



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. 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. **Finish 9/12/19 - resume 13/1/2020**

TUESDAYS

9-10.30am HATHA YOGA with Marilyn Pratt I.Y.T.A. Enquiries to 40 542485 or 0423 045 145. Cost \$15. **Finish 10/12/19 - resume 4/2/2020**

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. **Finish 19/12/19 - resume 6/2/2020**

1 - 2.30pm HATHA YOGA with Marilyn Pratt I.Y.T.A. Enquiries to: 40 542485 or 0423 045 145. Cost \$15. **Finish 12/12/19 - resume 6/2/2020**

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. **Finish 12/12/19 - check for resume date.**

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. **Finish 12/12/19 - resume 9/1/2020**

SERVICES available by APPOINTMENT

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 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.

HYPNOTHERAPY & NATURAL HEALTH with Lorraine Piercy - Phone: 0423 924484 or 40 613949 or visit 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.