



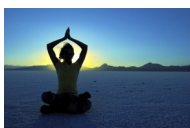
DESTINY
WELLBEING CENTRE

Upcoming Events at Destiny!

Kundalini Yoga at Destiny

Kundalini Yoga is a powerful but graceful yoga which helps to release the latent power of the Kundalini which sits at the base of the spine. Releasing Kundalini brings grace and balance and allows you to be centred and calm through life's challenges. You do not have to have previous yoga experience to learn Kundalini Yoga.

The classes will be run by certified Kundalini Yoga Instructor, Martina Grabner. –
Cert. Yoga Teacher (IICT, BYV, KYTANZ, Yoga Australia)



When: Every Monday

Time: 6:30pm-7:45pm

Venue: Destiny Wellbeing Centre

Cost: \$20 per class (casual rate)

\$18 per 10 class pass

Clothing– Wear comfortable clothes i.e. tracksuit pants, t-shirts etc.
Bring a mat, cushion or blanket if needed. Some cushions available. We supply
“living water”.

Introducing a Quantum Leap Forward in the Teaching of Our Children!



This information night will introduce you to the upcoming workshops at Destiny on Kinesiology and Reconnective Healing® for Parents, Teachers and Children. This fun and interactive evening will touch on some of the techniques that will be taught to you during the workshops to help you and your children.

When: Tuesday 13th March, 2012

Time: 6:30pm-8:30pm

Venue: Destiny Wellbeing Centre

Cost: FREE

KINESIOLOGY FOR KIDS WORKSHOP!

A "Do it yourself" stress management & guide for parents & teachers!



This course gives parents and teachers tools for life with an understanding of kinesiology and how to use it to create amazing, positive changes in their children and students with better health, more energy, less stress and improvement in co-ordination and learning.

When: Tuesday 20th March

Time: 10am-2pm

Venue: Destiny Wellbeing Centre

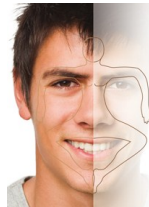
Instructor: Kali Spooner- Professional Kinesiologist & Lecturer (TFH,BKP)

Investment: \$88.00 **DESTINY SPECIAL FOR MARCH**** bring a friend for **half price**, save **\$44****

What Does Your Face Say About You?

Face Reading Information Night

Find out what your face says about you! What does the shape of your eyes, ears, nose etc. mean? What are your strengths and what are your challenges? How about your emotional expression, sensitivity, sensuality and creativity?



Face reading is a fascinating technique based on the observation that there is a correlation between the structure of the face and the character and personality of the person.

Our total personality is a combination of genetics, nature and nurture. Our inherited traits, major life events and behavioural patterns all manifest in our face and serve as a representation of who we are.

Join us for this free information night to find out more and see demonstrations of this fascinating technique.

When: Tuesday 20th March, 2012

Time: 6:30pm-7:30pm

Venue: Destiny Wellbeing Centre

SPIRIT WHISPERS



Destiny presents this month's instalment of "*Spirit Whispers*" with Kate Barnes. Kate is a professional Clairvoyant and Medium with over 35 years experience. Kate is a Medium of substance and not hype, delivering messages of love and hope from your loved ones.

Join us for a night to remember!

Date: Monday 26th March, 2012
Time: 7pm-8:30pm
Venue: Destiny Wellbeing Centre
Cost: \$30.00

NB: While Kate will try to deliver as many messages as possible, not everyone may receive a direct reading.

Kate will be available for one-on-one readings on **Wednesday 28th March, 2012.**



Reconnective Kids!™ is the newest program from the Reconnection created specially for children to teach them Reconnective Healing®. Reconnective Kids!™ engages children in a powerful and interactive play-workshop designed to introduce these intelligent, empowering and transformative new healing frequencies to children aged 4-14

Through games and activities your children will:

- ◆ Learn about a comprehensive and easy way to access a new spectrum of healing comprised of energy, light and information
- ◆ Learn how to feel, find and play with the Reconnective Frequencies
- ◆ Learn how to access and utilise this expansive healing continuum for themselves, their family, friends, pets and even friends and family around the world with distance healing!

This two hour workshop is facilitated by Kali Spooner who has been specially trained by The Reconnection™ to teach and gently guide children through a discovery process of working with this new healing bandwidth and expand their conscious awareness and connectedness to everyone and everything.

When: Friday 13th April, 2012
Time: 9:30am-11:30am
Venue: Destiny Wellbeing Centre
Investment: \$48.00 + GST

Find Out Who Is Running Your Life! **Voice Dialogue Information Night**



Would you like to:

- Break repetitive patterns of self-sabotaging behaviour?*
- Express yourself more freely in your intimate relationships?*
- Communicate more effectively at home and at work?*
- Enhance your confidence and self-esteem?*
- Support your physical and emotional wellbeing?*
- Access untapped sources of energy and creativity?*

We are all made up of many different "selves" or parts- some we know well, while others we keep hidden in the shadows.

Voice Dialogue is a safe and simple process which enables you to tune into your different selves and allow their voices to be heard more clearly and distinctly. Being able to listen objectively to the different parts of your inner cast characters gives you the freedom to choose whether to act on their imperatives or not.

The Voice Dialogue process is revealing, liberating and deeply healing. It puts you in the driver's seat, so you get to make more considered choices in your personal life, your work life and in decisions about your health and wellbeing. The result is a more balanced, richer and fulfilled life.

Join us for this free information night on the process of Voice Dialogue.

When: Tuesday 17th April, 2012

Time: 6:30pm-7:30pm

Venue: Destiny Wellbeing Centre

Cost: FREE

Crystal Awakening Foundation Workshop

Experience how crystals can assist by opening your heart and mind to your divine magnificence. Awaken and develop your unique individual healing powers as you tap into your intuition, creativity, inspiration and your higher self as you take this powerful journey. Mother Earth invites you to ride the waves of her energies so that you too may create and transform through the magical essences of crystals.



When: Sunday 20th May, 2012

Time: 10am-6pm

Venue: Destiny Wellbeing Centre

Investment: \$165 (includes a set of 7 chakra crystals & workbook)

For more information or to book in for the above events, workshops and classes, call us on 02 9953 9030 or email info@destinywellbeing.com.au

Destiny Wellbeing Centre

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