

balancing act therapies



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Spring 2013

Happy Spr-ummer from balancing act therapies

The calendar says it's spring, but most days feel more like summer! As we get the urge to start doing the 'spring' cleaning and prepping our gardens for new plantings, so too do our bodies go through a sort of renewal. We are moving from the internal focus of winter to the outgoing force of spring. Take time to take care of your Selves. Bowen is a great modality for the change in seasons. Book in for your Spring Tune Up today on **0426 241 435**.

More Bowen Awesomeness!

Earlier this year I completed the Diploma of Bowen Therapy, aka Specialised Procedures 1. In October, I had the honour of completing the Masters Class aka Specialised Procedures 2. This course is taught by the people who brought Bowtech Bowen to the world. It gives me many new procedures to use with my clients. I am amazed by what the moves have done for me and am so excited to be able to share them with you. I've now got more moves to help with energy levels; shoulders; lymphatic drainage; digestive and hormonal issues; knees; sinus, anxiety and so much more. Bowen truly is THE wholistic healthcare modality.

Recommend a friend...

Word of mouth is still the best means of advertising for alternative therapies. I appreciate when clients recommend my business to others and have now started a 'recommend a friend' program. It's a win-win-win situation - people get to learn about what Bowen (or The Liquid Crystals or Art Therapy) can offer them, I get new clients who can use my services and you are rewarded for getting us together! How to participate? At your next appointment, make sure to take a 'recommend a friend' card. Or use the banner coupon in this newsletter. It's that easy.

Bowen - nothing it can't help.

Let's talk Seasonal Allergies...

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. The moves send a signal to the brain. And because the brain holds the blueprint for perfect health, the moves help facilitate the memory of wholeness and wellness. It's that simple!

Bowen offers some great relief for sinus and allergies. It can help the body to overcome allergic reaction and

assist with greater clarity and breathing. Bowen decreases congestion and sinus headaches and helps the body to be, overall, less reactive. 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).

The Liquid Crystals

Earlier this year I completed The Liquid Crystal Practitioner's course. The essences are gentle, effective and vibrational and work on our crystalline structure. The most common way to use them are in a trinity - 3 crystals which work together to Activate, Heal and help us to Move Forward. I offer healing sessions using the liquid crystals, either by themselves or in conjunction with Bowen. Popular essences being used with clients include ones to help sleep (especially in children) and stress release. I love working with the Liquid Crystals and continue to be amazed at what they can help shift.

The Ocean Oracle

Interested in some ocean wisdom and guidance? My **OceanOracle app** is available on the App Store. 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**.

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