

# ***The Lotus Centre*** ***Newsletter***

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

[www.thelotuscentre.com.au](http://www.thelotuscentre.com.au)



***Issue: February 2009***

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

Hi dear Friends and Fellow Travellers,

We are so blessed in Tasmania to enjoy some balmy evenings with expansive clear night skies. Enjoying this time with friends, one of the children asked 'which is closer – the moon or Melbourne'. 'The moon' shouted the younger children 'you can see the moon but you can't see Melbourne'. We laughed but for a child this made sense. Often when you can see something, it is so much easier to believe in. And yet a spiritual journey requires a belief and trust in something that is by and large invisible but so beautiful and experiential.

In this newsletter perhaps please note the following workshops listed:

- Second National Elders Gathering - Letting Go of the Warrior
- Reiki Tummo 1 & 2

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

... For interesting Book and CD reviews please browse the end of the newsletter

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) Apologies for the February newsletter's delay. 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](http://www.thelotuscentre.com.au)  
(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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All perfection and every divine virtue are hidden within you. Reveal them to the world

~Babaji~

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## ***What's NEW for the newsletter!***

**\*\*\*Campbelltown Belly Dance and Drumming Workshops - Feb 28th 2009**  
**Venue: Town Hall**

### **\*\*\*Belly Dance Workshop with Zahira**

Belly dance is a fun dance form for people of all ages, shapes and sizes.  
We will cover some of the basic moves in belly dance and put them together in fun, easy to remember combinations to make a short choreography.  
Time: 1:00pm – 2:30pm

### **\*\*\*Arabic Drumming with Razi**

Known for his thorough but laid back teaching methods,  
Razi is a favourite amongst female drumming students of all ages.  
He is lead drummer for Zahira and The Drum Frenzy.

In this workshop you will learn to play the Egyptian tabla (also called Darabouka).  
Correct hand technique will be covered as well as a couple of Egyptian rhythms. Notes supplied.

Suitable drums are djembes and Egyptian style tablas.  
There are a small number of drums available for loan.  
Time: 2:45pm – 4:00pm

Costs:

Belly Dance - \$22.00

Arabic Drumming \$18.50

Both Workshops \$38.00

Seniors Card Holders: 10% discount

Email [zahira1au@yahoo.com.au](mailto:zahira1au@yahoo.com.au), mob: 0418 139 826  
Zahira's Belly Dance Bazaar  
<http://home.iprimus.com.au/kazzray>

**\*\*\* Journey to the Heart - Women's Healing Circle with Cindy Aulby**  
**Four week courses on Saturdays from 2pm till 5pm, South Hobart.**  
**Starts Sat 28th February to 21st March.**  
**Then 4th to 25th April and continuing throughout the year.**  
**\$80 for the four week course.**

Give yourself the time to connect with your deeper self and with others in guided, safe and sacred space. We use guided meditations, music, drawing and sharing our stories to assist on the journey.

For enquiries and bookings, contact Nicole on 6278 8203 or [nicoleparums@keypoint.com.au](mailto:nicoleparums@keypoint.com.au)  
Visit Cindy's website for more details:  
[www.journeytotheheart.com.au](http://www.journeytotheheart.com.au)

**\*\*\* Second National Elders Gathering - Letting Go of the Warrior.**  
**Wednesday 4th March 4:00pm to Friday 6th mid afternoon. 2009**  
**At Waddamana in Tasmania's Central Highlands.**

Accommodation and great food \$130. For men 55+. Transport & billets. The TMG (below) follows on from the Elders Gathering and is a separate event which you are welcome to stay for. Structured and unstructured sessions, ritual and small group times.

- Changing lives
- Changing energy
- Changing emotions
- Changing roles, new roles such as blessing younger men
- Insights into what is important
- New contributions
- Approaching death
- The role of Elders

These in the contexts of self, families, community and spirit. Everyone will have their say.

Enquiries to Rob Dalton 0419 368 923 or 03 6224 6682. [robjaldon@gmail.com](mailto:robjaldon@gmail.com)  
Registration form at <http://www.tasmen.org.au/>

**\*\*\* 13th Annual Tasmanian Men's Gathering - Explore the Wildman**  
**Evening of Friday March 6 to afternoon of Monday March 9 2009.**  
**Waddamana in the Central Highlands**

- A residential weekend of unique experiences at Waddamana in the Central Highlands
- Exceptional cooking
- Time for reflection
- Opportunities for new experiences
- Ritual / Humour / Delight
- An opportunity to explore your Wildman with other men from around Australia.

Where is that part of you that knows exactly what it wants to do and won't let fear or anything else get in the way?? Raw, energetic, powerful, passionate and full of life ??? Sounds great doesn't it?? TMG 2009: An opportunity for men to come together to reignite the spark of positive masculine energy. For those of you who already know your Wildman, bring that energy along to share and celebrate it with others, at what promises to be a powerful, creative and energising gathering.

For men who have never been to a TMG we invite you to really consider this event. Come along and be with men from across Australia to explore what it's like to be a healthy, connected, vibrant man. You are welcome!! If you're unsure about tapping into this space..bring a mate.

The 13th Annual Men's Gathering in Tasmania. Facilitated by Tasmanian men experienced in Men's work. Organised by the Tasmanian Men's Health and Wellbeing Association. Cost \$410 includes accommodation, great food and T shirt!. Bursaries may be available on enquiry.

Contact Mark Ikia: (M) 0407 042 405 Marty: 0401 464 678 or email [tmg2009@tasmen.org.au](mailto:tmg2009@tasmen.org.au)  
Registration form at <http://www.tasmen.org.au/>

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**\*\*\*Singing Bowl - Fundraising Concert for the Bushfire Appeal  
Saturday 07.03.2009 6:30pm, Port Arthur  
Asylum at Port Arthur's Historic Site**

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

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

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

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**\*\*\*Workshop "Experience Singing Bowls"  
Sunday 8th March 2009- 12 to 5pm, Taranna, Tasman Peninsula, Community Hall  
Meeting Room, Amy Street**

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

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

Cost: \$90

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

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### \*\*\* 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 Saturday 14<sup>th</sup> March** The session offers 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 Sunday 15<sup>th</sup> March** 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](http://www.thelotuscentre.com.au)

## *Workshops & Events ... around Hobart and beyond*

### \*\*\* Yoga from the Heart

**Vital health of body, vibrant mind, shining heart**

**Summer Session Feb 10 - April 10, 2009**

**The Lotus Centre, 45 Victoria Street, Hobart**

For more information see below in 'Workshops, events and therapies at The Lotus Centre'.

For full details and costs please visit [www.yogafromtheheart.com.au](http://www.yogafromtheheart.com.au)

### \*\*\* Singing Bowl workshops and Singing Bowl Concerts

First time in Tasmania with Christina Koenig (Yoga teacher, sound massage therapist) and Sascha Bauer (Dipl. musician & teacher, radio presenter & speaker, sound massage therapist)

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

### \*\*\* Singing Bowl Concerts

Lie down, relax, and let the vibrations carry you where the mind cannot follow . . . .  
\$20.- Bring mat, blanket, cushion to lie on

**Wednesday 25.02.2009 7pm, New Town**

**Friends Meeting Room, Cnr. Argyle St/Boa Vista Road**

**Thursday 26.02.2009 7pm, North Hobart  
Adult education Centre, Room 7, 32 Church Street**

**Tuesday 03.03.2009 7pm, Launceston  
Launceston Yoga Centre, Level 1, 42 Brisbane Street**

**Wednesday 04.03.2009 7pm, Deloraine  
St Mark's Hall, 5 East Westbury Place**

**Thursday 05.03.2009 7pm, Kingston  
Kingborough Senior Citizen Hall, 35 Redwood Road**

**Fundraising Concert for the Bushfire Appeal:  
Saturday 07.03.2009 6:30pm, Port Arthur  
Asylum at Port Arthur's Historic Site**

**\*\*\* Singing bowl workshop "Yoga and Sound" – first time in Tasmania  
Friday 27th Feb 2009 6pm to Sunday 1st March 2009 2pm at Lotus Centre.**

For more workshop details please see below in 'Workshops, events and therapies at the Lotus Centre'

**\*\*\* Workshop "Experience Singing Bowls"  
Sunday 8th March 2009, 12 to 5pm, Taranna, Tasman Peninsula, Community Hall  
Meeting Room, Amy Street  
Cost: \$90**

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

**\*\*\* Ta Ke Ti Na**

**Rhythm for Evolution with Certified TaKeTiNa teacher Christina Giudici**

**Intensive session: Evening and full day**

**Sat March 14<sup>th</sup> from 7.30 – 10.00 pm and Sunday March 15<sup>th</sup> from 10 am to 5 pm**

**Cost: \$90 / 70 concession**

**Location: All sessions held at Frank Wells Hall, Friends Junior School, 395 Argyle St, North Hobart**

The TaKeTiNa Rhythm Process developed by Reinhard Flatischler is a unique transformational music learning process. Participants are guided into a state of rhythmic simultaneity, using polyrhythms and cross rhythms in the feet, hands and voice. Although highly musical, TaKeTiNa is a deeply relaxing and meditative process that requires no musical experience. It accesses the body's intrinsic rhythmic knowledge in a safe and playful setting.

Its recommended you wear comfortable clothes, and bring a water bottle, and a mat or blanket to lie on at the end of the session.

For further information about the TaKeTiNa Rhythm process, see [www.taketina.com](http://www.taketina.com)  
To secure you booking or for further information, contact Christina by phone or email:  
M: 0437 009 792  
E: [christina@ecopulse.com.au](mailto:christina@ecopulse.com.au)

**\*\*\* JOURNEY TO SELF EMPOWERMENT CERTIFICATE  
14 & 15 March, 4 week-ends, Lindisfarne**

Using guided meditation and visual imagery techniques (ISET), this course allows you to discover your infinite nature and embark on a journey towards self empowerment. The course provides a great opportunity for you to create positive change in your life and in the lives of the people around you. Due to the practical nature of this course, it is very common for students to experience healing and change at the spiritual level resulting in an increased sense of well being and self awareness.

The techniques used in this course were developed in Melbourne by Eileen Goble, and named Integrated Self Empowerment Therapy (ISET).

This course is run over 4 week-ends and starts on the 14/15 March. Cost \$795

All the above courses and workshops are held in Lindisfarne

For more details please see [www.joynicholson.com.au](http://www.joynicholson.com.au)

Or contact Joy email: [joynicholson@aapt.net.au](mailto:joynicholson@aapt.net.au)

Mobile: 0415 416 168

**\*\*\* REIKI WORKSHOPS  
Reiki 2 workshop Sat 28<sup>th</sup> and Sun 29<sup>th</sup> March**

All the above courses and workshops are held in Lindisfarne

For more details please see [www.joynicholson.com.au](http://www.joynicholson.com.au)

Or contact Joy email: [joynicholson@aapt.net.au](mailto:joynicholson@aapt.net.au)

Mobile: 0415 416 168

**\*\*\* Buddhist Society Of Tasmania (Inc) Theravada**

Meditation is 7pm Friday evenings. The resident monk is available most days to talk to enquirers, teach meditation and the teachings (Dhamma) of the Buddha. The resident monk will attend Buddhist funerals if required.

No charges - the Centre is maintained by Theravada Buddhist supporters and the Buddhist Society of Tasmania (Inc) and by donations.

There is a small library of Buddhist books, which is being established as a resource library for students and enquirers.

Special events include: Full moon in May (Buddhist Christmas); Full moon in October (Kathina)

Contact details: 59 Hall Street, Ridgeway 7054. Ph. 62391160

**\*\*\* Critical Mass "Cycle Celebration"**

**5:15pm @ Franklin Square Last Friday of every month!!**

Please come take part in a ride around Hobart to show your support for cycling and advocate for improved cycling infrastructure.

**\*\*\* Inspiration Circle**

Meet monthly to nourish the spirit. We gather to share about a diverse range of topics - environmental, social justice, sharing world resources, the arts... We include some quotations and readings from a wide range of sources for reflection. Everyone regardless of belief or background is welcome to attend. Please contact Angela on 6223 8415 or [angelabryan@aapt.net.au](mailto:angelabryan@aapt.net.au) for details.

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

Regular events and courses include yoga courses, positive thinking course, and meditation. Please call the Centre on 6278 3788 for detailed information and bookings.

**\*\*\* Satyananda Yoga**

Please contact the Satyananda Yoga Centre on 6231 9117.  
E-mail: [hobart@satyananda.net](mailto:hobart@satyananda.net), visit [www.satyananda.net](http://www.satyananda.net)

**\*\*\* Living Yoga - Children's Yoga Dance**

At Weeroona Yoga Studio, North Hobart. Adult courses in Hatha and meditation. Ph Roslyn on 0439 995 655.

**\*\*\* The Tas Pagan Website**

The Tas Pagans website was created with the intention of serving as a meeting point, a resource and a community for Pagans around and from Tasmania. We are not an organisation; we merely exist to bring Pagans together! We also provide free advertising for businesses who are either Pagan-based or Pagan-owned/run, to help support the Pagan community in Tasmania. Feel free to check it out at <http://taspagans.com> – create an account, join in on the forums, submit essays/articles, interesting news stories, anything - we'll be happy to have you!

**\*\*\* 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.

***Workshops, events, therapies at 'The Lotus Centre'***

***Workshops ....***

**\*\*\* Yoga from the Heart**

**Vital health of body, vibrant mind, shining heart**

**Summer Session Feb 10 - April 10, 2009**

**The Lotus Centre, 45 Victoria Street, Hobart**

Please contact the teacher of the class you wish to attend.

Clare: [clare@yogafromtheheart.com.au](mailto:clare@yogafromtheheart.com.au), Phone 6227 8941

Lee: [lee@yogafromtheheart.com.au](mailto:lee@yogafromtheheart.com.au), Phone 0417 319 046

Dani (teacher in training): [dani@yogafromtheheart.com.au](mailto:dani@yogafromtheheart.com.au), Phone: 0416 978543

Monday	9:30 - 11 am 11:35 - 12:25	Clare Clare	Anusara Levels 1 & 2 Back Care & Level 1
Tuesday	6:30- 8 am 2 - 3:15 pm 5:30 - 7 pm 7:15 - 8:45 pm	Dani Kathy Lee Various Teachers	Hatha Level 1 & 2 Gentle Yoga Vinyasa Level 1 Focus Class (details below)
Wednesday	9:30 - 11 am 5:30 - 7 pm 7:15 - 8:45 pm	Clare Lee Dani	Anusara Levels 2 & 3 Vinyasa Levels 2 & 3 Yoga for the Active and Athletic
Thursday	6:30 - 8 am	Dani	Hatha Levels 1 & 2

There will be no classes Monday March 9 due to the public holiday.

Tuesday Evening 7:15 - 8:45 pm will be a focus class and the teacher will vary. You will be able to register for individual sessions and we hope this will serve to deepen your practice. Please check the website. If you have any requests or particular interests please let us know.

For full details and costs please visit [www.yogafromtheheart.com.au](http://www.yogafromtheheart.com.au)

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

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

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 Feb 2009 6pm to Sunday 1st March 2009 2pm at Lotus Centre.**

Cost: \$380.-

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](mailto:mabodhi@bigpond.com)

### \*\*\* Reiki Tummo Weekend Level 1 & 2

Our heart is the key to deep calmness, inner peace, happiness and spiritual growth. Reiki Tummo's profound knowledge about the heart has been for many a wonderful and unique journey of learning, being and meditation.

- **Level 1 Saturday 14<sup>th</sup> March**
- **Level 2 Sunday 15<sup>th</sup> March**

See above 'What's NEW for the Newsletter'

For more info contact *The Lotus Centre* on 6231 9669 or 0430 282073, visit [www.thelotuscentre.com.au](http://www.thelotuscentre.com.au)

## ***Regular Events***



**\*\*\* HEART MEDITATION**  
**1.30 – 2.30 pm Monday to Saturday**  
**7.30 pm Monday evening**

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 2<sup>nd</sup> floor). Casual attendance, no need to book. All welcome. For more information, please ph 6231 9669 or visit [www.thelotuscentre.com.au](http://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](http://www.thelotuscentre.com.au/contact.htm) to book in. Or just drop in.

**\*\*\* 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](http://www.thelotuscentre.com.au/contact.htm). Room hire, etc contribution: \$5.

## ***Therapies & therapists at the Lotus Centre***

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](http://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](http://www.thelotuscentre.com.au/contact.htm)
2. **Chinese Medicine, Acupuncture** and **Massage** with Jackie Pisera (0423 482125); [jackabean@hotmail.com](mailto: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](http://www.thelotuscentre.com.au/contact.htm)
4. **Massage** with Michael Carroll (0408 133679) e-mail: [carrollmjj@gmail.com](mailto: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](http://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](http://www.thelotuscentre.com.au) or contact us on e-mail us via: [www.thelotuscentre.com.au/contact.htm](http://www.thelotuscentre.com.au/contact.htm) or PH. 6231 9669 for further information.

## **Book Review**

**For these books and more ask at the Babylon Bookshop or you might like to borrow from the Babylon Bookshop Library.**

#### **\*\*\*Autobiography of a Yogi by Paramahansa Yogananda**

'Autobiography of a Yogi', one of the world's most acclaimed spiritual classics, celebrated in 2006 its 60th anniversary in continuous print. First published in December of 1946 and revised by the author before his passing in 1952 to include extensive additional material, Paramahansa Yogananda's life story has touched the hearts and minds of millions of readers around the globe. It has served as an ambassador for India's ancient science of Yoga, introducing hundreds of thousands of Westerners to the methods for attaining God-realization.

Alive with all the love, warmth, and joy that characterize Paramahansaji, this masterwork of religious literature provides an intimate account of his encounters with modern-day saints and illumined masters of India, and explains with scientific clarity the subtle but definite laws by which yogis perform miracles and attain self-mastery. It is an absorbing account of a singular search for Truth that encourages and inspires all who read its pages ...

'Autobiography of a Yogi' is at once an eloquently written account of an exceptional life and an illuminating introduction to the ancient science of Yoga and the practice of meditation. Recognizing the underlying unity of the great religions of East and West, the spiritual Master scientifically explains the subtle but definite laws by which people of all faiths can find harmony and oneness, experiencing the infinite resources of peace, love, and joy inherent in every soul. (Review by [www.vedicbooks.net](http://www.vedicbooks.net))

## DVD Review

Available from the Babylon Bookshop

### \*\*\*Calm Om Yoga – Mother and Baby

The perfect DVD for any new or expecting mother. Mother & Baby yoga is a time for both to enjoy each other, grow together and bond through the practice of ancient yoga techniques, adapted to suit the needs of today's mothers and their babies.

Over one and half hours of yoga including:

Shortened Sequence (20 min)  
Just for Mums Sequence (25 min)  
Just for Baby Sequence (8 min)  
Guided Relaxation (7 min)  
OvCa Awareness with Nicole Livingstone (3 min)  
(review by <http://shop.yogababy.com.au>)

## Miscellaneous

### \*\*\* Workshop Rooms available for rent:

- Regular events, one-off or weekend

Visit the web-site for some details [www.thelotuscentre.com.au](http://www.thelotuscentre.com.au) or PH. 6231 9669 for further information.

### \*\*\* WANTED - 2<sup>nd</sup> Hand Books

We want to extend the Bookshop and include second hand books ....

- Thank you for all the 2<sup>nd</sup> 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 2<sup>nd</sup> hand books for both the Library AND a new 2<sup>nd</sup> 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 ♥

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In whatever situation you find yourself, always do your best, and let all your decisions and path of action come from the heart

~Babaji ~

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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](http://www.thelotuscentre.com.au/contact.htm) - Fax: (03) 6231 0714 - Phone: (03) 6231 9669

[www.thelotuscentre.com.au](http://www.thelotuscentre.com.au)

or if Bookshop related

***Babylon Bookshop***

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

[www.babylonbookshop.com.au](http://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.