







Time for Me

Our retreat for women who deserve nurturing

You
deserve it!

Join us at our first One-Day Retreat. Explore our range of interesting and complementary approaches to wellness and take home new ideas, skills and tools that can change your life for the long term.

 <p>Essence of Hatha Yoga</p> <p>In this retreat Danielle will guide you through a series of gentle yet effective Yoga poses, finishing with meditation and breathing exercise. You will be introduced to:</p> <ol style="list-style-type: none"> 1. Improvement in flexibility, joint function and muscle strength 2. Stress and tension released from body and mind 3. Rejuvenation and a sense of wellbeing 	 <p>Positive Change Consulting</p> <p>Explore with Jennifer creative ways to achieve work-life balance, putting you in control as you chart your own path for personal success.</p> <ol style="list-style-type: none"> 1. Clarify "What's working for me now & what is not?" 2. Identify your personal strengths for focusing on new directions 3. Practise with & take away a simple toolkit for making informed choices.
 <p>Health & Healing Naturally</p> <p>Barbara will help you identify & work with blockages in your energy field & chakras. Learn how illness is caused, become attuned to your own body and take control:</p> <ol style="list-style-type: none"> 1. Identifying "where am I in good health terms"? 2. Bringing the focus of health responsibility back to you 3. Acknowledging the journey of healthful life 	 <p>Natural Therapist</p> <p>Rosemary will explain the incredible world of medicinal herbs & essential oils and their application for skin care, passed on from her herbalist mother and grandmother. In this practical, hands-on session learn how to:</p> <ol style="list-style-type: none"> 1. Reverse the aging process 2. Use and apply herbal products 3. Appreciate the fragrant way to beauty <p>Optional: creation of your own personal formula for beauty</p>

How to book now
Complete this form and return it with your payment.

Please photocopy for your records.

BY POST Orders can be made by credit card or cheque, payable to *Positive Change Consulting* and sent to:

Positive Change Consulting,
PO Box 543,
CARNEGIE, Vic. 3163

BY FAX Orders can be made by credit card and sent to:
Fax No: **03 9569 6168.**

Dates/Times: 1. Sunday July 22nd 9am-4pm
2. Sunday Aug 5th 9am-4pm *Lunch, Morning and Afternoon teas provided*

Venue: Essence of Hatha Yoga Studio
579 Warrigal Road, East Bentleigh Vic. 3165 [Melways Ref. 78.D4]
[Cnr Warrigal Rd ***(No RH Turn)** & Leigh St. Parking on Leigh St]

Book today and make sure your enrolment is secured.

Your investment only : **\$150.00** Deposit: \$50

Queries: Jennifer McCoy T: **03 9563 4028** Danielle Andrews T: **(03) 9570-8665**. E. info@positivechange.com.au

Enrolment Form and Tax Invoice – Fax to 03 9569 6168

Please enrol me in **Time For Me** Date:

First name _____ Surname _____

Position _____

Telephone _____ Fax _____

Email _____

Address _____

Postcode _____

How did you hear about this retreat?

Website/eNewsletter Seminar Other Referred by

Investment: Only \$150.00 Deposit payment (\$50.00) to secure my enrolment:

Please charge my Bankcard Mastercard Visa Cheque

Card number ____ / ____ / ____ / ____ Expiry date ____ / ____

Cardholder name Signature

My cheque / money order made payable to **Positive Change Consulting** is enclosed

Please note:

Bookings cannot be confirmed without payment.

Please check your booking form carefully to make sure all details are included.

Please note that credit card payments will have **A Claytons Secretary** showing on your statement.

Please keep me informed about future retreats

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