

Alternative Directory

ARCHITECTURE & BUILDING

Feng Shui with Fran Gleeson

Experience the benefits of an environment that looks good & feels right.
Call Fran: 0437 072 027.

Feng Shui

Art of placement & awareness of electromagnetic fields. Call Luise: 9766 1296 or www.fengshuibetterlifestyle.com.au

Going Green?

Parkway homes your HIA GreenSmart alternative. We design & build energy efficient & environmentally sensitive homes. Call Craig or Kaye Hellyer on 5982 2121.
www.parkwayhomes.com.au

Orgone Effects Australia

For the detection & neutralization of geopathic stress & electromagnetic radiation fields in your home & business.
Call Gerard: 0422 533 966.

BABIES & CHILDREN

Allergies

Call Dr. Jack Hibberd. Mt Eliza – 9787 4999. Mornington – 5976 3600. Frankston – 9770 0023.

Asthma – Buteyko by the Bay

Suitable for children from 3 years. Free consultation & information kit.
Call Michelle: 5976 1236.

Birtheasy

You too can have a calm & gentle birth - just the way nature intended. Call Sandy Riley on 0424 237 828 or visit:
www.birtheasymelbourne.com

Padua Kindergarten & Child Care – Mornington

A natural approach to early learning.
Call: 5976 1022.

Steiner School – Mornington

Nurturing confidence, creativity & a sense of purpose. Now in its 8th year. Call 5975 4011 for a tour. Next market will be held at 3.30pm on Friday Sept 10th.

CLASSES & COACHING

Angel Workshops - Rye

Learn about your guardian angels & how to read angel cards. Call Michele: 5988 5184.

Anchoring in the New Consciousness - Seaford

With the Shekinah, Divine Feminine & Elohim. Channelled meditations backed up with sacred ritual & processing tools. Weds 10am – 12noon starting 4th August. Must commit to 10 classes. Call MirIAM: 0417 599 721.

Life Coaching

Improve your life balance & well-being through tarot & numerology self-knowledge. Call Sara: 0412 235 935 or www.lifespirtconnections.com.au

Spiritual Healing Course - Seaford

Over 10 Wednesday evenings - fortnightly commencing 4th August. Chakra analysis, processing, clearing, protection, personal growth & healing. For more information call: MirIAM: 0417 599 721 (30 years experience).

The Avatar® Course – Mt Martha

An individual integration process. Call Fiona on 0408 319 244 or Lin on 0407 495 392.

Transitions Coaching Solutions

Make your happiness a reality.
Call: Melinda Spry on 0412 385 228.

DANCE

Wu Tao – The Dancing way

Dance & exercise program to energize & de-stress. Call Michelle: 0418 580 198.

DETOX

Heavy Metal Toxicity - Frankston

Precise, non-invasive detection. Fast, safe & effective. Documented methods & results. Call Richard Malter: 9781 1889.

Mary Staggs Detox

The revolutionary way to re-balance your body.
www.marystaggsdetox.com.au

EAR CANDLING

Allies Therapy

Ear candling & TGA listed candles available.
Call: 0409 198 331.

AlternetDetox

New professional grade ear candles made from all natural ingredients. 100% pure beeswax & infused with quality grade essential oils. TGA listed. Call: 1300 376 279.

EVENTS

Charity Pamper Day – Berwick

Thursday July 17th. Reiki, pedicures, mini facials & much more. Half hour treatments. Payment by donation. All funds raised go to 'Painting With Parkinsons' program. Bookings essential. Call: 9707 1988.

Mind Body Soul Expo – Melton

60 exhibitors. Mediums on stage 12 noon, 2pm & 4pm. Sunday 25th July. The Melton Community Hall Complex. 232 High Street. 10am – 5pm. For further information, call Maureen: 9703 2831 or 0411 260 339. Exhibitor enquiries welcomed.

Mind Body Soul Expo – Box Hill

60 exhibitors. Mediums on stage 12 noon, 2pm & 4pm. Sunday 29th August. Box Hill Town Hall. 1022 Whitehorse Road. 10am – 5pm. For further information, call Maureen: 9703 2831 or 0411 260 339. Exhibitor enquiries welcomed.

Mind Body Spirit Festival – Chelsea Heights

Sunday 1st August at School of Shih, Factory 11/271 Wells Road from 11am – 2pm.

Fundraising event for Build Cambodia – a charity to support families & children living in poverty. Tickets are \$30 includes readings, art workshop, massage & meditation. For more information please call: 9772 2028.

Psychic Festival - Tyabb

28th August – 10am - 4.30pm. Tyabb Community Hall, Frankston/Flinders Rd. Melway Ref: 148 J10. Entry: \$10. Healers & Readers. Variety of Stalls. Free entry. Refreshments/Demonstration/Booklet. Call: 9786 9185 or 9789 2496 or visit: www.lightworkersway.com

Theosophical Society – Mornington

The Mornington Peninsula Group of the Theosophical Society is celebrating their 25th Anniversary from 1pm – 3pm on Sunday 1st August at the Mt Eliza Village Neighbourhood Centre. They would like to share the day with past & present members. Afternoon tea at 3.30pm. Call: Daphne on 9589 5439.

FITNESS

For Women – Mornington & Rosebud

Looking for a fun, friendly gym for women that fits into your busy lifestyle? All you need in 29 minutes! Call Contours Mornington on 5975 5989 or Rosebud on 5982 0599.

Move to Win – Mt Martha

Improve your sports performance with Feldenkrais. Call: Kate Tremlett on 5975 9159 or 0415 171 092.

Peninsula Kung Fu - Mornington

Want to keep fit & safe?
Call us now: 5975 3252.

GARDENING

Dig It Community Garden - Mornington

Learn to grow your own & have fun. Mitchell Street, Mornington. For further information log onto www.dig-itcomgarden.org

Edible Gardens

Permaculture consultant & landscape designer - Drew Cooper. Call: 0407 466 523 or email: drew@ediblegardens.com.au

HEALING CENTRES

Bayside Wellbeing Sanctuary

Healing the whole person. For information & bookings call Susi: 0402 501 998.

Brahma Kumaris Centre for Spiritual Learning – Frankston South

A 'not-for-profit' community service organisation offering weekend retreats & weekly classes on meditation & positive thinking. Call: 5971 1599 or www.brahmakumaris.com.au

Chinese Medicine Centre - Mornington

Trained in China. 26 years clinical experience. Call Dr Benlin You: 5975 8168.

Dr Jessica Read, D.C. – Mt Martha

Chiropractor & holistic healer. Call: 5976 2444 or www.simplyflowerpower.com.au

Temple of Illumination - Ringwood East

Pamper your Body, Mind & Soul with Reiki, Crystal Therapy, Hypnotherapy, Bowen Therapy, Aromatherapy, Massage & more. www.templeofillumination.com.au
Call: 8215 9204

Violet Light Healing – Frankston

Learn the techniques to empower yourself. Call 9783 3194 or 0400 491 824.
www.violetlightsg.com.au

White Eagle Lodge – Mornington & Mt Waverly

For Peace, for Healing, for Everyone!
Call Jillian: 9773 9218 or www.whiteeaglelodge.org.au

Weekend Meditation Workshops - Gippsland

Shanti Relaxation Retreat in Briagolong is offering Weekend Workshops in Meditation. Package includes accommodation, five meditation sessions plus a treatment @ \$426.00 per couple. Singles negotiable. Call Jo: 5145 5528 for details & dates.

HEALTH & WELLBEING

Awaken Holistic Psychotherapy

Counselling & hypnotherapy (clinical/spiritual) heal your past, create your future. Call James Hands, Psychologist: 0402 039 263.

Bowen Therapy & Homeopathy - Mornington

For advice or an appointment call David Orr: 5974 1634.

Charmaine Escentules Beauty Therapy – Crib Point

For all your skin care needs.
Call: 0418 223 733.

Complete Health Natural Therapies - Frankston

Create the life you want.
Call Fiona: 9781 5171 or 0404 199 056.

Conscious Kinesiology – Tyabb

Holistic kinesiology for your health, wellbeing, relationships & career. Call: Renee Francis 0401 484 417 or visit: www.consciouskinesiology.com.au

Daylight Organic Spa - Glenhuntly

Need to relax & revitalize? Try our organic, natural treatments. Call: 9572 5645.

Ethical Health & Beauty

Mineral cosmetics, natural products, visit www.veganrevolution.com.au

Expressive Arts in Counselling

Adults, families, children. Individual & workshops. Parenting challenges, relationships, life stages. Visit: www.seigaiha.com.au or call Gaye: 0409 174 128.

Flinders Naturopathic Clinic

Your foundation for good health. Call Wendy Green: 5989 1113.