

The Lotus Centre **Newsletter**

*The Lotus Centre & Babylon Bookshop provide a community service newsletter for workshops in Tasmania & Hobart. ***

www.thelotuscentre.com.au



Issue: October 2008

Welcome to this month's issue of *The Lotus Centre* Newsletter **From the *Babylon – Lotus Centre* Team**

Hi dear Friends and Fellow Travellers,

What a beautiful place we live in!! With the glorious signs of spring all around us – bringing out the acacia flowers and daffodils. As the sun warms the earth and ourselves, allowing all those things that have been dormant over winter to germinate and grow. Perhaps a reminder to us, our heart, to grow, radiate and to share

In this newsletter perhaps please note the following workshops listed:

- [Workshops for men on relationships, anger, grief and healing](#)
- [Yoga from the Heart – “new” classes](#)

... and don't miss this month's NEW listings for the newsletter. If any info in this newsletter interests you ... then please contact the person listed in the newsletter or alternatively check out:

- The Babylon Bookshop noticeboard,
- Listed web-sites ; and
- 'The Lotus Centre' display board or come and talk to us at Babylon/Lotus Centre

Wishing you a wonderfully LOVE-filled, joyful and peaceful month ahead and many heart-warming moments, insights, journeying inside and all that there is

Thank you dearly for your submissions / info for this edition and for taking the time to open the newsletter e-mail and to read/browse

With Love and smiles from

Kent, Amanda, Christoph, Rene, Isaac, Cheynie, Klaus and Jane
and from all at ***Babylon*** and ***The Lotus Centre***

PS. (1) Please always send us any information for the next newsletter between mid month or – at the latest - a few days before the end of the month simply use this e-mail

address to write to us or go to www.thelotuscentre.com.au/contact.htm

(2) If you no longer wish to receive the newsletter, simply let us know, per e-mail and – we will take you off the date base with the same love that we placed you on it too.

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*“There is a light that shines beyond all things on Earth, beyond us all, beyond the very highest heavens. This is the light that shines in our heart.”*

~ Chandogya Upanishad 3.13.7 ~  
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What's NEW for the newsletter!

***** Yoga from the Heart**

Revealing joy, vitality and intelligence of body and heart

We are excited to be expanding our offerings at the Lotus Centre, Hobart.

For details please visit www.yogafromtheheart.com.au or
<http://www.thelotuscentre.com.au/groups/groups-yoga.html>

Please contact the teacher of the class you are interested in.

Clare Raffety, Phone 6227 8941, 0400 588 353 (mob), email: clare@yogafromtheheart.com.au

Lee Cody, Phone 0417 319 046, email: lee@yogafromtheheart.com.au

Julia Gibson, Phone 6295 1026, email: sassafras@bordnet.com.au

Dani Fox (teacher in training): Phone: 0416 978543, email dani@yogafromtheheart.com.au

Schedule: **September 30th - December 18th**

Monday

9:30 - 11 am Clare Levels 1 and 2 Anusara Yoga

11:35 - 12:25 Clare Back care and Level 1

5:30 - 7 pm Clare Levels 1 and 2 Anusara Yoga

Tuesday

6:30- 8 am Dani Levels 1 and 2 Hatha

5:30 - 7 pm Lee Level 1 Vinyasa

7:15 - 8:45 pm Lee Level 1 and 2 Vinyasa

Wednesday

9:30 - 11 am Clare Levels 2 and 3 Anusara Yoga

4 - 5:15 pm Julia Prenatal Yoga Course (7 weeks)

5:30 - 7 pm Lee Levels 2 and 3 Vinyasa

Thursday

6:30- 8 am Dani Levels 1 and 2 Hatha
5:30 - 7 pm Clare Levels 2 and 3 Anusara Yoga
7:15 - 8:45 pm Clare Levels 1 and 2 Anusara

*** Writing and Yoga Retreat Fri 3rd – Sun 5th October

Two joyous days of yoga and writing, nourishment and relaxation with experienced creative writing teacher GINA MERCER and yoga teacher, LYNN ROMEO.

No prior yoga experience necessary. This is a complete package of replenishment at Niche Yoga Retreat Centre, Nr. Cygnet, Tasmania. All meals, accommodation, yoga and writing sessions included for \$370. Be quick – numbers are strictly limited to 10 places. To book contact: Lynn Romeo on 6227 9302 or (m) 0421 327237 Email: romeolynn@yahoo.com.au

*** Reiki Tummo Weekend Level 1 & 2

Learn in-depth about Reiki & discover more about your heart, the spiritual heart.

Reiki Tummo workshops teach with much depth about energy channelling for self-healing and for healing to helping others. The workshops also help us to share the Divine Blessing, as Reiki is also referred to. After a recent reiki attunement one of the participants wrote to us: '*... I can really feel the difference ... I can find the feeling in my heart almost instantly now.*'

- Level 1 **October 18th** The session offer a practical, enjoyable and easy to follow introduction where you can experience what learning about the heart can mean for you. Learn about channelling divine energy to yourself and others. Chakra activation and Sushumna (main energy channel) cleansing to enable the energy to flow freely.
- Level 2 **October 19th** Reiki Tummo's profound knowledge about the heart has been for many a wonderful and unique journey of learning, being and meditation. Learn about advanced energy channelling and distant healing.

For more info contact *The Lotus Centre* on 6231 9669, visit www.thelotuscentre.com.au or e-mail: reikitummo@bigpond.com

*** Open Heart Workshops Level 1 & 2

... gently guides you to be able to feel and understand your heart better, so you can feel calmness, peacefulness and joy every moment of your life. Heart is the key to our spiritual growth and a reflection of our whole self and whole life.

- Level 1 **October 23rd** offers the opportunity to open your heart and to learn to rely on the blessings from the True Source of Love and Light.
- Level 2 **October 24rd** strengthens your heart, cleansing negativities from your heart and recognises more about our connection to the Source of Love and Light

Cost: Level 1: \$ 100 (conc. \$85) & Level 2: \$120 (conc. \$100)

Please contact the Lotus Centre on 6231 9669 for more information ... or e-mail www.thelotuscentre.com.au

*** Rhythmic Movement – Certificate 1 & 2 Training

This course will teach you how to bring about emotional and behavioural change through the application of sequences of rhythmic movements.

Rhythmic Movement is a simple and easy way to stimulate the neural pathways. This stimulation promotes improved coordination, increased learning ability and better concentration. Rhythmic Movement has been found to be beneficial for people suffering from ADD, ADHD, Alzheimers, Dementia, Parkinsons Disease, Autism and learning disorders.

- Certificate 1 – **November 8th & 9th 2008**
- Certificate 2 – **November 10th 2008**

For more information contact www.healthpotential.com.au or phone Roslyn at Health Potential on 6227 9369/ 0416 070 223

*****Transformational kinesiology courses in Tasmania**

Transformational kinesiology is a soul-centred process which recognises that within each individual there is a source of wisdom and truth. Developed by Danish Kinesiologists, it works with the individual's own innate wisdom, strengthening the connection to the true Self and clears hidden blockages. Transformational kinesiology is the practical application of Ancient Wisdom.

• Inner leadership 21st – 22nd November 2008

This two day workshop provides a way of seeking the inner knowledge which is at the core of who we are and how we find our purpose. Topics include the path of the soul, creativity, the seven rays, the five major groups of diseases and energetic evaluation.

Price: \$320, includes comprehensive manual, morning and afternoons teas. Bring your own lunch. This course is accredited with the Australian Kinesiology Association.

• Transformational kinesiology foundation workshop 23rd - 24th November 2008

Participants will have the opportunity to experience a Transformational Kinesiology balance, learn various stress release techniques and learn to facilitate the balance process. Topics including the spiritual constitution of man, spiritual law, the seven rays and their associated qualities.

Price: \$320, includes comprehensive manual, morning and afternoons teas. Bring your own lunch. This course is accredited with the Australian Kinesiology Association

Phone: Debbie Pannowitz 6267 5050

*****Singing bowl workshop "Yoga and Sound" – first time in Tasmania**

with Christina Koenig (Yoga teacher, sound massage therapist) and Sascha Bauer (Dipl. music teacher, Dipl. musician, studio speaker, radio presenter)

Experience healing vibrations of singing bowls, made by Tibetans, on body mind and spirit.

The workshop offers an exceptional combination of singing bowl concerts, Yoga practice with healing sounds (postures, breathing exercises, and meditations), Sound Massage, and Sound Formations. Participants can make contact with the bowls. It will be an uplifting, nurturing and balancing weekend.

- **Friday 27th February 2009 6pm to Sunday 1st March 2009 2pm** at Lotus Centre.
- **Friday 6th of March 2009 6pm to Sunday 8th of March 2009 2pm** at Hobart Yoga & Meditation Centre, New Town

Cost: \$380 (**Early bird \$320 when booked with deposit \$120 or fully paid by 14.11.08**)

Fee does not include meals and accommodation.

Book early – number of participants is limited.

For more information, fliers, and/or booking contact Ma Bodhi or Anand 03 6229 7458 or by

email: mabodhi@bigpond.com

Workshops & Events ... in and around Hobart

***** Men Only: workshops for men on relationships, anger, grief and healing**

with John Lee, pioneer in masculine psychology and men's issues. Learn about:

- The damage that can be caused (and repaired) in father-son relationships
- How to express anger appropriately
- Why dealing with grief is a key to healing
- Emotional sobriety and healthy relationships

Where: Hobart Function and Conference Centre, 1 Elizabeth Street Pier, Hobart. When: Sunday **12th October** 8.30am-4.30pm. Cost \$199. Refreshments and lunch will be provided.

Click here for more information and registration

<http://www.southpacificprivate.com.au/mens-workshop.htm> How are boys affected by the way they were fathered? Click here to read John's article from Pacific Connections.

<http://www.southpacificprivate.com.au/pc-august-08-1-2.htm>

***** REIKI 1 WORKSHOP**

Sat 11th and Sun 12th Oct. 9.30 to 4.30 both days. Cost \$200. Venue: Lindisfarne

Next Reiki 2 Workshop Sat 8th and Sun 9th Nov.

For more details and to book, please contact Joy Nicholson (Reiki Master/Teacher) on 0415 416 168 or email: joynicholson@aapt.net.au or www.joynicholson.com.au

***** Earthwalk Retreat - Huon Bush Retreats - Wellness Retreats**

Oct 31 - Nov 2. Develop a conscious, gratitude filled and meaningful relationship with the natural world in order to develop the vitality required for lifelong commitment to personal and environmental wellness. Costs includes 2 nights accommodation, all meals and workshops:

PLEASE NOTE: Cost: \$450 - 20% Discount applies to Pension, HCC Holders and Students.

Information and Bookings (03) 62642233 or info@huonbushretreats.com or

www.huonbushretreats.com

***** WELLNESS RETREATS & WOMENS CIRCLES – HUON BUSH RETREATS, RANELAGH**

November 16th 9am-4pm. Walk a stone labyrinth, relax, connect with women in the beautiful surroundings of our natural bush land, sing, drum and meditate. Only \$55 includes lunch and refreshments. Call Jane 0428 402314 for more info or book with Michael pm 6264 2233

www.huonbushretreats.com

***** Courses in Gnosis and Gnosticism**

The objective of the Gnostic school is to give freely to humanity a practical teaching through which people can learn what specifically the inner work is and how to develop it in a day-to-day basis. Study topics such as psychology, meditation, philosophy, alchemy, kabalah, astrology, tarot, practical dream-work, anthropology, chakras, kundalini and many other subjects.

Cost: free. Courses are offered periodically throughout the year- to find out more visit www.gnosistasmania.org or phone the Gnostic Centre on 6278 9631

***** Wellness relies on a balanced WOMAN**

Specialising in Detoxification, Hormonal Health, Weight loss, Stress Management, Geopathic/EMR stress, Reproductive Health including preconception, natural fertility management, infertility treatments, pregnancy, labour, birth, postnatal healing and menopause.

Courses are conducted regularly throughout the year and include Active birth classes, Optimal health through hormonal balance, Detecting earth energy through dowsing, and Maternity reflexology for midwives.

To find out more visit <http://stream-of-life.com> or please contact Vicki and Janice on 0362285796 / 0419532286

***** Tai Chi**

.. is a gentle series of movements that when learned and practised can lead to optimum health and wellbeing.

At the Golden Years Club, 314 Main Road, Glenorchy. Please ph Bill Pearson 6272 9694 for any info or to enrol.

***** Healing Circle**

An hour of prayer, music, meditation and readings to nourish the spirit. Program includes readings chosen from any of the Holy Books of the world's great religions. Participants are also invited to offer their own prayers if they wish. Everyone regardless of belief or background is welcomes to attend. 1st Wednesday of the month 7.30pm - 8.30pm in South Hobart. Contact Angela on 6223 8415 or angelabryan@aapt.net.au .

***** Satyananda Yoga**

Please contact the Satyananda Yoga Centre on 6231 9117 for the 2008 / term program.

E-mail: hobart@satyananda.net, visit www.satyananda.net or check out a copy at the Bookshop notice board.

***** Art as Child's Play Classes**

At the Bellerive Community Arts Centre every Friday from 1.30 - 3.30 pm. For information, call Adrienne on 6223 7322.

***** Curative dowsing**

... for negative earth energy, (geopathic stress/ ley lines) which have an adverse affect our health. I do houses, offices, stables, house blocks of land etc. Working mostly in Hobart & Huon , further afield is possible if there is more than one client. Enquiries welcome. Contact Hannah on 6266 6022 or troyka@tpg.com.au

***** Fine Art & Craft Workshops**

Held by Wing Lau. Anyone interested, ph Wing on 6223 7988. email: wingl@bigpond.com.au

***** Dorje Ling Retreat Centre, Lorinna Tasmania**

Available for solo or group retreats. Contact Anna Crotty on 6363 5178 or Maria on 6234 9404.

***** Meditation groups**

On Tuesdays from 10 am - 11.30 am and Thursdays from 7 pm - 8.30 pm weekly. Please phone Joy on 0415 416 168 for details.

***** Reiki Exchange**

On Wednesday evenings at South Hobart. Phone Joanna on 6224 2654.

***** Brahma Kumaris Raja Yoga Centre**

Regular events include various levels of yoga courses (foundation to advanced); positive thinking course, weekend workshops and World Meditation Hour 3rd Sunday of every month. Please call the Centre on 6278 3788 for detailed information and bookings.

***** Siddha Yoga Meditation**

Chanting and Meditation group. All welcome. Ph 6248 8247

***** Astrology and Tarot courses.** Call Matt on 0416 039695

***** Living Yoga Children's Yoga Dance**

At Weeroona Yoga Studio, North Hobart. Adult courses in Hatha & Raja Yogas for adults 6 weeks for children, Beginners, Continuation & Intermediate levels 3&4 yr olds attending with an adult participating and after school for primary ages 3:30pm - 4:30pm. Primary school ages 5-10. Ph Roslyn (Satyamukhi) on 0439 995655, e-mail: roslyn@southcom.com.au.

***** WomanSong**

Voices for peace women's singing group welcomes singers at Women Tasmania, Macquarie St at 12.30 - 2.00 pm Thursdays and some Wednesdays. Contact: Jo on 6257 7520 or Rebecca on 0408 102 919 or e-mail- becfitz@hotmail.com

***** Theosophical Society of Hobart**

Introductory Courses in Theosophy held when there is enough interest. Regular public meetings: Mondays 8.00 pm. Wednesday discussion group 10.30 am. 13 Goulburn Street, Hobart. Kingston Group meets the 2nd Saturday of each month 1.30pm at the Kingborough Community Centre, John Street, Kingston. For detailed information 62314454 or visit the website on www.theosophicaltas.websytle.com.au

***** Kingston Meditation Group**

Meet Thursdays 2-3pm. Phone 6211 8520 or call in to the Kingston Community Health Centre

***** Course in Miracles Discussion Group**

Phone Adrienne Godsmark 6223 7322 or email: seriousplay@optusnet.com.au

***** Pagan Alliance**

Meets every first Thursday of the month upstairs at the New Sydney Hotel at 6.00 pm. All welcome. Ask at the bar if you have difficulty finding the room.

***** Earth Healing Meditations**

Lenah Valley. Wednesday fortnight. Phone 6228 5796

Workshops, events, therapies at 'The Lotus Centre'

Workshops

***** Reiki Tummo Weekend Level 1 & 2 (Oct 18th & 19th)**

Learn in-depth about Reiki energy channelling for self-healing and for healing to helping others. Discover more about your heart, the spiritual heart, the seat of our pure consciousness or true self.

For more details see 'What's NEW in the newsletter' or contact the Lotus Centre on 6231 9669 or e-mail www.thelotuscentre.com.au/contact.htm



***** Open Heart Workshops Level 1 & 2**

... gently guides you to be able to feel and understand your heart better, so you can feel calmness, peacefulness and joy every moment of your life. Heart is the key to our spiritual growth and a reflection of our whole self and whole life. **October 22nd & October 23rd.**

For more details see 'What's NEW in the newsletter' or contact the Lotus Centre on 6231 9669 or e-mail www.thelotuscentre.com.au/contact.htm



***** Shiatsu – Workshop 'Pamper yourself'**

Experience this popular & effective Japanese energy-balancing body work technique in a beautiful & peaceful environment at The Lotus Centre. **Sunday 30th November** 1pm - 4.30pm.

Acquire enough knowledge for self-treatment & partner treatment

Increase your feeling of calmness, wellbeing & inner connectedness through gentle yet deep acupressure / shiatsu sessions

Join by yourself or bring a friend. Shiatsu massage is practiced fully dressed. It is often experienced as healing & deeply relaxing. Ph Klaus on 6231 9669, 0419 440123 or e-mail via: www.thelotuscentre.com.au/contact.htm Cost: \$35 (\$25 conc.)

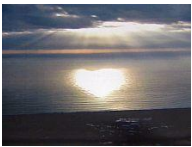
***** Singing bowl workshop "Yoga and Sound" - Workshop Friday 27th Feb 2009 6pm to**

Sunday 1st March 2009 2pm at Lotus Centre.

For more details see 'What's NEW for the newsletter'.

For more information, fliers, and/or booking contact Ma Bodhi or Anand 03 6229 7458 or by email: mabodhi@bigpond.com

Regular Events



***** HEART MEDITATION**

At 7:30 pm Monday evening and Monday to Saturday:
1.30pm to approx. 2.15/2:30pm

Experience meditation with the heart and being more 'in the heart.' Often a deeply peaceful and joyful experience; for beginners and experienced meditators alike. Small groups, \$5-10 contribution. In the Lotus Room, 1st floor (Monday eve on 2nd floor).

Casual attendance, no need to book. All welcome. For more information, please ph 6231 9669 or visit www.thelotuscentre.com.au

***** Reiki Clinic – Treatments based on donation**

Every Saturday 2:30 to 4pm. Please feel very welcome to join for a deeply relaxing reiki session or if you have a health issue & seek additional help. Level 1 at the Lotus Centre.

Sessions are donation based. Feel free to choose the amount that is right for you.

Please contact the Lotus Centre on 6231 9669 or www.thelotuscentre.com.au/contact.htm to book in. Or just drop in.

***** Yoga from the Heart - We are excited to be expanding our offerings at the Lotus Centre**

Revealing joy, vitality and intelligence of body and heart

For more details see 'What's NEW for the newsletter' or visit www.yogafromtheheart.com.au or <http://www.thelotuscentre.com.au/groups/groups-yoga.html>

***** Reiki Tummo Practice Evening**

At 6pm on Thursday in the 'Lotus Room' at 'The Lotus Centre'. This evening is for everyone who has attended Reiki Tummo or Heart Workshop level 1 or more ☺. Phone 6231 9669 or e-mail via: www.thelotuscentre.com.au/contact.htm. Room hire, etc contribution: \$5.

Therapies & therapists at the Lotus Centre

... ☺ *Klaus is overseas and will be back on 16th October ... happy travelling!!* ☺

To book a session, for any of the listed practitioners please contact **The Lotus Centre** on 6231 9669 or e-mail via: www.thelotuscentre.com.au/contact.htm.

A range of holistic, alternative therapies available:

1. **Remedial Massage** and **Reiki** with Anthony Bone (0408 132562) via: www.thelotuscentre.com.au/contact.htm
2. **Chinese Medicine, Acupuncture** and **Massage** with Jackie Pisera (0423 482125); jackabean@hotmail.com
3. **Shiatsu Therapy** and **Reiki** (level 3) with Klaus Baur (0419 440123) or e-mail: via www.thelotuscentre.com.au/contact.htm
4. **Massage** with Michael Carroll (0408 133679) e-mail: carrollmjj@gmail.com
5. **Craniosacral Balancing** with John Sager Phone 0421 983 938

For any further information about the modality / therapy, it is best to contact the practitioners directly. More detailed info also on www.thelotuscentre.com.au

Some practitioners also offer a mobile service or work from other locations.

Please contact the practitioner directly for any additional details or updates.

***** Practitioners Rooms available for rent**

Visit the web-site for some details www.thelotuscentre.com.au or contact us on e-mail us via: www.thelotuscentre.com.au/contact.htm or PH. 6231 9669 for further information.

Miscellaneous

***** Workshop Rooms available for rent:**

- Regular events, one-off or weekend

Visit the web-site for some details www.thelotuscentre.com.au or PH. 6231 9669 for further information.

***** WANTED - 2nd Hand Books**

We want to extend the Bookshop and include second hand books

- Thank you for all the 2nd hand books already given to us by so many of you ... most of which have found a place in the Babylon Library. As a new idea ... we happily accept 2nd hand books for both the Library AND a new 2nd book section
- If you have a moment, it would be greatly appreciated if you could bring your pre-loved books ... for donation or for us to purchase. THANK YOU ♥

"It is only with the heart that one can see rightly; what is essential is invisible to the eye."

~ Antoine de Saint-Exupery ~

The Lotus Centre Newsletter is issued monthly.

We hope you enjoyed this newsletter.

We are grateful for any comments or feedback. To contact us please e-mail us at:

The Lotus Centre

e-mail: via www.thelotuscentre.com.au/contact.htm - Fax: (03) 6231 0714 - Phone: (03) 6231 9669
www.thelotuscentre.com.au

or if Bookshop related

Babylon Bookshop

e-mail: via www.thelotuscentre.com.au/contact.htm - Fax: (03) 6231 0714 - Phone: (03) 6231 0722

www.babylonbookshop.com.au

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Please send us the details of your event towards the end of the month for the next or at the most for the month after the coming one. We do not endorse any of the content described in any of the workshop (or other) information provided.