



News from Autumn Retreat

September 16th 2011

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Infant Massage Courses



Benefits of Infant Massage:

- Improves Lung Function
- Enhances Body Awareness
- Strengthens Immune System
- Enhances Bonding
- Improves Sleep
- Reduces Crying
- Reduces Anxiety
- Improves Alertness
- Assists Colic & Reflux
- And much more...

Group Classes &

Private Sessions available.

For more information and to book in please contact Autumn on 9416 9872 or email autumn@autumnretreat.com.au

Quick Links

Register Now



Dear Friends,

We hope you are well and that you were't too unsettled by the crazy winds last night. In this months newsletter we have some fascinating information from a couple of our practitioners and a new Qi gong class beginning very soon. Along with details of our upcoming **Family Health Open Day on sunday 23rd October**, this is sure to be an informative and fun afternoon for us all.



Ortho-Bionomy with Janine McCarthy

New Clinic Hours

Janine McCarthy, Registered Ortho-Bionomy Practitioner, has expanded her clinic hours at Autumn Retreat to 3 days per week.

Janine's new hours are: **Mondays 1.30-5.00pm**
Tuesdays 9am-5pm
Fridays 9am-5pm.

Free Ortho-Bionomy Consultations

Many people are new to Ortho-Bionomy and are unaware of its effectiveness for relieving musculoskeletal pain and teaching you how to look after your own body. In response to this, Janine McCarthy now offers 2 sessions per month for potential clients to meet with her for a mini-consultation free of charge. This is a 15 minute private consultation with Janine to discuss your needs and determine if Ortho-Bionomy is right for you. If Janine believes your needs will best be met by another therapist, she will give you a referral to the appropriate practitioner. There is no obligation attached to these introductory consultations, so they are ideal for investigating your options for becoming pain-free.

For Bookings & enquiries please contact reception on 9416 9872



Family Health Open Day Sunday 23rd October 12pm-4pm

FREE Demonstrations, FREE Classes, FREE Talks and FREE Mini-sessions. The focus to this Open Day is around Family Health & Wellbeing,

Topics include:

- Women's, Men's, Children's, Teen's & Baby's Health
- Pre-conception & Infertility
- Pre & Post-natal Health
- Postnatal Depression and Anxiety
- Yoga & Pilates at varying stages throughout life

Exciting Door Prizes and lots of great discount vouchers on the day...plus much more...

For more details & for the timetable please see our website
www.autumnretreat.com.au



5 week introduction to Qi gong

Qi gong (chi kung) is an ancient Chinese health care system that integrates movement, breathing techniques and intention.

Saturdays 12.00pm Begins 22nd of October

Cost \$65

For more information or to book, please call Nellie on 0431 886 107

What Does it mean to be Grounded?

Let's start with signs of not being grounded:

Your thoughts might jump around

Lots of thinking and worrying

Feeling unsettled

Can't relax

Difficulty focusing Talking quickly

Can't focus on details - losing things, running late, forgetting things

Jumping from one thing to another

Feeling anxious

Being grounded is strongly associated with the base chakra. It is related to having two feet on the ground, feeling solid, stable and safe and being able to live in the present moment.

Focus on your physical body. How are you sitting/standing? Is your physical body comfortable? Try relaxing your shoulders. Sit or Stand with your two feet flat on the floor.

If you're tuned into your energy, you might notice that you can't actually feel much energy at your feet. That might sound strange! Check in and notice what you feel.

Try taking some deep breaths, focusing on a full breath and out breath and consciously sending energy down to your feet. As the thoughts come back just continue to send energy down to your feet and focus on your breathing. Check back in - does the energy at your feet feel any different?

If you can, step away from your computer or phone or whatever for a few minutes - even if it's just going to get a glass of water. Try to focus on one task for a few minutes rather than doing several things at once.

If you can take even ten minutes break from what you're doing, exercise is probably the best thing, especially taking a walk outside in the fresh air whilst taking deep breaths.

If you can relate to any of the signs of not being grounded then why not come in and see Erin for a grounding kinesiology balance to connect you with yourself and the present moment.

Why not take Action Today!

Call Autumn Retreat today to make a Kinesiology Booking with Erin Boyd.

Upcoming Events at Autumn Retreat

3rd October

Children's School Holiday Yoga Workshop

(ages 4-7 10am-12.30pm & ages 8-13 2pm-4.30pm)

For more details or to book please phone Anita on 0418 998 862 or Tash on 0408 942 567

9th & 16th October

Reiki Level 2 with Sarah Najjar 10am-5pm

For more information about course click here www.ntpages.com.au/sarahnajjar or contact Sarah on 0416 620 877.

23rd October

Family Health Open Day 12pm-4pm

29th October

Reiki share group with Sarah Najjar 2pm-4pm

For more information about Sarah's Reiki click here www.ntpages.com.au/sarahnajjar or contact Sarah on 0416 620 877.

30th October & 6th November

Reiki Level 1 with Sarah Najjar 10am-5pm

For more information about course click here www.ntpages.com.au/sarahnajjar or contact Sarah on 0416 620 877.

Kind Regards,

Autumn Retreat

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**Save
\$10**

Off all Pre-natal massage vouchers with Autumn Ryan, purchased in the month of October. Pre-natal Massage vouchers valid until Wednesday 21st December 2011. there is no limit to the amount of vouchers you purchase. Mention this newsletter when purchasing vouchers to receive \$10 off.

Offer Expires: 31st October 2011
