



Issue 7 - July 2011

Newsletter

News and Workshops

Welcome to the July Newsletter

This month we preview a fantastic new book for women who want to improve their personal presence, feminine energy and vocal power: be seen and heard in the way that you desire. **Buy "Powerful AND Feminine" on Amazon, Tuesday 12th (U.S time)** and all profits go to an organisation working globally to end violence against women and girls: V-Day.org.

The recent Winter Reiki Retreat Day which was a lot of fun for those who attended to get their energy "fix". Visit the Facebook page for the chocolate bar recipe that was such a hit and let us know how you enjoyed making your own. Feel free to forward on this newsletter to friends and family who may be interested and have a great month!

Winter Reiki Retreat Day



The Reiki Retreat Day on July 3rd was a fantastic success.

Thank you to all who came and took the time to refine their Reiki skills, do some power chanting, learn new techniques and practice hands on healing with a 'hands off' vibe. We overdosed on raw, organic chocolate (my fault!) as well as yummy snacks. It was a great opportunity to practice energetic healing with an enthusiastic group of people.

Here is a photo of some of the group looking blissed out in the aftermath!

If you want to make your own version of the raw, organic chocolate bar that was such a hit on the day you can find it on the Spiral In Facebook page.

We'd love to hear your feedback on which version you chose to make and how amazing it was!

Upcoming Events

Reiki Level 1 Workshop

Level 1 is the most effective way of becoming energetically grounded. Learn simple techniques that will expand your energy, give you clarity of thinking and help you to feel more at peace in your day to day life.

For more information or to book visit the website, call 0412332077 or email: sylvia@spiralin.com.au.

Spaces are limited so book today.

Date: 6th August, 2011

Time: 9.30am – 4.30pm

Location: Brunswick Holistic Health

Investment: \$250

Katia said this about the most recent Level 1 Workshop:

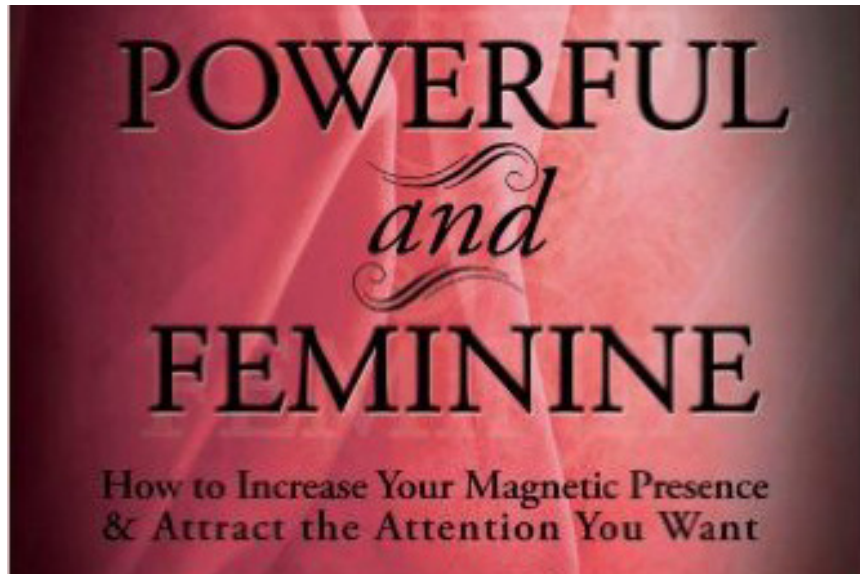
"Sylvia was very open and willing to share her energy and knowledge. Very encouraging and well paced session. I look forward to practicing to reap benefits."

Summer Reiki Retreat Day

The recent Winter Retreat Day was fantastic so we'll continue to spread the love with a Summer Retreat. The next Retreat day will be held in January. We will focus on cementing your own personal practice with deepening meditations, treatment / healing incorporating hands off the body techniques and sound work.

Express your interest now as places are limited.

Powerful and Feminine



A mentor and dear friend Rachael Jayne Groover is the founder of The YIN Project.

Rachael teaches women how to connect to their femininity and encourage their innate power through her workshops and programs in the Art of Feminine Presence, Spirituality and Leadership.

A woman who walks her talk she is an inspired example of what directed, intelligent and heart-based focus can do in the world. Rachael incorporates energetic principles into her work and the results are profound.

She has now condensed her teachings into her fabulous new book '**Powerful and Feminine: How to Increase Your Magnetic Presence and Attract the Attention You Want**'.

She is launching the book on Amazon and all proceeds from the launch day's sales (12th July in the U.S) go to V-Day.org for their global projects on violence against women and girls.

To purchase a copy of the book and donate to a very worthy cause at the same time head to Amazon.

Meditation for beginners

The next "Meditation for Beginners" three week course begins in early August. Come along for an hour each week to learn about meditation: How to" do it properly, different types of meditations, tips on posture and what you should be feeling, so you get the most benefit.

Only two spaces left!

Call 0412332077, or email to book your place.

Date: Tuesday 2nd August

Time: 6 - 7.30pm

Location: Brunswick Holistic Health

Investment: \$20 per session

Contact

@ Brunswick Holistic Health

22 Tripovich Street

Brunswick

(corner of Ballarat Road, off Sydney Road. Park behind La Manna)

[Map](#)

Phone: 0412 332 077

Email: sylvia@spiralin.com.au



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