

**Kilbride
Centre**

Gentle Yoga

Fridays

Gentle Yoga class is led an experienced teacher who has been practicing and teaching for over 10 years.

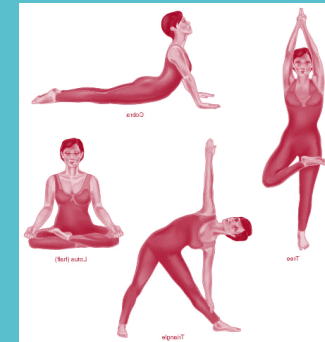
This is a gentle form of yoga that is open to people of all ages and all degrees of ability and flexibility.

Each class finishes with a 10 minute relaxation and all props and mats are supplied.

Time: 1.00– 2.15pm followed by afternoon tea

Cost: Gold Coin Donation

**•Please note: There are no classes
between May 17th to May 28th &
September 13th to October 1st**



Enquiries: 9690 1076 (book ahead - numbers limited)

Kilbride Centre, 52 Beaconsfield Parade, Albert Park

Email: contact@kilbridecentre.com.au

Phone: 9690 1076



**Kilbride
Centre**

Shiatsu

**By
Appointment**

Namikoshi Shiatsu

Namikoshi Shiatsu - the original Japanese Remedial Therapy works along both sides of the spine, accessing each nerve centre to stimulate and restore every part of the body. It is as strong or as gentle as you and your body should wish.

Shiatsu can assist all Muscular Aches and Pains. It is both relaxing and remedial as it flushes tensions and toxins away, allowing the body to gently rebalance.

- Sciatica
- Frozen shoulders
- Stiff necks and backs
- Hip and knee pain
- Headaches and sinus
- Deep relaxation

To make a booking contact Tracy on 0429 938 337



**Kilbride
Centre**

*SFEF
Kinesiology*

**By
Appointment**

SFEF Kinesiology

SfeQi goes to the cause of the problem, using your own energy to swiftly remove the build-up of trauma from body and soul that generally blocks our healing.

SfeQi can assist:

- Stress-Anxiety, Depression
- Fears and Phobias
- Allergies - Hay Fever, Eczema
- Nutrition
- Chronic Illness
- Hormonal Balancing, PMT
- Performance Building
- Self Esteem
- Learning Difficulties
- Inner Peace and Tranquility
- Resolving past hurts

To make a booking contact Tracy on 0429 938 337



**Kilbride
Centre**

Facial Blyss

**By
Appointment**

Facial Blyss - Healing Face and Neck Massage

No "product", no hard sell, no chat - just Facial Blyss.

We use nothing but our caring hands to melt your stress and allow your natural health and beauty to shine from within. Glowing with vitality and stress-less, people will notice the new you.

Facial Blyss firms, moistens and tones your skin - *a mini facelift.*

It improves the immune system, removes tension and negative emotions, creating a positive perspective and clarity of mind whilst re-energising the body, mind and spirit.

To make a booking contact Tracy on 0429 938 337



**Kilbride
Centre**

Open Heart Meditation

**Mondays
Afternoon**

The Open Heart Meditation is a gentle introduction to our spiritual heart..
Opening our heart is the key to health, happiness & spiritual growth.

Time: 12—12.35pm
Cost: Gold Coin Donation



Enquiries: 9690 1076



**Kilbride
Centre**

Open Heart Meditation

**Mondays
Evenings**

The Open Heart Meditation Evening is a gentle introduction to our spiritual heart.. Opening our heart is the key to health, happiness & spiritual growth.

Led by Reiki Tummo Group.

Time: 8pm
Cost: \$5

*Enquiries: Steve on 0425 747 435/ 0419 005 386
or go to <http://www.padmahaya.com/>*



Open Your Heart



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Phone: 9690 1076



**Kilbride
Centre**

*Other
Practitioners*

**By
Appointment**

Naturopathy - Vibrance Natural Medicine
"where ancient wisdom meeting modern practice"
Call Rosemary Dunne **0439 850 950**

Bodywork Practitioner Deep Tissue Massage, Relaxation Massage & Ear Candling
Call Kristy Newman **0408 008 202**

Personal Yoga Training Refine your yoga practice with one on one tuition.
Call Michelle Date **0407 322 973**

Reflexology Enquiries call Ruth on 0404 072 203

