm – 8.30pm General yoga

Saturday- 8.30am – 10am Beginner yoga

Casual \$18, 6 wk \$96

It does not matter if you have or have not practised yoga before. Each pose or asana can be taken to your own level. Yoga teaches you to listen to your body, and work within your own capacity. When holding the yoga postures we learn to combine the mind, body and breath developing awareness and focus.

Each class finishes with a relaxation or meditation. No experience or flexibility is required. Yoga is for everyone.

Bookings are essential for the Yoga Classes as class sizes are limited.