

# ***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: March 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,

The seasons in Tasmania are a beautiful reminder of how quickly everything changes. It seems that one moment we're at the beach and the next we're sitting in front of the heater! But change is constant and cannot be controlled. It often requires a letting go of expectations, old inefficient habits from the past and an acceptance of new truths. How we cope with change is effected by our inner attitudes and is often a preceptor to growth. Who was it that said 'don't fear change but embrace it' ... ♥ ♥ ♥

In this newsletter perhaps please note the following workshops listed:

- Body n Soul Festival 7<sup>th</sup>-9<sup>th</sup> March
- Open Heart Workshop 1 & 2 25<sup>th</sup>-26<sup>th</sup> April
- 'NEW' Open Heart Workshop 3 & 4 2<sup>nd</sup>-3<sup>rd</sup> May

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 Books and Tarot Card 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) 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.

~ ~ ~ ~ ~

Be patient toward all that is unsolved in your heart. And try to love the questions themselves.

~ Rainer Maria Rilke ~

~ ~ ~ ~ ~

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

### **\*\*\* Body n Soul Festival March 7-9, 2009 Albert Hall, Launceston**

One of Tasmania's largest events for natural therapies, psychics, healers, new age gifts and more

Once again there will be three days to see and experience, try and buy hundreds of products and services available for your total wellbeing: physical, mental and spiritual. There is a beautiful Festival atmosphere, with live music and Dance, packed with great ideas for self improvement and healing.

The Festival also features continuous, free seminars, workshops, entertainment and meditation centre.

Have you been searching for alternative health options? Have you been looking for relationship advice? Looking for a good quality psychic reading? Are you interested in tactile body therapies? Self development a goal? Seeking inner peace? Longing to feel pampered? Or simply wanting to have a fun day out with the family or friends, then you will see how important it is that you do not miss this once a year experience!

We've sourced a great mix of exhibitors, musicians, speakers, psychics and dancers From all

over Australia, to share information and practical help, in a wide range of health and wellbeing techniques.

SEE YOU THERE!

For more information please visit <http://www.bodynoulfestival.com>.

### **\*\*\* Royal Garden Sounds**

#### **Sun, 08 Mar 2009, Royal Botanical Gardens**

A music festival in the Royal Tasmanian Botanical Gardens with local food and wine on offer. Sit back, relax and listening to some of Australia's top musicians perform and enjoy some of the regions finest local produce on offer, including food and wine.

Topping off the festival season this March long weekend, Royal Garden Sounds will host one of the biggest highlights on the 2009 Tasmanian events calendar.

Headlining is Pete Murray supporting his No.1 album and playing his only Tasmanian show this year. Recent Aria Award winner and crowd favourite Kasey Chambers returns along with special guest Shane Nicolson. Pete and Kasey will be joined by Old Man River and local Hobart talent Let The Cat Out.

Enjoy a lazy Sunday afternoon at this family friendly event (Children U12 are admitted free when accompanied by an adult), in one of Tasmania's most beautiful live music venues. On offer will be some of the regions finest local produce, including food and wine, with a focus on quality service.

It's more than just music...It's an experience at one of Hobart's most spectacular venues. For more information please visit <http://www.royalgardensounds.com.au>.

### **\*\*\*Taste the difference...**

#### **Ranelagh is approximately 30 minutes drive south of Hobart,**

'A Taste of the Huon', now in its 17th year, is a celebration of fine food, wine, entertainment, arts and crafts from the Huon Valley and Channel region – held at Ranelagh which is only 30 minutes scenic drive south of Hobart.

This region produces an abundance of apples and although Tasmania is still recognised as the 'Apple Isle' cherries, mushrooms, salmon, vineyards, berries and truffles are also farmed in the area and, along with many more, promoted at the Festival.

Entertainment is at its very best and each year there is a new programme. And most importantly there will be loads of attractions to keep the children occupied.

This Festival is one of the most popular regional events in Tasmania and draws over 20,000 local, intrastate and interstate visitors through its 2 day programme. This event is run by a voluntary committee with proceeds being injected back into the community via funding of groups who volunteer on the day.

**Sunday 8th March: 10.00am – 5.30pm**

**Monday 9th March: 10.00am – 4.00pm**

**Entry Fee: Adults \$6.00, Children u/16 free**

### **\*\*\* Forth Valley Blues Festival**

### **Saturday, March 21 2009**

Thirteen hours of blues music plus food, clothing and a bar

Relax at the State's premier Blues and Roots music festival has developed into a well-recognised format of 13 hours of music 12.30pm to 1.30am with most acts performing two sets, one in the afternoon and one in the evening. This provides full value for patrons attending who may wish to partake in a more laid-back family friendly afternoon session and of those who want to crank things up and rage on after dark. The festival day also includes a large range of stalls with food, music, clothing,...

For more information please visit <http://www.forthvalleyblues.com>.

### **\*\*\*The Way You Move**

**Sunday 22<sup>nd</sup> March 2009 10am – 4pm**

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

Discover in your body, yourself, new abilities in movement and expression, relief from chronic stiffness, and new understanding about ongoing improvement.

A special one-day workshop presented by guest teacher Maggie Slattery. Maggie has studied and taught the work of Moshe Feldenkrais since 1978, originally in San Francisco & now in Adelaide.

Cost: \$110

Please contact Fran on 6292 1044, Joanna on 6224 8665 or email [francham@eftel.net.au](mailto:francham@eftel.net.au)

### **\*\*\*Ten Days on the Island Festival**

**27 March to 5 April 2009**

Come join with us as the worlds islands cross the cultural divide

Ten Days on the Island offers an extraordinary program exploring the cultural uniqueness of islands, featuring international artists and events from island locations alongside Australia's finest talent.

We invite you to join artists from Australia and around the globe who come to Tasmania to share their stories and revel in what makes us distinct and individual as islanders. For ten wonderful days get out and about, off the beaten track into the sheds and barns, stately homes, halls, museums and theatres across the length and breadth of the state.

You have the chance to see and hear the extraordinary works from 730 artists from 20 countries, see artists from Australia, Nova Scotia Canada, Taiwan, Cuba, Denmark, Iceland, Italy, Hong Kong, Torres Strait, Jamaica, Japan, Mauritius, Newfoundland, New Caledonia, New Zealand, Samoa, Scotland, Singapore, Taiwan, Manhattan USA and Wales.

It's also a chance to combine travel and culture - you can choose to see the various performers as they journey to more than 52 locations, perform in 62 Festival projects and at 99 venues around the Island.

Please see below for a full programme of events.

For more information please visit

<http://www.tendaysontheisland.org/subpage.jsp?pageID=eventprogram>.

**\*\*\* 27 March (Friday) 2009 - Groove Ganesh**

The performance blends eastern and western styles using sitar, Indian violin, vocals, double bass, guitar and jazz drums.

**A free event, 7.30pm at Constitution Dock, Davey St.**

**\*\*\* Earth Hour - Switch off your lights for one hour to send a message about climate change.**

**28 March (Saturday) 2009**

This year, Earth Hour has been transformed into the world's first global election, between Earth and global warming. For the first time in history, people of all ages, nationalities, race and background have the opportunity to use their light switch as their vote – Switching off your lights is a vote for Earth, or leaving them on is a vote for global warming. WWF are urging the world to VOTE EARTH and reach the target of 1 billion votes, which will be presented to world leaders at the Global Climate Change Conference in Copenhagen 2009.

This meeting will determine official government policies to take action against global warming, which will replace the Kyoto Protocol. It is the chance for the people of the world to make their voice heard.

Earth Hour began in Sydney in 2007, when 2.2 million homes and businesses switched off their lights for one hour. In 2008 the message had grown into a global sustainability movement, with 50 million people switching off their lights. Global landmarks such as the Golden Gate Bridge in San Francisco, Rome's Colosseum, the Sydney Opera House and the Coca Cola billboard in Times Square all stood in darkness.

For more information please see [www.earthhour.org](http://www.earthhour.org)

**\*\*\* Shiatsu – Workshop ... very relaxing, energy balancing, practical**

**Sunday 5th of April 1pm - 4.30pm.**

Experience this popular & very effective Japanese energy-balancing body work technique in a beautiful & peaceful environment at The Lotus Centre.

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 & given in comfortable, light clothing. It is often experienced as profoundly balancing, healing & deeply relaxing. Ph Klaus on 6231 9669, 0419 440123 or e-mail via: [www.thelotuscentre.com.au/contact.htm](http://www.thelotuscentre.com.au/contact.htm)

**\*\*\* 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~

♥ **Level 1 Saturday 25<sup>th</sup> April 9am to 530 pm**

**The Lotus Centre – 45 Victoria St, Hobart CBD**

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. You will also learn to recognize the difference between the heart, brain, feelings and thoughts. Level 1 offers the opportunity to open your heart and to learn to rely on the blessings from the True Source of Love and Light.

Cost: Level 1 \$ 100 (conc. \$85). Registration 8.30 am

Pre-requisite: Everyone welcome

♥ **Level 2 Sunday 26<sup>th</sup> April 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: Level 2 \$120 (conc. 25% discount). Registration 8.30 am

Pre-requisite: Open Heart Workshop Level 1

For more information, please contact the Lotus Centre on 6231 9669 or [info@thelotuscentre.com](mailto:info@thelotuscentre.com)  
Please visit [www.thelotuscentre.com.au](http://www.thelotuscentre.com.au) to learn more about your heart.

**\*\*\* Open Heart Workshops Level 3 & 4**

**“New” first time in Australia**

Level 3 & 4 Open Heart Workshops are a beautiful spiritual experience as we deepen our connection to True Source and realize what that means. Our Spiritual Heart is strengthened, cleansed and opened more fully to experience joyfulness, peacefulness and gratitude in our everyday life.

~ A truly remarkable experience which appears very simple but it is a profoundly moving spiritual journey~

♥ **Level 3 Saturday 2<sup>nd</sup> May**

**The Lotus Centre – 45 Victoria St, Hobart CBD**

You will be guided to use your heart even better, to further strengthen and go deeper into your heart. Realizing more about the beauty of your connection to the divine, so that you can surrender your problems from within your heart and let the Love of True Source help you. You will feel the benefits of a healthier heart attitude and learn more about praying from within your

heart.

Cost: Level 3 \$140 (conc. 25% discount). Registration 7.30am for a 9am start.

Pre-requisite: Open Heart Workshop Level 2

#### ♥ Level 4 Sunday 3<sup>rd</sup> May

##### **The Lotus Centre – 45 Victoria St, Hobart CBD**

You will be gently guided to experience the Love of True Source as you go deeper within your heart ... feel the beautiful things from the Love, enjoy them, be grateful for them and bring these into your everyday life more and more. You will also be taught meditations to let the Love help you with a Self Healing and to cleanse your main energy channels (Sushumna). As we gradually realise the unlimited love of True Source we move beyond ourselves and learn to let the Love work on the whole earth and other people.

Cost: Level 4 \$160 (conc. 25% discount). Registration 7.30am for a 9am start.

Pre-requisite: Open Heart Workshop Level 3

For more information, please contact the Lotus Centre on 6231 9669 or [info@thelotuscentre.com](mailto:info@thelotuscentre.com)  
Please visit [www.thelotuscentre.com.au](http://www.thelotuscentre.com.au) to learn more about your heart

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

### **\*\*\*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/>

**\*\*\* 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

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

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

**\*\*\* 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)

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

Learn in-depth about Reiki Tummo & 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)

### **\*\*\* Additional Reiki Tummo Workshops**

#### **\*\*\* Reiki Tummo 3A Workshop 16<sup>th</sup> March**

At the 3A level workshop, all of the participants' main chakras will be cleansed and opened. Participants will also learn the complete advanced techniques from Reiki Tummo. As an additional bonus, participants also receive Shing Chi Level 1 attunement.

Workshop begins at 9.00 a.m with 8.30 am registration

Pre-requisite: Reiki Tummo 2 Workshop & 21 Days of Self-Healing meditation

#### **\*\*\* Kundalini Workshop 17<sup>th</sup> March**

Participants will learn advanced techniques for the Kundalini for a more rapid cleansing and development process.

Workshop begins at 9.00 am with 8.30 am registration.

Pre-requisite: Reiki Tummo 2 Workshop

#### **\*\*\* Meditation Workshop 17<sup>th</sup> March**

At this workshop, the pineal gland will be activated to release Melatonin Hormone (Antioxidant and youthfulness) and Endomorphine Hormone (Relaxation). Participants will also learn meditation techniques for spiritual advancement.

Workshop begins at 2.00pm to approx 7pm with (1.30 pm registration).

Pre-requisite: Reiki Tummo 2 Workshop

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

**\*\*\* 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

**\*\*\* Journey to the Heart - Women's Healing Circle with Cindy Aulby**

**Four week courses on Saturdays from 2pm till 5pm, South Hobart.**

**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)

**\*\*\* 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 ....***

**\*\*\*The Way You Move**

**Sunday 22<sup>nd</sup> March 2009 10am – 4pm  
The Centre, 45 Victoria St, Hobart**

Discover in your body, yourself, new abilities in movement and expression, relief from chronic stiffness, and new understanding about ongoing improvement.

A special one-day workshop presented by guest teacher Maggie Slattery. Maggie has studied and taught the work of Moshe Feldenkrais since 1978, originally in San Francisco & now in Adelaide.

Cost: \$110

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**\*\*\* 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)

### \*\*\* 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.



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

For more information please see above 'Workshops and Events... around Hobart and beyond'.

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

\*\*\* **Shiatsu – Workshop ... very relaxing, energy balancing, practical**

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## ***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.

## **Tarot Deck Review**

**For these and more ask at the Babylon Bookshop**

### **\*\*\*TAROT DECK ANIMAL DREAMING ORACLE CARDS**

**Author: KING Scott Alexander**

In times past, it was not uncommon for a seeker of knowledge to request the advice of an Elder; someone skilled in the ability to commune with the energies of nature.

Developed with the corresponding energies of the four directions in mind, the Animal Dreaming Oracle Cards embrace this ancient concept in a manner more befitting our times. Instead of the traditional claws and bones, it presents the animal energies to the people as beautifully illustrated portraits, with each animal's Dreaming clearly interpreted in the accompanying guidebook, allowing you to give and receive accurate inspirational readings for yourself and others. This uniquely Australian oracle deck, by the author of Animal Dreaming and Animal Messenger. Features stunning illustrations by Karen Branchflower

**(review by Brumby Books)**

## Book Review

The Babylon Bookshop has many beautiful book, you can order this one or you can borrow from the Babylon library

### \*\*\* Being with Dying By Joan Halifax

In this long-awaited book of inspiring and practical teachings, Buddhist teacher Joan Halifax offers the fruits of her many years of work with dying people. Inspired by traditional Buddhist teachings, her work is a source of wisdom for all those who are charged with a dying person's care, facing their own death, or wishing to explore and contemplate the transformative power of the dying process.

Halifax offers lessons from dying people and caregivers, as well as guided meditations to help readers contemplate death without fear, develop a commitment to helping others, and transform suffering and resistance into courage. She says, "Why wait until we are actually dying to explore what it may mean to die with awareness?"

A world-renowned pioneer in care of the dying, Joan Halifax founded the Project on Being with Dying, which helps dying people to face death with courage and trains professional and family caregivers in compassionate and ethical end-of-life care.  
(review by book google)

## 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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It is not how much you do, but how much Love you put into the doing  
that matters.

~ Mother Teresa ~

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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.