

Alternative Directory

ACCOMMODATION

Garden Farm Self Contained Cottage Hiawatha Gippsland

Enjoy the peace, except for cluck, moo, baa, woof, tweet, twitter & cock-a-doodle-doo. Permaculture inspired natural farm. 2 x 2 nights \$200. Log onto: www.gardenfarm.biz or call: 5185 1235.

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.

Green Plumbers

Flow controls for taps. Grey water recycling. Grey water treatment systems. Water tanks & pumps. Call GRH Plumbing on 9787 0222 or 0418 315 041.

KIS Design

Building or renovating? Choose non-toxic! We help you make the best environmental choices for your home. Call Rosemary Pollock on 0414 096 632.

Orgone Effects Australia

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

BABIES & CHILDREN

A Rainbow Reflection

Group meditation & relaxation for children. Call Delvina: 0419 353 227.

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.

Fairy Fun – Tyabb

First Saturday morning of each month. 3–6 years. Call Christine at Psychic Connections: 5977 4466.

Intuitive Art Workshops – Tyabb

First Saturday morning of each month ages 7–16 years. Call Christine at Psychic Connections: 5977 4466.

Wurru-Wurru Steiner Early Childhood Centre – Red Hill

A natural approach to early childhood education. Programmes for kindergarten aged children. Parent & child groups. Mother & baby groups. Nurturing children from birth to seven. For further information please contact Georgia Murphy on 5989 8309.

CLASSES & COACHING

Angel Workshops – Rye

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

French Tuition – Mornington

Students & adults. Also conversation & cooking. Call Rosemay: 0417 032 100.

I am enochian keys course

3rd Sunday from 20/3 -15/8 for enquiries MirlAM: 0417 599 721.

Life Coaching

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

Master Results Coaching & NLP – Tyabb

"Releasing your blocks to success." Call Christine Goritchan on 5977 4466.

Processing your 4 main survival archetypes workshop

Saturday 10/4 & 8/5. Enquiries MirlAM by 2/4 on 0417 599 721.

Redheads Dance – Bayside & Peninsula

Fun social dancing. Choose your style. Call: 5981 1415.

School of Shih

Training studio. Yoga, meditation, workshops. Shop 10/450 Nepean Highway, Chelsea. Call: 9772 2028.

The Avatar® Course – Mt Martha

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

DANCE

Movement Meditation – Mornington

Class held 1st Sunday morning of the month at Studio Isis. Call Angela: 0411 860 190.

Wu Tao – The Dancing Way

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

DETOX

Body Clinic Detox Lounge – Rye

Colon Hydro-Therapy. Cleansing, easy & hygienic, private, relaxing & safe. Nepean Highway, Rye. Call: 5985 6655 or 1300 BODY 4 U.

Heavy Metal Toxicity

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

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

The Lightworkers Way – Psychic Festival

Saturday April 24th. 10am – 4.30pm. Tyabb Community Hall, Frankston-Flinders Rd, Tyabb. Melways Ref: 148 J10. A variety of stalls, readers/healers, guided meditations, demonstrations, messages from Spirit. Entry: \$10 incl. light refreshments. Call: 9786 9185 or 5975 6413 or www.lightworkersway.com

South Gippsland Sustainability Festival – Korumburra

Living for the Future – a fantastic program of environmentally focused entertainment & activities for all the family. Coal Creek Community Park, South Gippsland Highway, Korumburra (Melways Ref: 512, U10). Sunday March 14th, 10am to 4pm. Entry is free. For further information phone 5662 9314.

FINANCE

homeloanmarshall.com

Local resident for 25 years. I'll come to you 24 x 7. Call Marshall: 0429 040 029 or email: marshall@homeloanmarshall.com

FITNESS

For Women

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

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

Ayurvedic – Bali

Bali Awakening – designed to revive & inspire you! Daily Ayurvedic treatments. Delicious food. Amazing prices! Intimate group of 10 people. Contact Martine or Christie: 0430 465 429.

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.

Inbrace Natural Healing – Malvern

New age products, readings, therapies, weekly classes & a range of workshops. Call: 9004 0163 or visit: www.inbrace.com.au

Point Leo Holistic Studio

Specialising in Hawaiian Lomi Lomi massage, aromatherapy massage, yoga classes, reiki/spiritual healing. Call Sue: 5989 8091 or 0417 057 667.

White Eagle Lodge Service

For peace, for healing, for everyone. Call Jillian: 9773 9218.

HEALTH & WELLBEING

Arts Therapy – Mornington Peninsula

For adults & children. Enhance freedom, empowerment, meaning, relationships & happiness. Phone Kate: 0407 317 293 or Simon: 0402 018 077.

Astrology & Palmistry

With Kerry Galea. What's in the stars for you & how your hands can guide you! Phone & in-person readings. Ph: 5126 2135 or www.kerrygalea.com

Body Maxx – Bowen Therapy

A gentle healing modality involving both physiological & energetic components, realigning the physical, psycho-emotional & spiritual. Call Kim or Matt: 0423 482 348.

Carmel Whelan Chiropractic – Mornington

Transformative chiropractic care. Call: 5977 2123.

Complete Health Natural Therapies

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

Feldenkrais – Mt Martha & Mornington

Classes, individual sessions & workshops. Call Kate Tremlett: 5975 9159 or 0415 171 092.

Flinders Naturopathic Clinic

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

Get Psyched

Excess weight is a self-nurturing problem. Get Psyched offers a mind/emotional approach to permanent weight loss. Call Deidre: 0412 106 496.

Herbal Dispensary – Mornington

Mornington's only herbal dispensary. Consultations, treatments & remedies. Call: 5977 0117.

Holistic Kinesiology – Tyabb

Inspiring you to discover joy, peace & balance within yourself. Private health rebates. Call Renee Francis: 0401 484 417.

Inner Sanctum Kinesiology – Langwarrin

Touch for health therapist. Call Jenny: 0434 287 654.

Lotus Natural Medicine – Frankston South

We care for you – naturally. Call: 9787 2818.

Nutritional Supplements

Improve your self esteem. Reduce those centimeters. Feel more energetic. Call wellness consultants Lyn & Harry Thomas: 5986 8687 or 0407 233 367.

Pain Relief

Rapid & drug free. Imagine. Call Diane Lever: 0409 435 725.

Peninsula Kung Fu

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

Rasta Hair Studio – Mornington

Exclusively uses environmentally friendly Eco Hair Products. Ammonia free & not tested on animals. Call Tony: 5975 4309 or 0404 039 434.

Reduce Fat

Retain lean muscle & re-balance your body for life. Call Jenny: 0415 800 465.

Sue Lay Natural Therapies – Rosebud

Ion foot spa detox, kinesiology, massage therapy, theta healing. Call Sue: 5986 7865 or 0418 317 044.

Theta Healing

Letting go of psychological blockages for self-development & well-being. Call Micheline: 5975 5931.