

2018/19

Chrysalis Relaxation Centre



129 Mulgrave Road, Cairns

www.chrysalis.net.au

email: cocoon11@bigpond.com

Telephone: (07) 40575584

Mobile: 0400 472273

MONDAYS

10.30-11.30am 2nd Monday each month. Crystal Chakra MEDITATION
Using clear quartz crystal singing bowls. Ph: Renee on 40557172. Cost \$10

5.45-7pm SUNSET FLOW YOGA with Rebecca Pinder. Cost \$15
Ph: 0414 225 333 **Finish 10th December - Resume 14th January.**

TUESDAYS

9-10.30am YOGA with Marilyn Pratt I.Y.T.A. Enquiries to 40 542485
or 0423 045 145. Cost \$15. **Finish 11th December - Resume 29th January**

5.45-7pm YOGA with Helen Rivett Dip. I.Y.T.A. Ph: 40 535910 or
0438 535910. Cost \$12 **Finish 11th December - Resume 22nd January**

THURSDAYS

10.30-11.30am MEDITATION with Christine. Beginners welcome. \$5
Ph: 40 575584 or 0400 47 22 73. **Finish 20th Dec. Resume 17th Jan.**

1 - 2.30pm YOGA with Marilyn Pratt I.Y.T.A. Enquiries to 40 542485
or 0423 045 145. Cost \$15. **Finish 13th December - Resume 31st Jan.**

5.45-7pm Gentle YOGA class with Vivien Brooker. Cost \$15. Enq to:
0428 773 980. **Finish November. Resume February if enough interest.**

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. **On Tuesday nights till
18th December. Restart on Thursday January 3rd**

SERVICES available by APPOINTMENT

EMOTIONAL RELEASE THERAPY with Helen P. Boyd - using muscle
testing. \$30. For appointment ph: 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

KUNDALINI TANTRA sessions with Ella Shannon, 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.

NUMEROLOGY Readings with Helen P. Boyd. Unlock the key to your
life path. \$30. For appointment phone Mobile 0408 737 444.

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

HYPNOTHERAPY & NATURAL HEALTH with Lorraine Piercy - Ph:
0423 924 484 or 4061 3949. www.naturaltherapycairns.com.

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

BOOK EDITING by Christine Scott, Dip of Publishing, Australian
College QED. Phone (07) 40 575584 or 0400 47 22 73.