



# Revitalise

Yarra Valley Practitioners Project April/May Newsletter

Cameron House, 947 Melba Hwy  
Yarra Glen  
Monday, Tuesday & Saturday

Shop 2, 297 Maroondah Hwy  
Healsville  
Tuesday & Wednesday

YMCA Building, 5 Darwin St  
Marysville  
Monday & Wednesday

## YVPP Events & Workshops

### SleepTalk for Children:

Toolangi Primary School  
Wednesday 12th May, 5.30pm – 7.30pm

Venue: Toolangi PS  
Main Rd, Toolangi

Yarra Glen, Dixons Creek, Badger Creek &  
Chum Creek Primary Schools  
Thursday 4th May, 1.15pm – 3.15pm

Venue: Cameron House,  
947 Melba Hwy, Yarra Glen

### Relaxation Therapy Course:

Start Date: Friday 13th May, 10.00am – 12.00pm  
Course runs for 8 weeks

Venue: Cameron House,  
947 Melba Hwy, Yarra Glen

### Jane Verity – Agents of Change:

Tuesday 3rd May, 2011

Venue: Foothills Conference Centre,  
Mooroolbark

For enquiries, please phone Dee Morella at  
Dementia Care Australia on: (03) 9727 2744

### Healthy Business Expo:

Tuesday 10th May, 2011

Venue: Blackspur Inn, Narbethong

### Women's Wellness Day:

Start Date: Tuesday 21st June

Venue: Marysville

For enquiries, please phone Angela on:  
0488 071 111



## YVPP Management Committee Report

Welcome to the *Revitalised* newsletter of the Yarra Valley Practitioners Project.

As the bushfire affected communities move through their third year post February 2009 fires, we look forward to supporting a focus on Wellbeing, Lifestyle Medicine & Coaching and Healthy Businesses.

We understand it is a varied road and individual journey for everyone affected by the fires and hope this is reflected in the variety of services and practitioners the YVPP is able to offer. Our practitioners and their associated professions come to the project with a mix of remedial support when this is still required and more commonly, a focus on wellbeing and performance improvement that is now beginning to take precedent.

It has been a busy few months since our February newsletter, with the opening of the YVPP Marysville clinic on the 11th April, promotion and client support of the new VBAF Bushfire Recovery Wellness Voucher Program, and the appointment of the new YVPP General Manager, Ray Siegersma.

We welcome Ray as General Manager and believe his experience in business as well as his recent role as Marysville Hub Captain, places the YVPP in an excellent position to support you through this next phase of rebuilding.

I would like to thank Angela Foster and Barbara Dickson who have worked overtime to fill the huge gap left by our previous Project Officer, Lori Muddyman. This has been done while also undertaking additional activities involved in opening a new clinic, promoting new programs for the wellbeing of the YVPP clients and preparing for the new General Manager. Thank you both. Your efforts are tireless and greatly appreciated.

If you missed the opportunity to attend our *Spark of Life* workshop with Jane Verity, held on 26th February, you may like to enroll in the Agents of Change workshop Jane is holding on the 3rd of May. It is likely to provide fresh hope if you are involved with anyone with Dementia and equally as important, it is likely to provide a fresh approach to enhancing any relationship.

As you read this newsletter (now to be issued every second month), remember to tell others you feel could benefit from the VBAF Wellness Vouchers. The program only runs for six months (ending 10 Aug, 2011) and it is important anyone you feel could benefit from the integrative approach complementary and allied health offers in bushfire recovery, have time to apply and redeem these vouchers with any qualified practitioner.

I look forward to continuing to help support your growth and wellbeing through this next phase of the YVPP lifecycle and your individual recovery.

With best wishes

Karen Dickson  
Founder/President  
Yarra Valley Practitioners Project Inc.

*'Happiness is the way.  
So treasure every moment you  
have and remember that time waits  
for no one. Happiness is a journey,  
not a destination.'*

**Souza**

### *Volunteer Practitioner Profile:*

#### **Mary Madigan**

**My name is Mary Madigan. I have a diploma of reflexology & am a professional member of the Reflexology Association of Australia.**

Reflexology is a simple, safe and effective form of non-invasive holistic healing. There are reflex points found on the feet, hands and ears that represent all the organs, glands and parts of the body. By stimulating these points with thumb, finger and knuckle techniques, there will be a direct effect on the corresponding organ. Reflexologists work holistically, meaning they take into account the mental, emotional and physical needs of a client.

My treatments include a relaxing aromatherapy footbath, foot and hand reflexology and auricular therapy, which are pressure points on the ears.

I am a passionate and enthusiastic reflexology practitioner, where I create a relaxing and caring environment for clients at my Lilydale base clinic. In the past I have worked in office administration and a children's art teacher. I also worked as a teacher's aide for teenagers with disabilities. I have been involved with a lot of volunteer work over the years, including being part of the St John Ambulance.

Some benefits of reflexology are: helping with stress, anxiety, insomnia, muscular and skeletal problems, digestive disorders and respiratory conditions and reproductive imbalances. I have had great results with post-traumatic stress, where clients can actually start to feel that they are strong enough, emotionally, to get through the day.

Reflexology can help people become more attuned to their body. Clients can experience a deep sense of calm and wellbeing as they step on the path towards renewed health and vitality.

### *Profile of coming workshops and courses:*

#### **YVPP Relaxation Therapy Course**

**YVPP will be running an 8 week Relaxation Therapy Course in Term 2, beginning on Friday 13th May. This 8-week course will cover many areas of relaxation, beginning with an understanding the body's reaction to the relaxation response versus stress response. Over the course you will learn different techniques that are easy to learn and use to create more calmness and relaxation in your life.**

Each session will include an introduction to a new technique and time to practice your new skills. At the end of each session there will be time for a cuppa and a chat.

This is a carefully structured course that will run for 8 weeks to help you build relaxation skills that remain with you for life.

If you are interested in joining the Relaxation Therapy group at our Cameron House, Yarra Glen location, please call **Angela** on **0488 071 111** for more information and to book your place.

Places are limited so be quick if you would like to secure your place.

**Start date: Friday 13th May,  
10.00am – 12.00pm**

**Course runs for 8 weeks**



## Spark of Life Workshop in Review

On Saturday 26th of February a group of 30 YVPP Clients, Practitioners and friends met at Yarra Glen Racecourse for the *Spark of Life* workshop, an approach to human relationships and communication that was designed to enable participants to learn skills that can ignite the human spirit, heal relationships and create harmony amongst people

The day began with a Laughter Yoga session, run by two of the YVPP volunteer practitioners Mavis Hicks and Steve Powell. While some of us felt a little strange to begin, the “fake it till you make it approach” had us relaxing in to the techniques taught by Mavis and Steve, when the laughter endorphins were stimulated, ensuring everyone remembered how to connect with a good old belly laugh and participate in a totally enjoyable experience. Morning tea with scones, jam and cream helped keep the energy high for the morning.

The group was then introduced to our amazing speaker and facilitator for the day, Jane Verity. Originally an Occupational and Family Therapist, Jane is the founder of Dementia Care Australia & *Spark of Life*, and she captivated everyone with what she had to share, including a personal story of her mothers struggle with Dementia and the Aged Care system.

Jane is a world leader and pioneer in the emotional care of people with dementia. She has the vision and courage to challenge the status quo and create a world that ignites the human spirit years experience in working with people with dementia and in that time has developed a system of communication, which engages dementia suffers and includes them in the world again. Video footage and stories were shared were inspiring to see the vast improvement for many people after just one *Spark of Life* Session.

Jane went on to show how we could utilise the same techniques in our everyday life to enhance relationship at a number of levels. Whether that be between employer and employee's; parents and children; or partners in personal or business relationships, the tools were found to easily adapt to any situation.

After a break for Lunch we came together for some practical exercises in the afternoon. All who attended felt a profound shift had taken place in how they viewed and approach the many relationships held day to day. It was a wonderful day, with great learnings and skills that could be applied at home; school, work and business where all were looking forward to applying the essence of this course and begin our practice.

YVPP look forward to having Jane back in the future for additional Workshops in your area. In the meantime you may like to attend a one *Agents of Change* course to **be held on Tuesday 3 May, 2011,**



at the Foothills Conference Centre, 48 Edinburgh Road, Mooroolbark. The workshop will run from 9.30 am – 4 pm, Lunch, morning & afternoon teas and handout included in the all day fee of \$165 per person.

For enquiries, please phone Dee Morella at Dementia Care Australia on (03) **9727 2744** or email [dee@dementiacareaustralia.com](mailto:dee@dementiacareaustralia.com)

*“Content very interesting. Presentation Great! Meeting other people interested in improving our world, Fabulous!”*

Louise.

*“A delightful heartfelt presentation that has changed my concept of dementia.”*

\*Melissa.

*“The simplicity of the steps that can be implemented in every day life to put spark back into people's life. So I may use this in my own life as well as to assist clients to utilise the steps for their own personal growth.”*

\*Sandra – Practitioner.

\*Names changed to protect individual's privacy.



## Modality Profile:

### Reflexology

Reflexology is based on the principle that certain parts of the body reflect the whole.

Reflex points can be found in the feet, hands and ears, which relate to all parts of the body. These points respond to pressure, stimulating the body's own natural healing process. The body starts progressively clearing blockages, re-establishing energy flows and balancing itself, resulting in better health.

Over the years there has been much research into the efficacy of reflexology. The World Health Authority now recognizes the map of the reflexes found in the ear.

Studies in China, Denmark, South Africa, USA and Europe have shown its effectiveness on a wide range of conditions including migraine, respiratory problems, infertility, renal conditions, musculoskeletal problems, PMT and colic in infants.

Most ancient cultures had some form of foot therapy. The Native American Indian cultures, Egyptians, and Chinese independently developed methods, which were all based on the same principle.

With such rich history it is no surprise that reflexology has continued to evolve. A wide range of methods and approaches are now used around the world. It is widely used in hospitals in China and many European companies now have reflexologists on staff to combat stress in the workplace.

Treatments may range from a strong, firm pressure, to a light gentle, relaxing touch. Practitioners of reflexology create their own style by incorporating the various methods and techniques and applying them to the specific needs of their client.

At your first session you will be given a brief explanation of reflexology and possible reactions and benefits you may experience.

A few questions will be asked regarding your health and lifestyle. You will be required to remove only your footwear and your feet will be examined.

The therapist will then gently relax your feet in preparation for working the reflex areas. The pressure used will be adjusted to your level of sensitivity.

The session will be discussed with you and suggestions made for the best course of action to achieve your health goals.

A treatment usually lasts an hour. This is subject, however to the age and state of health of the client as well as the method of reflexology being used.

A number of treatments are usually needed to experience the full therapeutic benefits of reflexology, regardless of your state of health.

#### Reflexology Relaxes Restores Revitalizes

The proven benefits of reflexology are:

- Reduces stress
- Improves circulation
- Balances the nervous system
- Boosts lymphatic function
- Increases body's natural healing process
- It is non invasive (only feet, hands or ears are worked)
- Effects all body systems
- Promotes body awareness
- Works well with all other therapies including modern medicine

*"I am a bushfire case manager who has referred several of my clients to the YVPP services-Yoga, Kinesiology and massages. It was very helpful to have these services provide locally for people affected by the fires, such generosity was important to those impacted shortly after the fires. Feedback received from these clients suggests a professional service, which is responsive to their needs, and one, which has proven of great benefit to my clients."*

Dr Mandy Lovell - Psychologist

## Energy Tips:

### Success

*To laugh often and love much, to win the respect of intelligent persons and the affection of children, to earn the approbation of honest citizens and endure the betrayal of false friends, to appreciate beauty, to find the best in others. To give of one's self to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition, to have played and laughed with enthusiasm and sung with exultation, to know even one life has breathed easier because you have lived – this is to have succeeded.*

Ralph Waldo Emerson

### Ain't no use worryin'

*"Ain't no use worryin' 'bout things you can't control, 'cause you can't control them. And ain't no use worryin' 'bout things you can control, 'cos you can control them. So just ain't no use worryin' "*

Ed Moses  
(Olympic Gold Medalist  
400m hurdles 1976 & 1984)

If you find yourself recounting a personal drama more than two or three times, and not feeling a sense of movement or healing in sharing it, allow a little 'rap alarm' or light to go off in your brain. It will note you are investing your energy in the drama rather than the healing.

## How YVPP has helped

*I would like to take this opportunity to pass on my thanks to Yarra Valley Practitioners and Joane Goulding for offering the Sleep Talk program to parents at Middle Kinglake Primary School.*

*I'm a mother of a 9-year-old boy and we unfortunately lost our house in the Black Saturday bushfires. My parents also lost their home and together with the loss of the school and sadly, many friends of both my sons, and mine we have felt quite devastated.*

*We were unable to leave Kinglake on that night and we were forced to battle the fire when it came. This was very traumatic, especially for my son.*

*In October 2009 my son developed symptoms of Post Traumatic Stress Disorder in the form of frequent panic attacks bedwetting and eventually an eating disorder which made him unable to swallow many solid foods.*

*My son began to see a child Psychologist who helped him with many aspects of his PTSD, as did the school counselor. My son was still having trouble with separation anxiety, processing worries, bedwetting, confidence, being in large crowds, going to sleep and general happiness.*

*I didn't know anything about SleepTalk but I needed some way to help my son and after reading the information from Yarra Valley Practitioners I thought it was worth a try. Having the sessions in Kinglake made it possible for me to attend.*

*The change in my boy is amazing! I noticed a difference in him after only one week and he gets better every day. The separation, crowd and sleep issues have disappeared and there are improvements with his bedwetting. The thing that has meant the most to me is to see his confidence and happiness returning.*

*I have passed on Joane's details to a friend who lost her husband in the fires and who has a boy who has not responded to other forms of counselling and is understandably very distressed.*

*I look forward to continuing to work with Joane, and I will be forever grateful to her for helping me to help my son.*

*Thank you for making this program available to assist our emotional recovery.*

*Yours sincerely,  
A Kinglake Mum.*



*"My psychologist recommended I try some kinesiology in conjunction with the post fire work I was doing with them. I find the kinesiology helped me and feel the benefits for regular monthly treatments that have helped me. I combine this with the occasional massage/reflexology session to complete my overall care plan. The YVPP Business Advisory Service has also helped me get my business up and running since the fires."*

\*Robert – Small Business Owner Dixons Creek

\*Names changed to protect individual's privacy.

## Yarra Valley Practitioner Project Announcements:

### YVPP Marysville Triangle Clinic Opens

We are pleased to announce the new YVPP Marysville Triangle clinic opened on Monday 11th April.

The Marysville clinic co-locates with the YMCA in the centre of town as we build an expanded **Wellbeing Centre** focusing on "**Revitalise**" and building strength and wellbeing in addition to helping a number of local businesses.

The clinic operates weekly services, initially on a Monday and Wednesday with modalities including; Kinesiology, Clinical Hypnotherapy, Remedial & Relaxation Massage, Reflexology, Naturopathy, Relaxation technique, Mindfulness based Meditation and group sessions in Laughter Yoga. All sessions are charged in alignment with the Mitchell and Alexandra Community Health price structure (from \$8.00 – \$80.00 dependent on income) and the VBAF Bushfire Recovery Wellness Vouchers are redeemable with YVPP practitioners.

The project also offers the School Outreach Program initially from Buxton Primary School and will expand the current program services of Educational Kinesiology, Brain Gym and Sleptalk for Children, to include Professional Development programs for teaching staff in a number of schools in the area.

The YVPP complementary and allied health services focus on wellbeing and revitalising the community during this next phase of recovery will also continue in the Yarra Valley and Kinglake region via the local School Outreach Program and Private Consultation Clinics in Yarra Glen and Healesville.

### Appointment of YVPP General Manager

We are delighted to see the appointment of Ray Siegersma in the new role as General Manager.

Ray comes to the YVPP with a varied background in owning and developing his own small businesses as well as senior positions in community focused and private enterprise organisations. He has recently completed a role as Marysville Hub Captain working for Department of Human Services and his experience in that position will help him quickly step into the new role with YVPP.

Ray will be responsible for the day to day operational responsibilities of the project, allowing Karen Dickson to remain as President of the YVPP in a voluntary capacity in addition to continuing to focus on the expansion of health and therapeutic aspects of the project.

We believe Ray will be a great asset to YVPP and our ongoing commitment to supporting the bushfire affected communities and hope you will soon have the opportunity to welcome him in his new role.

## Community contribution

### On 7th February...

- Confronted Us
- Frightened Us
- Challenged Us
- Extended Us

### Over the next few days...

- Shocked Us
- Saddened Us
- Depressed Us
- Questioned Us

### Over the following Weeks...

- United Us
- Organised Us
- Motivated Us
- Inspired Us
- Humbled Us

### Now...

- Reminds Us
- Haunts Us
- Taunts Us

### Forever...

- Changed Us

### But Never...

- Defeated Us

Written by Stephen Shortis,  
Dixon's Creek

\* If you would like to contribute to the YVPP newsletter as a Community Member, please contact Angela on **0488 071 000** or [admin@yvpp.org](mailto:admin@yvpp.org)



## School Program Update

Our School Program is about to begin for Term 2 this year.

The YVPP Brain Gym Instructors are keen to start back at Kinglake Middle, Yarra Glen and Toolangi Primary Schools. Joane Goulding has been working tirelessly through Term 1 and will continue empowering parents with her popular Sleeptalk for Children® program in to Term 2 at each of these schools in addition to Chum Creek and Dixon's Creek Primary Schools. The YVPP and Joane extend the invitation for any parents with pre-school and primary school children to join the monthly sessions at any of the locations listed in the Events section at the beginning of this newsletter.

Mavis Hicks and Steve Powell the YVPP Laughter Yoga specialists are looking to begin supporting the School Program with Laughter Yoga for Children and any of the school community who would like to join in.

We are also excited to announce our Ready, Set, Bounce Program will begin at Buxton Primary School in Term 2. In addition to the regular services including Brain Gym®, LEAP (Learning Enhanced Advancement Program), Sleeptalk for Children®, Laughter Yoga and many more, the YVPP is beginning a Teacher & Support Staff Professional Development Program to support the Marysville Triangle. Chris Bozkewycz, a YVPP volunteer is an authorised professional trainer of Brain Gym®, a teaching aide widely used in many of the schools around the State and Country. Chris, who has a background in Primary & Early Childhood Teaching, will help interested teaching staff in the Marysville Triangle become Brain Gym® facilitators within their own classroom. Please phone **Angela** at the Booking Office, **0488 071 111**, or **Lyn Pope of the Buxton Primary School** for further information.

**Watch this space for more information on our School Program.**



## VBAF Wellness Voucher Program

We are excited to welcome a new initiative for people affected by the 2009 Victorian bushfires, the Bushfire Recovery Wellness Voucher Program. Funded by the Victorian Bushfire Appeal Fund, the program provides access to allied and complementary therapies.

After many months of discussions between YVPP, the Victorian Bushfire Recovery and Reconstruction Authority, the Health and Education Departments and the Victorian Bushfire Appeal funding, it was decided that an extension to the counselling vouchers would be made. This new service, The Bushfire Recovery Wellness Voucher Program is available to people who were affected by the 2009 bushfires, providing access to Allied and Complementary therapies. There are 4 vouchers available each to the value of \$50 which can be redeemed for services such as; Audiology Chiropractics, Diabetes Education, Osteopathy, Physiotherapy, Podiatry, Acupuncture, Massage, Naturopathy, Reflexology, Kinesiology and much more.

"We are delighted to see the introduction of this innovative program," said YVPP founder and President Karen Dickson. "It gives people affected by the bushfires further access to help they choose and suits them; and it goes some small way toward recognising the valuable contribution of our volunteer practitioners, who have worked so tirelessly for the past two years to help in the best way that they can. We congratulate the Bushfire Recovery and Reconstruction Authority and the Department of Health on this initiative."

Many of our clients have received their Wellness Vouchers and we are beginning to see them being redeemed at the YVPP Clinics.

One positive move by the Department of Health that many in the community may not be aware of, is the **extension of the program to all people affected** by the Victorian bushfires including those people who may have relocated interstate and;

*other people who have been directly affected by the Victorian bushfires, for example, **family and close friends** of people affected by the bushfires and those people who have lost their livelihood directly through the effects of the bushfires.*

The Department of Human Services has informed the YVPP, beyond those community members who have already have received grants paid by the Victorian Bushfire Appeal Fund or have received Victorian Bushfire Case Management, *community members who "may not have been in the community on the day" of the fires are not denied access to the Wellness Vouchers and they are encouraged to apply.*

To obtain an application form you can contact: Department of Health directly call **1800 180 213** or visit [www.dhs.vic.gov.au/bushfireappeal/wellnessvouchers](http://www.dhs.vic.gov.au/bushfireappeal/wellnessvouchers), or you may like to contact YVPP on **0488 071 111** if you would like an application form posted.

*Wellness Tip:***Creating a Personal Meditation Space**

There are many reasons people decide to learn to meditate. It may part of a larger spiritual endeavor or religion, but many people practice meditation simply to combat stress and enhance their overall wellbeing. Although you don't need any special equipment to meditate, your meditation practice can be improved by creating a personal meditation space.

Having a special space set aside makes it easier to learn meditation quickly. You need to practice meditation techniques regularly in order for them to be effective. By meditating in the same place, the brain will quickly learn to associate that space with the calm and clear mind which comes with regular meditation practice. This is because the brain learns new behaviour by making associations between events.

A special space can also be used to provide focus during meditation practice. Many techniques involve the use of a candle to help focus the mind, as it provides a visual cue. This helps to prevent the mind from wandering.

There are only a few things required in order to create a special space that's suitable for meditation practice. The first of these is a meditation pillow. Sitting on the floor for long periods of time can be uncomfortable.

A low table, such as a coffee table, provides a surface on which to place meditation supplies. This can include scented candles, which should be placed in simple holders in order to avoid distraction. A room lit only by candles is naturally calming, which is very helpful for individuals whom are learning to meditate.

Incense can also be very effective when trying to induce a meditative state. Buy the purest incense possible, as cheaper incense often has an unpleasant "chemical" smell. Sandalwood, jasmine or patchouli all lend themselves particularly well to meditation practices. Be sure to burn incense in a suitable, heatproof holder. Do not leave lit candles or incense unattended.

An alternative to incense sticks or cones is an oil burner. Be sure to use only essential oils, as cheaper oils will carry a chemical smell. Sandalwood, eucalyptus or cinnamon oils are pleasant for meditation.

Most, if not all, of these items can be found around the house. Meditation is a mental and/or a spiritual practice there is no reason it should be expensive.

Creating a special meditation space can be spiritually rewarding, encouraging the meditation lifestyle. With only a little practice, the benefits of meditation can soon be realised.

**Angela Foster**



*"We need allied health systems and we need people offering different modalities to refer where appropriate to counsellors, psychologists and psychiatrists."*

Dr Rob Gordon

*Wellness Tip:***Meditation**

There is not just one way to meditate. It is up to you to experience and decide which meditation practice is best for you. For starters, here's a simple Meditation you could apply in your daily routine. Set aside 10 to 20 minutes same time each day, if possible. Before breakfast is a good time. Then follow these steps to a moment of prayer and internal dialogue:

1. Choose a quiet spot where you will not be disturbed by other people.
2. Sit quietly in a comfortable position.
3. Eliminate distractions and interruptions during the period you'll be meditating. i.e.: take the phone off the hook, turn off the mobile phone.
4. Commit yourself to a specific length of time and try to stick to it. For example; 10 minutes every morning before Breakfast.
5. Pick a focus word or short phrase that's firmly rooted in your personal belief system. A non-religious person might choose a neutral word like peace, or calm. Others might use the opening words of a favorite prayer from their religion such as 'Hail Mary full of Grace', "I surrender all to you", "Hallelujah", "Om", etc.
6. Close your eyes. This will make it easy to concentrate.
7. Relax your muscle groups one by one from head to feet. This helps to break the connection between stressful thoughts and a tense body. Starting with your forehead, become aware of tension as you breathe in. Then as you breathe out imagine the tension leaving your body. Go through the rest of your body in this way, proceeding down through your eyes, jaws, neck, shoulders, arms, hands, chest, upper back, middle back and lower back, belly, pelvis, buttocks, thighs, calves, and feet.
8. Breathe slowly and naturally, repeating your focus word or phrase silently as you exhale.
9. If your thoughts begin to wonder don't worry. Just let them go and return to repeating your focus word or phrase.
10. Continue for 10 to 20 minutes. When finished slowly open your eyes and return to the present.

Meditation has been scientifically proven to have a positive effect on physical health. First of all, it lowers blood pressure and stress hormones in the body. Meditation also balances the person's physical, emotional and mental states. Moreover, it relaxes the mind and body, and reduces stress and tensions in our body. This practice is like recharging our batteries. By making simple Meditation a part of your life, you can improve your health and wellbeing.

**Thank you to Health and Harmony College for permission to use this Meditation script.**



*Sponsor/Supporter Profile:***Kinglake Massage @ Day Spa**

Kinglake Massage offers Myotherapy, Remedial Massage, Relaxation Massage, Chinese Cupping, Bowen, Postural Analysis, Laser, Electrotherapy, Exercise Prescription, Reiki (Rhonda has a Masters in Reiki), Kinesiology, Certificate in Intuitive Healing, Chakra Balancing Tibetan Style, Grounding, Esoteric teachings, Meditation, Indian Head Massage, salt mineral hydrotherapy spa and much more.

For more information visit our website  
[www.kinglakemassageanddayspa.com.au](http://www.kinglakemassageanddayspa.com.au).

All our practitioners are fully qualified and have Provider Numbers for clients to access the VBAF Voucher System and claim on their Private Health Insurance.

During the 2009 Victorian Bushfires both Rhonda's children lost their homes in Flowerdale and Kinglake West. Rhonda's home was also under threat again once the children and grandchildren had escaped the inferno and retreated to Rhonda and Wayne's home.

Kinglake Health in Kinglake West immediately set of to open their whole house to over 40 complimentary therapists from the USA, Western Australia, Geelong, and all over Melbourne staying tents and caravans, which were generously loaned. For many months volunteers worked from their home based business, treating hundreds of people at no charge.

Rhonda has been trying to get the business back on track and has for the past few months been winding completely down from the volunteer work so as to generate some income. The business is hoping that with the new voucher program that it will be an opportunity to get some stability back into the business.

I would thank YVPP for assisting my practice with donations of Lifewave patches.

**YVPP would like to thank the following organisations for their kind contribution to our ongoing operations:**

- Victorian State Government
- Rotary Districts 9810 & 9800
- Bendigo Bank Community Enterprise Foundation
- Eastern Ranges GP Association
- Yarra Valley Community Health Services
- Yarra Glen Newsagency
- Breen Printing Healesville
- Yarra Valley Racing
- SVS Management Group
- Lifewave International
- The Besen Family Foundation
- EACH; Social and Community Health
- Health Care Australia Pty Ltd – Metagenics
- Melrose Health
- Indulge Wellness Retreat
- dk Design
- Talking Toolangi Newsletter
- Aura-Soma Australia Pty Ltd
- Cherish Photography
- Kinglake District Health and Wellbeing Centre

If you would like any information about Yarra Valley Practitioners Project, or to make a booking, please call **0488 071 111**.

If you would like to contribute to the Yarra Valley Practitioners Project newsletter as a Community Member, please contact Angela on **0488 071 000** or email [admin@yvpp.org](mailto:admin@yvpp.org)