



# Chrysalis

## RELAXATION CENTRE

129 Mulgrave Road, Cairns

[www.chrysalis.net.au](http://www.chrysalis.net.au)

email: [cocoon11@bigpond.com](mailto:cocoon11@bigpond.com)

Telephone: (07) 40575584

Mobile: 0400 472273

### MONDAYS

**10.30-11.30am 2<sup>nd</sup> Monday each month.** Crystal Chakra MEDITATION using clear quartz crystal singing bowls. Phone: Renee on 40557172 or 0428 846 799. Cost \$10

**5.45-7pm SUNSET FLOW YOGA** with Rebecca Pinder. Cost \$15. Ph: 0414 225 333.

### TUESDAYS

**9-10.30am HATHA YOGA** with Marilyn Pratt I.Y.T.A. Enquiries to 40 542485 or 0423 045 145. Cost \$15.

**5.45-7pm HATHA YOGA** with Helen Rivett Dip. I.Y.T.A. Phone: 40 535910 or 0438 535910. Cost \$12.

### THURSDAYS

**10.30-11.30am MEDITATION** with Christine. Beginners welcome. Cost \$5. Phone: 0400 47 22 73.

**1 - 2.30pm HATHA YOGA** with Marilyn Pratt I.Y.T.A. Enquiries to: 40 542485 or 0423 045 145. Cost \$15.

**5.30-7pm STRETCH THERAPY** with Catherine Traynor to improve posture and flexibility, and help overcome neck and back pain. Cost \$15 casual (or 10 class pass for \$135). Enquiries to: 0408 709 374.

**7.30-9pm TANTRA TEMPLE** - Meditations, inner work, and partner and group exercises with Ella Shannon. Cost \$20 Casual, \$15 (5 class pass), \$10 (10 class pass). Ph: 0422 406 260.

### SERVICES available by APPOINTMENT

Seated **INDIAN HEAD MASSAGE** with Lucy Blackledge. Email [lucy.blackledge@gmail.com](mailto:lucy.blackledge@gmail.com) to set up a 15 or 30 minute appointment or visit her Facebook page @TOPKNOTAUS.

**EMOTIONAL RELEASE THERAPY** with Helen P. Boyd - using muscle testing. \$30. Phone: Mobile 0408 737 444.

**BODY ALIGNMENT MASSAGE** with Nerve/Joint massage specialist Darrin McKenna B.Sc. Ph: 0467 467 222 or visit: [www.vmex.xyz](http://www.vmex.xyz)

**KUNDALINI TANTRA** sessions with Ella Shannon for couples or individuals, by appointment. Ph: 0422 406 260. Enquiries to Facebook: Kundalini Tantra Cairns

**REIKI** with Reiki Master Annabel Muis. Ph: 40 938937. Also in Kuranda.

**KINESIOLOGY, MASSAGE, VOICE DIALOGUE, CLINICAL HYPNOTHERAPY, STRESS MANAGEMENT, PAST LIFE THERAPY** with Personal Therapist PETE HARDING. Dip/MST, Dip CH, MIASK, MATMS, AKA. Phone: 0407 456 515.

**NUMEROLOGY Readings** with Helen P. Boyd. Unlock the key to your life path. \$30. For appt ph: 0408 737 444.

**HYPNOTHERAPY & NATURAL HEALTH** with Lorraine Piercy - Phone: 0423 924484 or 40 613949 or visit [www.naturaltherapycairns.com](http://www.naturaltherapycairns.com).

**NATURAL HEALING, EMOTIONAL THERAPY, SPIRITUAL GUIDANCE** with Christine Scott. Phone: 0400 47 22 73.

**BOOK EDITING and PROOFREADING** by Christine Scott, Dip of Publishing, Australian College QED. Ph: (07) 40 575584 or 0400 47 22 73.