

The Lotus Centre Newsletter

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

www.thelotuscentre.com.au



Issue: December 2009

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

Dear friends and fellow travellers

What an amazing and wonderful year it has been It is always special for the end of the year to be marked so magically by the festival of LOVE Christmas ... as many understand the message of Christ to be one of Love, respect and care from all of us, without any boundaries, limitations

May this time and the time leading up to it be one of peace, joy and love-sharing ... in its purest form.

As love and the heart are closely linked in many traditions, spiritual practices you may feel to join one of the heart meditations offered at the centre ♥ ♥ ♥

In this newsletter perhaps please note the following events listed:

- **The Dalai Lama talks on Our Future, Who is Responsible?**
- **Open Heart Workshop 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 concerned or alternatively check out:

- The Babylon Bookshop noticeboard
- Listed web-sites
- The Lotus Centre display board
- Or come and talk to us at Babylon/Lotus Centre

For interesting book and music 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 for this edition and for taking the time to open the

newsletter e-mail

With Love and smiles from

Kent, Amanda, Christoph, Rene, Isaac, Cheynie, Klaus, Sharon, 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 the e-mail address newsletter@thelotuscentre.com.au or go to <http://www.thelotuscentre.com.au>
(2) If you no longer wish to receive the newsletter, simply let us know and we will take you off the date base with the same love that we placed you on it.

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“The best of all true things is a true heart.

Without truth there is no happiness,

though you may try a million tricks “

~ Kabir ~

~ ~ ~ ~ ~

What's NEW for the newsletter!

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

As human beings, we do not simply consist of a brain and a physical body, but every one of us is also a spiritual being. Our Spiritual Heart is the centre of feeling, of calmness, peacefulness and true joy as it is also the key to our connection with our Divine Source.



~Discover your heart, your inner self and the everlasting joy that lies within~

♥ **Open Heart Level 1 - Saturday 5th December 9am to 530 pm**

The Lotus Centre, 45 Victoria St, Hobart CBD

Gently guides you to be able to feel and understand your spiritual heart better, so you can feel calmness, peacefulness and joy. You will learn to differentiate between the brain and the Heart, realizing that the Heart is our connection to True Source.

Cost: \$ 100 (conc. \$85). Registration 8.30 am

Pre-requisite: Everyone welcome

Please bring lunch and a drinking bottle. Morning and afternoon tea is provided.

♥ **Open Heart Level 2 – Sunday 6th December 9am to 530pm**

The Lotus Centre, 45 Victoria St, Hobart CBD

Strengthens your heart even more to help you learn how to surrender, cleanse and direct your heart even better to the True Source. You will be guided so your heart begins to recognize and realize more about the Love of the True Source, and begins to give answers to important questions.

Cost: \$120 (conc. 25% discount). Registration 8.30 am

Pre-requisite: Open Heart Workshop Level 1

Please bring lunch and a drinking bottle. Morning and afternoon tea is provided.

For more information, please contact the Lotus Centre on 6231 9669 or info@thelotuscentre.com
Please visit www.thelotuscentre.com.au to learn more about your heart.

***** Jian Shen School of Tai Chi Free Open Session
10 – 11 am Dec 5th
Rose Garden Glenorchy City Council**

For information please contact Bill Pearson Ph. 6272 9694

***** Walk against Warming
Saturday 12 December 12am
Timbs Track, Upper Florentine Valley, Tasmania**

On Saturday 12 December we will be holding a Walk Against Warming event in Tasmania's Upper Florentine Valley. This will be part of an international day of climate action, with Walk Against Warming events being held in cities across the world.

These walks will coincide with the international climate talks in Copenhagen.

For more information please contact <http://www.wilderness.org.au/waw>

***** Vipassana Meditation Centre Tasmania Retreat
Hobart, Tasmania, Australia
Dec 26 – Jan 6**

GPO Box 6, Hobart, TAS 7001

Email: info@pabha.dhamma.org

<http://www.pabha.dhamma.org>

Course Registrar Phone/Fax: 03 6223 8092

***** Niche Yoga Retreat Centre**

This peaceful, private, waterfront retreat is surrounded by native garden and natural bushland with breathtaking views of Cygnet Bay.

Niche is unique in Tasmania... an idyllic space to revitalise in a naturally uplifting environment, yet less than an hour's easy drive from Hobart.

The tranquil atmosphere of Niche is ideal for yoga teachers to hold small retreats, and suits a diverse range of workshops and residential weekends (meditation, creative arts, writing, music etc).

Niche offers the perfect base for yoga travellers to explore the natural delights of southern Tasmania.

19-21 February Restorative Retreat relaxing yoga with Kathy therapeutic massage with Anna Minchin gentle Reiki to restore balance and vitality with Kellie Donaldson ... sauna ... swim ... delicious vegetarian meals ... rest and quiet \$380

Where: Niche Yoga Retreat Centre, near Cygnet

Contact: <http://www.nichetas.com.au> or Kathy Rudolf ph: 0400 993 024

***** Lilydale Womens Retreat (non residential) Mt Arthur Centre, 50 Whites Mill Road, Lilydale 6th-7th February 2010, 10am-4pm both days**

Our modern world and lifestyles distract us from our true nature. We are bombarded with negative images and false expectations. Sacred Circle enables us to stop, take a deep breath and reconnect with who we truly are through nature. You will be guided by Jane around the 4 directions of the Medicine Wheel. These teachings are based on (but not restricted to) Native American origin. Using drumming, singing, guided meditations and talking circle, you will connect with your heart, and others of like mind. Tap into nature's powers and gifts, relax, heal and unwind in a safe and nurtured space...

Fee: \$100 for 2 days, concession \$85

We will provide: Beverages, morning and afternoon teas, Medicine Drums (bring your own if you have one) and Workshop Booklet. We ask that you please bring some food to share for our lunch (eg. a salad, hot dish, pie...) whatever you can.

For Bookings: Phone Jane on 0428 402314 www.moonandearthconnections.com

Workshops & Events ... around Hobart and beyond

***** Yoga for Pregnancy**

Wednesday 4-5:30 pm

Nov 11 – Dec 16

Nurture and balance your mind, body and spirit with this gently yoga practise ideally suited for pregnant women. The session will include practices to connect the mother with her unborn child and develop relationships with other expectant mothers in the community.

Where: The Lotus Centre, 45 Victoria St, Hobart

Cost: Full course \$76, casually \$15 per class

Contact: Dani on 0416 978543

***** His Holiness the 14th Dalai Lama**

Our Future, Who is Responsible?

Tuesday 8th December, 2PM - 4PM

Derwent Entertainment Centre, Hobart

"We are all brothers and sisters with the same mental and physical capacities, the same problems and the same needs. We must all contribute to the fulfilment of the human potential and the improvement of the quality of life as much as we are able. We are also being drawn together by the grave problems we face; over population, dwindling natural resources and an environmental crisis that threatens our air, water and trees, along with the vast number of beautiful life forms that are the very foundation of existence on this small planet we share.

I believe that to meet the challenge of our times, human beings will have to develop a greater sense of universal responsibility. Each of us must learn to work not just for his or her own self, family or nation but for the benefit of all mankind.

Universal responsibility is the real key to human survival. It is the best foundation for world peace, the equitable use of natural resources and through concern for future generations, the proper care of the environment."

His Holiness the 14th Dalai Lama

June 2008 - Sydney, Australia

www.dalailamainaustralia.org/

*****Hare Krishna Hobart**

Hare Krishna Sunday Feast at 1200

Migrant Resource Centre. 49 Molle St

<http://www.harekrishnahobart.websyte.com.au/>

***** Permaculture Design Course**

11-24th January

Lorinna

Design your own garden. Learn how to lead a self-reliant lifestyle. Grow your own food. Equip yourself with practical knowledge and life skills.

For more details please contact Hannah Moloney 0418 307 294

*****Thorn Coyle - Sex, Will and Magic: Opening to Life Power**

Magic is the marriage of breath, will and desire. If our lives lack full access to any of these, our magic will not thrive. In this experiential workshop we will learn ways to tap the energy of life and sex, using this to strengthen our will and fuel our work. Energy techniques, meditation and chanting will help us access life power, opening our lives to heightened awareness, energetic sensitivity, and a strong, magical will. Strength, love, and beauty will surely follow

Sunday Dec 13th 2009. Huon Bush Retreats, Browns Rd Ranelagh Tasmania. 10am - 4pm.

Vegetarian Lunch included.

Cost: \$75 concession/\$95 waged.

<http://www.thorncoyle.com>.

For booking contact: aburling@nativeforest.net

*****Hobart Laughter Club**

St David's Park, Salamanca Hobart Tasmania

Saturday 9am

Contact: Psereckis Annette / Rhea

0410944328, 0416 215 543

Email: psereckis_a@westnet.com.au

***** Yoga from the Heart**

Vital health of body, vibrant mind, shining heart

Sept 21 - Dec 17, 2009 CLASS SCHEDULE

The Lotus Centre, Top Floor,

45 Victoria Street, Hobart

www.yogafromtheheart.com.au

To enrol or for more information please contact the instructor of the class you are interested in.

Clare Raffety: 6227 8941, clare@yogafromtheheart.com.au

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

Dani Fox: 0416 978543, dani@yogafromtheheart.com.au

Monday	9:30 - 11 am	Clare	Levels 1 & 2 Anusara
	11:35 - 12:25pm	Clare	Back Care & Level 1
	5:30 - 7pm	Clare	Level 2 Anusara
Tuesday	6:30- 8am	Dani	Level 1 & 2 Hatha
	5:30 - 7 pm	Lee	Level 1 Vinyasa
	7:15 - 8:45 pm	Various Teachers	Focus Class (details

Wednesday	9:30 - 11 am	Clare	below)
	5:30 - 7 pm	Lee	Levels 2 & 3 Anusara
	7:15 - 8:45 pm	Dani	Vinyasa Levels 2 & 3
Thursday	6:30 - 8 am	Dani	Yoga for the Active and Athletic
	5:30 - 7pm	Clare	Levels 1 & 2 Hatha
	7:15 - 8:45pm	Clare	Level 2 & 3 Anusara
			Level 1 & 2 Anusara

For full details and costs please visit www.yogafromtheheart.com.au

Please note there are no classes Show Day, Thursday October 22

***** New Monthly Circle: Saturday 9.30 am to 1pm**
The first Saturday of every month.
\$25 per Circle or \$80 for 4 consecutive Circles.

The Women's Circle invites you to re-connect deeply with your Self. It offers a safe, guided and sacred space to explore your truth and access your wisdom. We Journey to the Heart with the assistance of guided meditations, music, drawing and sharing our stories.

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

***** Soul Food**
Sunday December 6th, 3 – 4pm
Baha'i centre of Learning for Tasmania, corner of Tasman highway and Brooker Ave.

Soul Food is an opportunity to relax in a tranquil environment and reflect on inspiring themes. It provides an opportunity to be uplifted, inspired and to celebrate our humanity and oneness in a spirit of friendship and unity. This is a unique monthly event, held first Sunday of every month, featuring live music, audio-visual pieces and readings from faiths and philosophers, authors, leaders and indigenous cultures from all around the world. Come and bring your friends. Light refreshments served. For more information call 6234 7654 or visit our website
<http://www.soulfood.com.au/tas/>

***** Soul Kids**
Sunday December 6th, 3 – 4pm
Baha'i centre of Learning for Tasmania, corner of Tasman highway and Brooker Ave.

An activities-based program for children, ages 4-10, will also be available during Soul Food in the Children's Room. Based on the teachings of Bahá'í Faith it will complement the themes of Soul Food and focus on the spiritual and moral aspects of children's development.

Soul Food is a free community event open to all.

***** Tashi Choling Mahayana Buddhist Centre Meditation program for 2009**
All classes are held above Gould's Naturopathica, 2nd floor, 73 Liverpool st

Tuesday evenings, 7:30 – 9 pm

Buddhist teaching, meditation and discussion – For people wishing to deepen their understanding and maintain an ongoing practice

Cost – by donation

Wednesday evenings, 6:30 – 7:45 pm

Introduction to Meditation – An opportunity to investigate and practice simple meditation led by experienced practitioners. Learn a way of finding some peace and centred ness in an often painful and busy life

Cost – by donation

Both classes are open to anyone at any time!

For more information about these classes please visit our website

<http://www.tashicholing.net>, or phone Kate MacNicol on 0432 630 796

***** Dances of Universal Peace**

Weeroona Yoga Studio, 326 Elizabeth St, North Hobart
1st Tuesday of the month - 7.00pm - 9.00pm

Music, movement, song and prayer are the universal forms of human expression bringing communities together at times of celebration and enriching everyday life. The Dances of Universal Peace are a profound, cross-cultural way to touch spiritual essence through group meditation. Using sacred phrases, chants, music and movement from the many sacred traditions of the earth, the dances promote peace and integration personally across the globe.

Contact: Nicola Bush 03 62272937, nicola.amina@gmail.com

***** Sahaja Yoga Meditation**

Tuesday at 7pm

Civic Centre, Cooper St, Glenorchy

There is something beyond which you have to seek. There is something beyond no doubt, which has been told to you by all the prophets, by all the scriptures –Shri Mataji Nirmala Devi.

- Experience the peace & joy of true meditation
- Find how to achieve mental silence
- Learn easy techniques to help reduce stress

No charge

For further details contact Phillip or Sarah, Ph 6245 1476 / Mobile 0416 435 278

***** Astrology classes with Tim Phillips**
Tuesdays 11.45 to 1.00 pm
Mt Nelson.

For further details contact Tim on 6272 4675

***** 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 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, visit 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

**The Lotus Centre, Top Floor,
45 Victoria Street, Hobart
www.yogafromtheheart.com.au**

To enrol or for more information please contact the instructor of the class you are interested in.
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***** Open Heart Workshops Level 1 & 2**

As human beings, we do not simply consist of a brain and a physical body, but every one of us is also a spiritual being. Our Spiritual Heart is the centre of feeling, of calmness, peacefulness and true joy as it is also the key to our connection with our Divine Source.



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Pre-requisite: Everyone welcome

Please bring lunch and a drinking bottle. Morning and afternoon tea is provided.

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Strengthens your heart even more to help you learn how to surrender, cleanse and direct your heart even better to the True Source. You will be guided so your heart begins to recognize and realize more about the Love of the True Source, and begins to give answers to important questions.

Cost: \$120 (conc. 25% discount). Registration 8.30 am

Pre-requisite: Open Heart Workshop Level 1

Please bring lunch and a drinking bottle. Morning and afternoon tea is provided.

For more information, please contact the Lotus Centre on 6231 9669 or info@thelotuscentre.com
Please visit www.thelotuscentre.com.au to learn more about your heart.

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 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.

***** 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

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

A range of holistic, alternative therapies available:

1. **Remedial Massage** and **Reiki** with Anthony Bone (0408 132562) or email <http://www.thelotuscentre.com.au/contact.html>
2. **Chinese Medicine, Acupuncture** and **Massage** with Jackie Pisera (0423 482125) or email jackabean@hotmail.com
3. **Shiatsu Therapy** and **Reiki** (level 3) with Klaus Baur (0419 440123) or e-mail <http://www.thelotuscentre.com.au/contact.html>
4. **Massage** with Michael Carroll (0408 133679) or e-mail carrollmjj@gmail.com

5. **Holistic beauty for men and women, and Massage** with Jessica Harris (0418 354 406) or 6231 9669 or email skindulgence@bigpond.com
6. **Remedial Massage and Naturopathy** with Peter Bland (6231 9669) or email <http://www.thelotuscentre.com.au/contact.html>

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: <http://www.thelotuscentre.com.au/contact.html> or Ph. 6231 9669 for further information.

Book Review

Beautiful books can be found in The Babylon Bookshop ...

***** I Heard God Laughing: Poems of Hope and Joy
By Hafiz**

So much Beauty! Hafiz is pure joy and a perfect friend. For Hafiz, Only Love is Real.

I Heard God Laughing, in continuous print for the past eleven years, serves as a beacon of pure light, trueing our compass on our journey to God. In these brilliant, deeply tender, witty, and full hearted renderings, Ladinsky releases the true spirit of this most beloved Persian poet and spiritual teacher and makes him fully accessible to our times.

Hafiz has influenced and nourished many writers, poets and scholars through the centuries, including Nietzsche, Byron, Hugo, Lorca, Goethe and Emerson.

If you're interested in knowing more about some of these eminent poets own words about translations/renderings read on, below, following these gems....

Your Beautiful Parched Holy Mouth

A poet is someone
Who can pour Light into a cup,
Then raise it
To nourish
Your beautiful, parched, holy mouth.

An excerpt from " A Golden Compass"

Forget every idea of right and wrong
Any classroom ever taught you,

Because
An empty heart, a tormented mind,

Unkindness, jealousy and fear

Are always the testimony
You have been completely fooled!

Turn your back on those
Who would imprison your wondrous spirit
With deceit and lies.

Come, join the honest company
Of the King's beggars--
Those gamblers, scoundrels and divine clowns
And those astonishing fair courtesans
Who need Divine Love every night.

Come, join the courageous
Who have no choice
But to bet their entire world
That indeed,
Indeed, God is Real.....

Review by Amazon.com

DVD Review

The Babylon Bookshop has this DVD and more ...

***** Sun Salutations: Awakening the Flow with Shiva Rea**

Excellent, Thoughtful Instruction

Aerobic

Strenuous

Experienced Beginner - Advanced Intermediate

Sun Salutations are among the most refined and effective movement meditations for health and well-being. Originally practiced to connect with the sun's vitality, this combination of forward bends, backbends and inversions awakens the breath and promotes circulation and inner balance by intensifying our creative life force. On this DVD, Shiva Rea presents a complete course of Sun Salutations -- including poses, breathing exercises and relaxation. Her program includes Forms A and B from the Ashtanga tradition, some upbeat cycles, her own variations, rejuvenating cycles and final relaxation. Awakening the Flow is accompanied by world beat and ambient music.

Review by www.yogaprops.net

CD Review

The Babylon Bookshop has this CD and more beautiful CD's ...

***** Heart of Reiki
Merlin's Magic**

As a massage therapist this is one of my overall favorites and one that my clients just love. I would rate this in my top 5 of all my massage / relaxation music. My clients --even the very stressed-out ones -- are able to relax to this CD. I can still enjoy it as I listen to it everyday and not get tired of it. It takes my clients (and me) into a deeply relaxed state. The continuous repetition of the simple theme and harmonies contribute to gentle and progressive slowing down of the body and mind into a meditative state. The music is slow, calm, flowing and melodic, and yet still has enough structure to keep the mind dreamily engaged while moving into progressive relaxation, without being boring. I highly recommend this for massage, Reiki, any type of bodywork for relaxation, yoga, meditation - but don't listen to it while driving!

Review by Amazon.com

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 ♥

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"Then it was as if I suddenly saw the secret beauty of their hearts, the depths where neither sin nor desire can reach, the person that each one is in God's eyes. If only they could see themselves as they really are. If only we could see each other that way, there would be no reason for war, for hatred, for cruelty, I suppose the big problem would be that we could fall down and worship each other "

~ Thomas Merton ~

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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: newsletter@thelotuscentre.com.au via - Fax: (03) 6231 0714 - Phone: (03) 6231 9669
www.thelotuscentre.com.au

or if Bookshop related

Babylon Bookshop

e-mail: <http://www.thelotuscentre.com.au/contact.html> - Fax: (03) 6231 0714 - Phone: (03) 6231 0722
www.babylonbookshop.com.au

**

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.