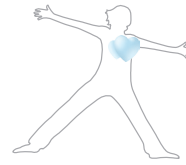


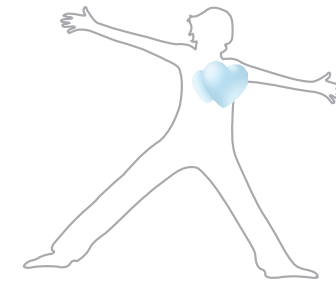
ACTIV LIVING

Activ Living offers a contemporary approach to personal development and body awareness education, empowering individuals and groups through workshops and courses developed to inspire their highest potential.



activliving

PERSONAL DEVELOPMENT, EDUCATION & TRAINING



activliving

PERSONAL DEVELOPMENT, EDUCATION & TRAINING

INDIVIDUAL SESSIONS

Individual sessions offer you personalised support to rejuvenate your body back towards its natural state of harmony.

These sessions assist you to re-connect back with yourself to release and clear disharmony from your body. By addressing the root cause of illness and dis-ease, you then have the ability to make clearer and more caring choices to create harmony in your body and in your life.

To enquire about an individual session please contact:

Marcia Owen 0413 312 348

Vicky Geary 0427 112 123

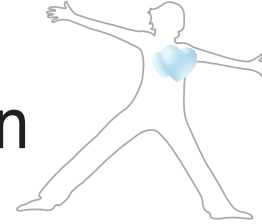
po box 4207
goonellabah nsw 2480
australia

p> (02) 6672 8993
f> (02) 6672 8993

info@activliving.com
www.activliving.com

WHOLE BODY REJUVENATION

Whole Body Rejuvenation



WHAT ARE WHOLE BODY REJUVENATION COURSES?

Whole Body Rejuvenation courses assist and support participants to re-connect with themselves and their body to create a rhythm of self-care and well-being.

A Whole Body Rejuvenation course is made up of one hour classes every week for a four or six week period.

These classes place emphasis on stillness, gentle movement and body awareness. They are a reminder of how to move in a quality that is harmonious for the body. Moving in this quality assists the body to release and clear stress, tension and emotions, allowing the body to naturally rejuvenate and heal itself.

Classes are held in a supportive environment with experienced practitioners. They are simple and share practical tools and techniques that can be integrated into daily life.

FURTHER INFORMATION

For details on where Community Courses are held or to enquire about providing a Whole Body Rejuvenation course for staff or clients/target groups contact:

Phone: (02) 6672 8993

Email: info@activliving.com

www.activliving.com

WHO IS IT FOR?

Whole Body Rejuvenation courses are suitable for individuals and groups who are experiencing the following:

Tiredness/Exhaustion	Depression
Sleeping problems	Food issues
Anxiety	Stress
Overwhelm	Mental imbalances
Substance abuse	Emotional re-actions
Physical pain	Physical restrictions
Recovery from surgery	Recovery from illness

Whole Body Rejuvenation courses are offered to:

Local Community

For individuals in a group setting.

Organisations

For staff as part of personal and professional development.

Clients / Target groups

Within the following services:

- Community
- Health
- Aged Care
- Education
- Social
- Disability

HOW CAN WHOLE BODY REJUVENATION COURSES ASSIST?

Whole Body Rejuvenation courses assist participants to develop self-awareness through body awareness and gentle movement.

Participants have the opportunity to:

- re-connect with themselves
- develop an honesty and awareness of the relationship they have with themselves and their body
- develop an understanding of their body
- connect to the quality of gentleness
- integrate the quality of gentleness into daily movement
- learn how to care for and honour their body
- become aware of how their body feels and what their body is revealing
- develop focus and body awareness in all that they do
- understand and honour what is required to build harmony in their body
- empower themselves through taking responsibility for their choices and their own healing