



Serenity Gongs & Gifts

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Crystal Light Healing

(Megan Townsend)

Crystals have intense healing qualities that have been embraced for thousands of years throughout different cultures. Crystal Light Healing(TM) facilitates the crystalline energy to energetic points (Chakra's) on the body allowing them to be opened, cleansed and balanced offering a revitalising treatment for the soul.

CLH may assist in:

Removing physical and emotional blockages

Alleviating stress and fatigue

Eliminating negativity

Enhancing creativity and thought processes

Relaxation

Crystals also allow safe access to all planes of the body to ensure balance, vitality, harmony and an overall resonance is achieved.

Price: \$50.00

Available: 7 days, by appointment

Bookings: (03) 6331 9003

Traditional Chinese Medicine & Acupuncture

(Amanda Clarke)

Traditional Chinese Medicine (TCM) is a holistic natural medical system that dates back 5000 years. It addresses the cause of the disorder as well as the symptoms. It combines acupuncture, Chinese herbal medicine, Moxabustion, cupping, massage, food therapy, exercise therapy and lifestyle advice, to help clear energy blockages, balance Yin and Yang and bring about good health in the body, mind and spirit. By clearing obstruction, the body's energy and blood can flow freely, giving relief to a wide range of disorders.

TCM can treat diseases of the cardio-vascular, respiratory, digestive, uro-genital and gynecological systems.

Some examples of conditions that respond very well to TCM include:

pain - back, neck, knee, muscle or joint pain, headaches, migraines, carpal tunnel syndrome, sciatica, post surgery pain,

stress and emotional problems - anxiety, panic attacks, insomnia and depression

digestive - bloating, nausea, reflux, constipation, diarrhea, IBS

immune - frequent infections, low energy

hormonal and fertility - irregular or painful periods, fibroids, menopausal symptoms, infertility

skin - itching, rashes, eczema, acne

Because TCM uses a different diagnostic paradigm to western medicine, some patients find relief from conditions previously undiagnosed, or seemingly unrelated.

Acupuncture

How does it work?

Simply put, acupuncture uses fine, sterile needles inserted into points on the meridians (energy pathways) to stimulate Qi (your body's vital energy force). In western terms the treatment helps to balance hormonal and neurotransmitter signals and encourages your body's own healing powers. Each person's experience of acupuncture is different, however, most patients are very comfortable and relaxed during an acupuncture treatment.

Price: Initial Consultation 90mins \$75.00

Follow Up Standard \$50.00

Follow up Extended \$75.00

Health Fund rebates apply

Call 0416 117 401 to make an appointment.

Intuitive Tarot Readings

(Barbara Gilbery)

Intuitive readings for your journey ahead.

Have you questions?

Are you a bit lost on decisions?

Perhaps just curious?

Do require some guidance?

Is it time to go forward?

Price: 30 minutes \$35.00

60 minutes \$60.00

Available: 1st Thursday of every month

Bookings: (03) 6331 9003

Heal Your Life

(Megan Townsend)

Based on Louise Hay philosophies

Unite your body, mind, spirit and emotions to identify and release negative thought patterns that could be sabotaging your life or repeatedly recreating undesirable situations. In this workshop/s you will work through Forgiveness, the Inner child, Gratitude and create your own affirmations to help you achieve the life that you want.

Learn how to open your heart to the positive aspects of life to create your own reality.

Two Formats:

Heal Your Life Weekend Workshop

Heal Your Life 10 Week Study Course

Available regularly

Bookings/Enquiries: (03) 6331 9003 or 0466 650 797