

Edition #5 UniMed Brisbane Events Reminder Jan 2017

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## Reminder of Upcoming Events

As we are currently in production of our first Newsletter for 2017 we felt you may appreciate a reminder of several upcoming events happening in January and February, they are as follows:

### Events at a glance

- Wed 25 Jan** [Chris James - The Big Sing](#)  
7-8:30pm - Bardon
- Wed 1 Feb** [Well-Being for Women](#)  
6:30-8pm - Woolloongabba
- Sun 5 Feb** [Livingness - Stage 1](#)  
9:30am-3pm (NSW daylight saving time)  
Northern NSW
- Sat 11 Feb** [Women in Livingness Workshop](#)  
Unlocking our Obsession with Body Image  
1-5pm - Fortitude Valley
- Sat 18 Feb** [The Body Life Skills Program](#)  
Tanya Curtis and Beverly Carter  
9am-3pm - Robina
- Sun 2 Apr** [Expression and Presentation Workshop](#)  
10am-3pm (NSW daylight saving time)  
Northern NSW

Coming up on **Wednesday 25th January** is [The Big Sing](#) with Chris James - if you've never been to a Big Sing then please see the details below for this event. There are very few workshops around that are as much fun as this one, and you will be AMAZED at the depth of joy that is possible when you connect to and express from your true voice.

Details are also included below for the upcoming [Women in Livingness Workshop](#) on **Saturday 11 February 2017**, the theme being "Unlocking our Obsession with Body Image" - an issue pertinent to all women today. In the workshop we will explore how body image impacts us personally and how we can break free of this.

Also coming up is [The Body Life Skills Program](#) - A Practical Application to Understanding and Changing Behaviour - an interactive 1-day workshop on **Saturday 18th February 2017** presented by Tanya Curtis and Beverly Carter. The Body Life Skills program is a simple 3-step process that brings a practical and effective science to the art of changing unwanted behaviour patterns used by yourself or any other person.

Also a reminder about [Universal Medicine's Introductory Workshop The Livingness - Stage 1](#), offered **free of charge** on **Sunday 5 February 2017** in northern NSW, a beautiful 2 hour drive from Brisbane. If you've always wondered what Universal Medicine events were about, this is a great place to start. Please see more in our [Upcoming Events](#) section in this newsletter.

A reminder that [chakra-puncture programs](#) are also available during January and February at UniMed Brisbane - please see below for more details.

Please enjoy this edition of the newsletter and stay tuned for the next edition, coming very soon!

With love,

The UniMed Brisbane Team

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## What's New at UniMed Brisbane

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### Now in stock and for sale at UniMed Brisbane



Announcing the arrival of Serge Benhayon's two latest books:

- Book 11, **Space**, the second volume in the trilogy 'Time, Space and *all of us*'
- Book 9, **Esoteric Teachings & Revelations, Volume II**

And in its third and revised edition:

- Book 3, **The Way of Initiation**

Books are available for \$40 each.

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**Women in Livingness Magazine - Edition #2 on Self-Worth** - for sale at UniMed Brisbane for \$10.

The very important topic of self-worth is discussed and explored in detail in this second edition, and the magazine is jam-packed (173 pages in fact!) with articles to support an understanding of how we develop lack of self-worth and how we can claim it back.

*“Do we ever really address the underlying lack of self-worth? Or do we just become better at masking it in 'adult life'?”*

Edition #1 of WIL Magazine is also available from the clinic at the same cost.



As of Saturday 28th January the entire new range of **UniMed Nourishment teas** will be available for purchase. Cost remains at \$15/bag with new formulations, a new look clear front and new labelling. For further enquires speak with Jenny on 0424 053 305 or 3844 3170 or email [jenny@jenny-ellis.com](mailto:jenny@jenny-ellis.com).

## Chris James - The Big Sing



### Chris James

**Brisbane**

**Wednesday 25th JAN**

**7pm – 8.30pm**

Jubilee Hall

180 Jubilee Terrace, Bardon

\$20 (concessions available)

Chris James internationally acclaimed singer, musician and voice teacher in concert – an interactive evening for everyone. Known for his unique ability to ‘bring out the best’ Chris makes it fun and easy.’

#### **Come and celebrate music, your voice and community**

Discover your natural voice – even if you think you can't sing be prepared to be amazed as an instant 'pop up' choir comes together in minutes.

Say goodbye to stress and sing with ease. Everyone welcome!



Bookings: please contact Michelle Sheldrake on 0411896107  
or email [michelle@innermostexpressions.com](mailto:michelle@innermostexpressions.com)

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## Women in Livingness Workshop

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### **Women in Livingness Workshop Brisbane**

**Saturday 11 February 2017**

**"Unlocking Our Obsession with Body Image"**

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On **Saturday 11 February 2017** please join us for a women's workshop where we will explore the topic "Unlocking our Obsession with Body Image".

Nearly all women can relate to feeling the pressure to look a certain way or be a particular size and shape. This pressure comes from both within ourselves and what we perceive society is expecting us to be.

The impact of this relentless obsession has resulted in the explosion of the cosmetic, beauty and fashion industries, as women face a constant struggle to feel good about themselves - which in itself is a health crisis about to hit (if it hasn't already).

**But it doesn't have to be this way and we all have the responsibility to free ourselves from the constraints of this obsession.**

Join us for an afternoon where you will hear from women who have faced this issue head-on to uncover why body images are so deeply rooted in the female psyche and learn what supports us to finally empower ourselves to live from our inner worth, love and beauty – qualities that have nothing to do with what we look like on the outside.

Together we will have an opportunity to:

- Explore how body image obsession impacts us personally
- Bust any beauty myths we hold
- Connect to our inner worth and beauty through Sacred Movement
- Enjoy sharing, learning from and connecting with other women

**Saturday 11th February 2017**  
**1pm - 5pm**  
**Rydges Hotel**  
**601 Gregory Terrace Bowen Hills**

for more details see  
[www.womeninlivingness.com/events](http://www.womeninlivingness.com/events)

## The Body Life Skills Program

### **THE BODY LIFE SKILLS PROGRAM**

**A Practical Application to Understanding and Changing Behaviour**

**Saturday 18th February 2017**

An interactive, 1-day workshop



Tanya Curtis, Senior Behaviour Specialist, will introduce a simple yet practical program supporting understanding and changing behaviour which she has introduced and been developing at Fabic Behaviour Specialist Centre since 2006.

The Body Life Skills program is a simple 3-step process that brings a practical and effective science to the art of changing those pesky unwanted behaviour patterns used by yourself or any other person.

Many people describe Tanya's work via the Body Life Skills program to be 'completely life changing'.



Tanya has invited Beverly Carter, a movement and exercise practitioner to support each participant to develop a relationship with their body in knowing what it looks, sounds, thinks and feels like when it is free of tension – a very important and foundational step of the Body Life Skills program.

**WHERE:** [Robina Community Centre - Room 1.2, 196 Robina Town Centre Drive, Robina](#)

**WHEN:** **Saturday 18th February 2017**

**TIME:** **9am - 3pm** (registration from 8.30am)

**COST:** \$125 AUD per person inc. GST

**What to bring:** This is a self catered workshop so please provide your own meals, means of hydration and refreshments. Food venues are close by should you choose to purchase.

[Book Online](#)  
[Download Flyer](#)

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## Other Upcoming Events

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### **Wednesday 1 February 2017 6:30pm-8pm**

#### **Esoteric Women's Health (Brisbane) Well-being for Women Presentation**

Well-being for Women are regular presentations that offer a nurturing and intimate space to share and discuss what it means to live in a way that supports true health and well-being.

[Click here](#) for more details or to register for this event

### **Sunday 5 February 2017 9:30am-3:00pm (NSW Daylight Saving time)**



#### **The Livingness - Stage 1 Northern Rivers, Wollongbar NSW**

#### **Universal Medicine's Introductory Workshop, offered free of charge**

**The Livingness - Stage 1**, is offered **free of charge** on **Sunday 5 February 2017** in northern NSW, a beautiful 2 hour drive from Brisbane. If you've always wondered what Universal Medicine events were about, this is a great place to start.

There is a 'way' to live a truly joy-full life, however: "Too many of us give-up and thus cave-in to the way we are told to be rather than be *who we truly are*. The problem is -- if you cannot live the **real you**, you end up living what you are not. This makes us deeply sad and or miserable, angry and very frustrated etc, which are all harm-full emotions that we then try and drown-out or cover-up with food, beverages, distraction and mental escapes not to mention the drain this has on our body which we then have to constantly prop-up in so many ways to keep ourselves going. In short, we end up living a self-abusive cycle we never planned or set-out to live, but nonetheless, inherit its ill ways."

This one-day workshop will help you **re-establish the real you**.

For more information and to register [click here](#)

### **Saturday 11 February 2017 1pm-5pm**

#### **Esoteric Women's Health (Brisbane) Women in Livingness Workshop**

## "Unlocking our Obsession with Body Image"

Nearly all women can relate to feeling the pressure to look a certain way or be a particular size and shape. This pressure comes from both within ourselves and what we perceive society is expecting us to be. Join us for an afternoon exploring this topic and what this means for us all as women - how we can free ourselves from the constraints of this obsession and live from the true beauty within.

For more details on this event [click here](#)

**Sunday 2 April 2017 10am-3:00pm**  
**(NSW Daylight Saving time)**



**Expression and Presentation Workshop**  
**Northern Rivers, Wollongbar NSW**

Expression is everything' is not just an esoteric fact it is a Universal Science. As such, and if truly understood, one will know that **true expression** or 'expressing one's divine truth' is great medicine, not only for the physical body, the being expressing it, but also for the purpose of our overall evolution.

The workshop will host a series of presentations and deliver accessible tools and skills that will help unlock the extraordinariness we all are.

For more information and to register [click here](#)

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## Chakra-puncture Programs

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### **Chakra-puncture at UniMed Brisbane - January & February**

Jenny Ellis & Steffen Messerschmidt are offering a range of Chakra-puncture programs throughout January & February 2017 to support and rejuvenate in preparation for the year ahead. These programs are tailored to your needs and run between 3 and 6 weeks in length.

Programs available:

- Exhaustion
- Immune Boosting
- Anxiety
- Sleep
- Diabetes
- Deep Relaxation

For enquires or further details please contact Jenny at [jenny@jenny-ellis.com](mailto:jenny@jenny-ellis.com) or 0424 053 305, or Steffen at [steffen@total-health.com.au](mailto:steffen@total-health.com.au) or 0405 845 753.

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# Products for Sale at UniMed Brisbane

UniMed Brisbane stock a wide range of products designed to support you with your health and well-being - check out our products below:



## Healing Eye Pillows



Our deeply restorative Healing Eye Pillows are a beautiful gift with a wide range of colors to choose from. Loved by men, women and children alike and used extensively at UniMed Brisbane to facilitate and support the healing process, they offer the opportunity to truly close our eyes for ourselves and to rejuvenate. The Healing Eye-Pillow can provide or support a stilling affect and as a result our face and body may begin to also slow down thus offering a moment of true rest. Additionally the Healing Eye-Pillow can also be used anywhere on your body where you would like to feel supported (ie. over the heart area, anywhere over the belly, joints, shoulders etc.)

(\$25.00)

## Japanese Incense



A range of pure Japanese Incense, free from chemicals and harmful incipients, we stock a variety designed to help cleanse and clear, to calm or to uplift and invigorate. These are burnt regularly throughout the clinic and their scents are unimposing and fresh.

(from \$8.00 - \$35.00)

## The Joy of Ageing Esoterically Book



A superb compilation of stories from men & women offering a perspective on ageing that is both inspiring and attainable for every person. Can ageing actually be joy-full... the answer is clearly YES.

(\$40.00)

## UniMed Living 2017 Calendar



A collection of stunning photos accompanying an inspirational quote for each month. These calendars make a beautiful gift for those looking to be inspired to be all of who they are in life.

(\$25.00)

## Esoteric Philosophy Books by Serge Benhayon



The complete range of esoteric philosophy books by Serge Benhayon - deeply philosophical and at the same

time down-to-earth, practical and applicable to everyday life. These books are for the discerning reader. For more information or for support with a suitable choice contact one of the UniMed Brisbane practitioners. Serge's two new books are also available - Book 11 - Space, and Esoteric Teachings and Revelations: Volume II.

(\$40.00 - \$50.00)

### **'A Neater Way of Cooking' Cookbook**



Written by Anita Stanfield, for the health-conscious or for those exploring gluten-free, dairy-free' cooking, this is full of delicious, tried and tested recipes that are simple, clean and fresh.

(\$40.00)

### **Children's Books**



Tanya Curtis & Desiree Delaloye's delightful range of children's books, each one beautifully & simply illustrated with a message to support our young children in establishing foundational truths about themselves in life. We stock 'Whoops Oops' and 'My No1 Job' in storybook and 'I am beauty-full just for being me' in both story and colouring book version.

(Storybook \$15.00 ea, Colouring book \$10.00 ea, set of 3 storybooks - \$40, Any storybook plus colouring book \$20)

### **My Period Diary**



From the Girl to Woman Project, My Period Diary is a gorgeous gift for young teenage girls, offering them the opportunity to begin developing a deeper relationship with themselves as young women.

(\$15.00)

### **Body Cream**



Universal Medicine's gorgeous lightly scented Body Cream with arnica, chamomile and lavender is a beautiful multi-purpose cream used as either face or body moisturizer, for healing bumps and bruises, as a base cream for massage, as hand cream and more.

(\$30.00)

### **Music CDs**



A range of Glorious Music, Sounds Wonderful, Rachel Kane and other CD's, including Michael Benhayon's latest Dance Album No. 4: these CD's are deeply enriching and inspiring and offer a variety of music styles. With respect for an understanding that beyond sophisticated sound, the lived integrity of the artist also influences the well-being of the listener, these CD's are unique in the music world.

(\$25.00)

### **Herbal Tea Blends**



For the discerning tea drinker, delicious blends of organic teas to support digestion, sleep and general wellbeing. Popular with most, these make a delightfully refreshing drink and are very supportive for the body.

(\$15.00)

### Gift Vouchers for Treatments or Products



Gift vouchers are available for sessions with individual practitioners or for product sales. Please contact your practitioner of choice to arrange.

**Please [click here](#) to contact UniMed Brisbane for more information or to order**



*Personal, Family & Specialised Care*

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**Please feel free to share!**

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UniMed Brisbane is a health and wellbeing clinic offering an all-round approach for true vitality, health and wellbeing through an array of modalities offered by practitioners and professionals from many different areas of life supporting people to live their full potential.

[www.unimedbrisbane.com](http://www.unimedbrisbane.com)



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