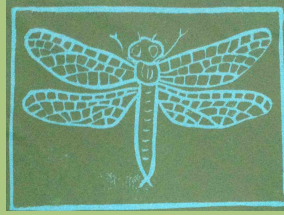


balancing act therapies



Susan Marte

www.balancingacttherapies.com



www.theoceanoracle.com



Autumn 2013

Happy Autumn from balancing act therapies

As we transition from summer to winter, I invite you to take time to focus on your health. Quite often the key to our health and well-being is maintaining a balanced lifestyle. Drink plenty of quality water, eat more foods that are less processed, exercise and do things you enjoy regularly. Look after your body and it will look after you. There are some new & exciting things happening at *b.a.t.* I hope you enjoy this newsletter and if anything resonates and you would like to book an appointment, I would be pleased to work with you.

My contact ph **0426 241 435.**

Diploma of Bowen - COMPLETED!

I am very happy to announce that after another year of study, I received my Diploma of Specialised Bowen Technique in March 2013. Along with learning some awesome new moves, it also means that clients can now claim on all health funds which refund Bowen. To be eligible, you need to have the appropriate level of cover.

More health fund news...

HBF Health Funds are now covering Bowen (Dip)! The **Bowen Association of Australia** is working hard to make Bowen THE healing modality of choice and getting more health funds - 22 to date - on board is all part of the plan.

Book a Bowen session

Bowen helps the body to heal itself. It's a gentle and effective modality and works with the body's own innate wisdom to shift into balance. I believe the greatest thing Bowen offers, is helping the body to switch from the sympathetic nervous system (fight & flight) to the parasympathetic - rest & digest. It's in this state that healing begins.

I offer morning and afternoon sessions Mon - Fri and some weekends by arrangement. A regular session runs about 60 mins and I now offer short appointments (about 30 mins). I work with babies, children and adults. For appointments, information or prices, please ring me on **0426 241 435**. Please let me know if you are on a pension or with a health fund. I am now accepting some EFTPOS and credit payments (must be linked to MasterCard or Visa).

(These newsletters are few & far between but to unsubscribe, please reply with 'remove' in the subject line. Thank you.)

The Liquid Crystals

I have recently completed The Liquid Crystal Practitioner's course. If you believe in the healing power of crystals (and even if you don't) you will love these essences. I make them up individually for you, with a detailed plan for how they can assist you on your healing journey. More about them at www.theliquidcrystals.com. The essences are gentle, effective and vibrational and work on our crystalline structure. I am now offering healing sessions using the liquid crystals, either by themselves or in conjunction with Bowen. Like Bowen, they help facilitate the body to remember perfect health and unity. I have personally been using these essences for a couple of years and highly recommend them.

The Ocean Oracle

I think my biggest news is the launch of my **OceanOracle app**. I created The Ocean Oracle a few years ago and have had the decks available for about a year. I feel very blessed to have created this oracle and offer readings through my business and also at local markets. The oracle uses Story and Messages to help with Remembrance. And because of our connection with water (being ~70% water ourselves), the cards have the ability to resonate deeply. For more about the cards (and to purchase the deck or app) visit www.theoceanoracle.com. A weekly card reading is posted on the website or at www.facebook.com/oceanoracle

Find out more

My website www.balancingacttherapies.com is a one-stop info shop for what I offer. *b.a.t.* can also be found on Facebook at www.facebook.com/balancingacttherapies. For more information or to book a session, please ring me on **0426 241 435**.