



# Unwind Newsletter

August 2011

## Winter Edition

Not long until winter is over...

In the meantime, this edition of the Unwind newsletter outlines short courses coming up, the benefits of stomach massage, boosting your immune system and explains 'Pranic Healing' that will shortly be introduced to the centre.

All the best,  
The team from Unwind.

*Unwind* mind · body · soul

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## Unwind Short Courses

We are thrilled to have had a wonderful response to our short course program for July – Dec 2011. We are hoping that these courses will enable you to learn more about health and healing.

More courses will be available next year, however if you would like more information about any of our courses on offer, or have any areas of interest that we could customise into a course for you, please call Shelley on (03) 9398 0787.

Courses we are offering over the next few months:

- Couples massage
- The Art of the perfect foot massage
- Making natural soy candles
- Basic soap making
- Creating a chemical free home
- "The Law of Attraction" making your own dream board
- a massage pamper workshop

## STOMACH MASSAGE

Our amazingly powerful stomach is our second brain. There are scientific studies to prove that our stomach consists of neurotransmitters and contains 95% of serotonin (the contributor to feelings of wellbeing) which triggers digestion.

Our abdominal area contains the stomach, gall bladder, small and large intestines and liver. They can become very congested due to stress, anxiety and negative emotions. Our stomach, which operates as one of the main organs for digestion, and our brain, which functions as our thought centre, communicate with each other through neurotransmitters that allows us to experience uncomfortable feelings like pain, bloating, and irritation.

Stomach massage is a powerful treatment when experiencing digestive, emotional and nervous system discomforts. Massage over the abdominal area may be uncomfortable to begin with, but pliability improves very quickly. The abdominal muscles are important in maintaining posture. The pressure applied is gentle and gradually increased as the treatment progresses. The movement is clockwise which promotes normal motion of the bowel.

Massage over the abdominal region can decrease low back pain, increase blood circulation, improve digestion and increase oxygen intake from greater mobility of the diaphragm.

Some helpful tips before, during and after a stomach massage:

- Drink room temperature water or warm water
- Breathe more deeply and slowly so oxygen gets in your stomach
- Drink Aloe Vera when you have an upset stomach (If you want to purchase any give Georgia a call on 0412 287 166.)
- Ask your therapist to include the diaphragm in your stomach massage

This can be a new start to your wellbeing....when you come to the clinic, ask your massage therapist to include a stomach massage as part of your next appointment.



### Book Online with 'ClickBook'

Unwind has a new online booking service called 'ClickBook' to make appointments for any of the services.

ClickBook is easy to use and lets you make appointments with us any time of day or night, from any computer.

What's more, ClickBook will send you a reminder (SMS and/or e-mail) before your appointments.

All you need to do is confirm your details by going to:

[www.UNWINDMINDBODYSOUL.clickbook.net](http://www.UNWINDMINDBODYSOUL.clickbook.net)

or by clicking on the 'Book Online' button on Unwind's homepage (see *picture above*), and you will be taken to your online Booking Centre.

If you have any difficulties using ClickBook, please contact us for assistance.

**'IN THE MIDST OF MOVEMENT AND CHAOS, KEEP STILLNESS INSIDE OF YOU.'**

**DEEPAK CHOPRA**

## Immune System Boost

Winter is almost over, but we need to take special care of ourselves during the colder months to prevent the dreaded flu or prolonged cold. Keep your immune system supported by taking regular doses of Vitamin C powder, or increase your intake of fresh fruit or juice to increase your levels of Vitamin C.

We are now selling a select range of BioCeuticals products, including vitamin C (\$34.00 for 200 grams). It is also shown to be excellent for wound healing and repair, so should be taken post injury or post operatively to help the body to heal faster.

It is also important to get plenty of sleep, have regular rest breaks throughout the day and to incorporate a wide range of fruit and vegetables into your diet. Please remember to keep your fluid levels up too, as we can easily become dehydrated through the winter months.



## AUGUST SPECIAL

**20% off gift vouchers purchased during August for:**

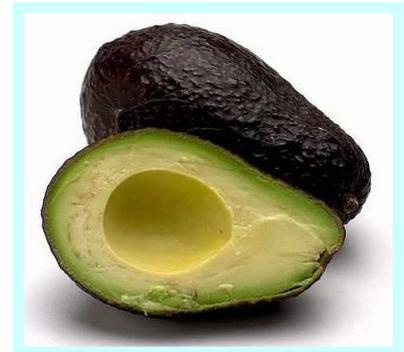
**Chinese Medicine, Kinesiology, Massage, Ionic Detox Foot Spa and Products**

## Avocado Moisturising Mask

This is a fantastic moisturising mask for dry and mature skins, using fresh and natural ingredients that you are sure to have on hand at home.

- ½ ripe avocado
- ½ tspn avocado or olive oil
- 2 tbspn thickened cream

Mix ingredients together into a smooth paste and apply to a damp face.



## BREATHE EASY DECONGESTANT

This recipe is inspired by the Australian bush, with tea tree oil that has antiviral properties and both tea tree and eucalyptus oil that help to clear congested sinuses and soothe inflamed mucous membranes.

- 30 ml glass bottle with lid
- 30 ml apricot kernel or sweet almond oil
- 3 drops tea tree oil
- 8 drops eucalyptus oil
- 2 drops thyme oil

Add the above ingredients to the bottle and shake well. Pour 2 – 3 capfuls into bathwater and soak for 20 – 30 minutes.

## PRANIC HEALING AT UNWIND

Two of our practitioners (Shelley & Luke) have been undertaking studies in Pranic Healing over the last twelve months. Both will soon be finished their studies and will be able to take bookings for Pranic Healing at Unwind.

More information will be emailed out about treatment lengths and costs as times become available.

### What is Pranic Healing?

Pranic Healing is a tested system of energy medicine developed by Grand Master Choa Kok Sui that utilizes prana to balance, harmonize and transform the body's energy processes. Prana is a Sanskrit word that means life-force. This invisible bio-energy or vital energy keeps the body alive and maintains a state of good health.

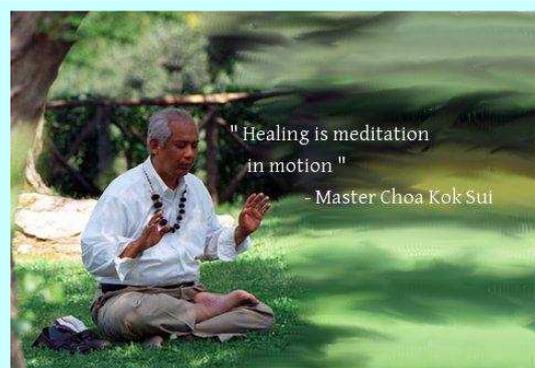
Pranic Healing is a simple yet powerful & effective system of no-touch energy healing. It is based on the fundamental principles that the body is a self-repairing living entity that possesses the ability to heal itself and that the healing process is accelerated by increasing this life force that is readily available from the sun, air and ground to address physical & emotional imbalances.

Master Choa Kok Sui says "Life Energy or prana is all around us. It is pervasive; we are actually in an ocean of Life Energy. Based on this principle, a healer can draw in Pranic Energy or Life Energy from the surroundings."

Pranic Healing requires no drugs, gadgets, and not even physical contact with the subject. Physical contact is not required because the practitioner is working on the bio-plasmic or energy body and not directly on the physical body. This energy body, or aura, is the mould or blueprint that surrounds and interpenetrates the physical body. It is the energy body that absorbs life energy and distributes it throughout the physical body, to the muscles, organs, glands, etc.

The reason Pranic Healing works on the energy body is that physical ailments first appear as energetic disruptions in the aura before manifesting as problems in the physical body.

This pervasive energy that surrounds, interpenetrates and sustains the physical body, also affects our emotions, our ability to handle stress, relationships and even finances.



### Are we vibration in motion?

All the matter (solid, liquid & gas) in our bodies is not really matter at all.

99.99% of matter is space and the remaining 0.01% is quanta of energy in a vibrating state. That is, the energy is not confined to any particular region of space but instead is 'smeared' oscillations having no defined form.

A spinning aeroplane propeller is a helpful way to understand this. Essentially, the propeller is a thin piece of metal occupying very little space—a one dimensional object - but when the propeller spins rapidly it gives the illusion of a solid disc—a two dimensional object, and indeed possesses all the properties of a solid disc.

If matter stopped vibrating it wouldn't exist, and neither would we.

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