

UniMed Brisbane News June 2017

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Welcome

Welcome to the latest edition of our newsletter. We are very pleased to announce and invite you to our **Grand Opening and Community Open Day** on **Saturday July 8th from 1-4pm**, where the community is invited to come and join us to celebrate the new additions to our UniMed Brisbane Clinic - join us for tours, talks, treatments and tea, visit our market stalls, meet our practitioners, and hear all about the comprehensive array of health and well-being services on offer. You can read more details about the renovations and our upcoming open day in the articles below.

In this newsletter we also include details of the upcoming **Esoteric Yoga Workshop** with Marcia Owen - **Dealing with Stress, Anxiety and Exhaustion** - on **this Saturday 1st July 9am-12pm at Evolve College** - please note due to a change of plans individual yoga sessions are no longer available with Marcia on the Friday.

Also below are details of the upcoming **Women in Livingness Workshop** presented by the founder of Esoteric Women's Health **Natalie Benhayon** on the theme of 'Well-being and Empowerment'. To be truly empowered is to first know who you are, which is not defined by what we do or our life situation but by the true essence within - the immense wisdom that is within each and every single one of us. You can read all the details below on this amazing workshop, to be held on **Sunday 30 July 2017**.

Also coming up is the next Brisbane Community Choir on **Friday July 7th 7pm-8.30pm**, hosted by international vocalist Chris James and his delightful wife Jenny James - held in Annerley, Brisbane, this evening is a lot of fun and is open to ALL.

Also a reminder about **Universal Medicine's Introductory Workshop, The Livingness - Stage 1**, offered **free of charge** on **Sunday 13 August 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 the Universal Medicine Events section in this newsletter for more information on this and other upcoming courses, including **The Science of Relationship, Esoteric Numerology** and **Sacred Esoteric Healing Level 1**.

Thank you for reading our newsletter and we very much look forward to welcoming you at our Grand Opening Day on **Saturday 8th July**.

"We are so looking forward to opening the doors, sharing what is so uniquely and amazingly offered here at UniMed Brisbane and seeing you on the day where you will be so warmly welcomed." - UniMed Brisbane Director Susan Scully

With love,

The UniMed Brisbane Team

UMB Renovations Update

Renovations at UniMed Brisbane

With our second stage of renovation well underway it is hard to believe so much is required to transform the front entrance to include a ramp and 'accessible' car-parking. Charlie Lyons and his team have again outdone themselves and what is taking shape will be a stunning and grand new entrance and frontage to this amazing building.

Counting down the days now till completion and in preparation for our GRAND OPENING and Community OPEN DAY on Saturday 8th July 2017.

Enjoy the pics and keep an eye on our FB page for more to come.





UMB Grand Opening & Community OPEN DAY

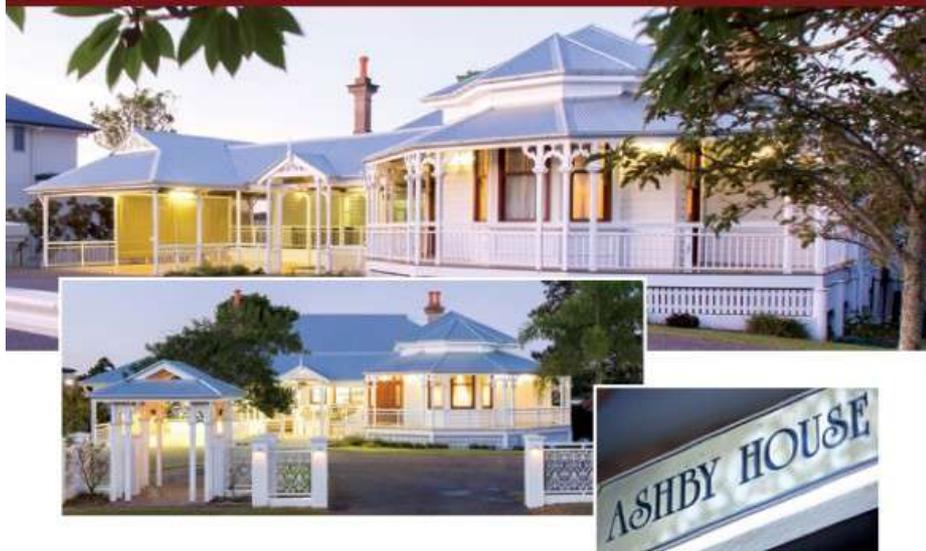
With July 8th fast approaching we are looking forward to inviting the community in to see what we're all about. It's an opportunity to bring friends or family who might be curious, for those with an interest in the history of such a grand building, or for those who might like a small taste of what's on offer here without obligation.

GRAND OPENING & COMMUNITY OPEN DAY

Saturday 8 July, 1-4pm

135 Brougham Street, Fairfield 4103

You, your family, friends and neighbours are joyfully invited to come join us to celebrate the new additions to our UniMed Brisbane Clinic.



If you haven't visited UniMed Brisbane before, this is the perfect time to do so. Join us for tours, talks, treatments and tea; find out more about this beautiful historical house, visit our market stalls, meet our practitioners and hear all about the comprehensive array of health and wellbeing services on offer. **Attend as little or as much as you like – see over for details.**

UniMed
BRISBANE

Personal, Family & Specialised Care

Offering family care to the Brisbane community, UniMed Brisbane is for and about people, bringing and offering an all-round approach for true vitality, health and wellbeing.

www.unimedbrisbane.com

SCHEDULE OF EVENTS

- **1.15pm** Grand Opening of the new Clinic space by UniMed Brisbane Director Susan Scully
- **1.30pm** Tour of the Clinic including a talk on the history of 'Ashby House'
- **1.45pm** Presentations by UniMed Brisbane practitioners:
 - ① What SHOULD we really mean when we say 'I am well' or 'I am healthy'? Redefining Health and Wellbeing.
 - ② What is HEALING and have we been led up the garden path – what is THE MISSING LINK in our approach thus far?
 - ③ Understanding sustainable change, what does it take and WHY is it so elusive – the psychology of CHOICES.
- **2.15pm** Break – enjoy a complimentary cup of tea, visit the stalls, mingle and chat
- **2.30pm** Presentations by UniMed Brisbane practitioners
 - ④ The real role and place of diets, nutrition and supplements – do they really deserve the place they currently hold in complementary medicine?
 - ⑤ Our personal role and responsibility in healing – what does it look like and how might it differ from what we've been doing thus far.
 - ⑥ The role of UM modalities in healing – why they form a central part of what's on offer at UMB.
 - ⑦ Conclusion and an invitation to return for our 'Introductory Sessions' – a complimentary 30 minute healing treatment at UniMed Brisbane.
- **3.05pm** Celebratory 'Big Sing' with renown singer and teacher Chris James
- **3.30pm** Closing remarks with Susan Scully

We will also be offering complimentary, seated, mini-treatments for you to try in our Clinic stall throughout the afternoon.

No bookings are necessary for this event – join us for the whole afternoon or when you can. Parking is available in surrounding streets.

Esoteric Yoga Workshop

Esoteric Yoga Workshop on Saturday 1st July

9am-12pm at Evolve College Training Centre

(Please note: due to a change of plans individual yoga sessions are no longer available on the Friday)

**Bookings are essential via email marcia@livingmedicine.com.au
or phone 0413 312 348**



ESOTERIC YOGA WORKSHOP DEALING WITH STRESS, ANXIETY & EXHAUSTION

How we live each and every day has a huge impact on our body, health and well-being.

In today's modern world we can easily get caught up in a pace and way of life or circumstances that have an effect on our body's natural rhythm. The consequences of which can leave us feeling stressed, anxious, exhausted and impact upon all areas of our life.

This workshop will explore body awareness, movement in connection and an Esoteric Yoga session to restore ease, harmony and vitality to the body. These simple and practical self-care tools and techniques can be integrated at home, work or university to prevent stress, anxiety and exhaustion.

This nurturing workshop is open to men and women of all ages, no previous experience is required.

"Your everyday life and the way you live is the greatest form of healing".

Serge Benhayon

WORKSHOP DETAILS

Date: Saturday 1st July
Time: 9.00am - 12.00pm
Venue: Evolve College Training Centre, 2/8 Miller St, Murarrie
Cost: \$60 (EFTpos available)
Bookings: Bookings are essential. Email marcia@livingmedicine.com.au or phone 0413 312 348
Bring: Mat, blankets and pillows to create a supportive space for your body.



Living Medicine is Marcia Owen. Marcia has worked within the field of education, health and well-being for the last 15 years. She finds true education comes from her body and life experiences, providing her with a foundation from which to present and share with others. She offers a practical application of living the medicine we receive through the choices we make and how we live each and every day.

www.livingmedicine.com.au | marcia@livingmedicine.com.au

Based on the work of Serge Benhayon, Universal Medicine www.universalmedicine.com.au

**Bookings are essential via email marcia@livingmedicine.com.au
or phone 0413 312 348**

Women in Livingness Workshop

Presented by Natalie Benhayon

Sunday 30 July 2017 10am-3pm

Coming up on Sunday July 30th, Esoteric Women's Health (EWH) Brisbane welcomes EWH founder Natalie Benhayon who will present a workshop for women on what it truly means to be empowered.

Breaking down the stereotypical ideals we have long-held as a society, and connecting to what is innately true within us all, the ability to feel confident and 'ourselves' in the world and to express freely is something many women find challenging.

Women are not well - we are stressed, overworked and suffering from numerous health complaints that we accept as normal - and to date, nothing is really working - *we have more medical expertise than ever before, more research and scientific advancements than ever before in the history of this planet, and yet the statistics for women's health problems are continuing to soar. Why is this??*

Why is it that we continue to run our bodies in a way that is not supportive for our well-being, and not honouring what we know deep within to be true?

The Women in Livingness Workshop will address these topics, and look at what is a true way forward for women in terms of truly caring for ourselves - understanding what true care actually is, and how to honour the immense wisdom that is within each and every single one of us - supporting women to honour this wisdom and not override it with the myriad of external expectations that are placed on us by ourselves and by society.

Natalie has a presentation style that is inclusive, engaging, relatable and deeply insightful. These Women In Livingness days offer a wealth of insight, light-heartedness, inspiration and connection with others along with understanding and tools to take home and apply into our own lives.

Bookings are essential via www.womeninlivingness.com/events and close Friday 28th July @ 6pm.



Well-Being & Empowerment

Every woman holds the key to unlocking her true state of well-being.

To be, and live with ease, vitality and vibrancy in life is not our common daily experience, but it is our most natural way... so what is getting in the way?

To be truly empowered is to first know who you are, which is not defined by your skills, talents, career or relationship status but by the true essence within. We have all long sought-after a sense of this – to feel confident to be ourselves and express this freely in all areas of our life.

This is formed by the foundational relationship we have with our body and daily choices.

All of the above and more will be presented and openly discussed in this workshop event for women – a day of inspiring presentations, group discussion and connection.

The Women in Livingness Workshops are engaging, educational and inspiring, and an open forum for us to explore the possibilities of what well-being is, and to re-establish our inner-knowing of this living way.

About the presenter

Natalie Benhayon, founder of Esoteric Women's Health, is known for her enormous love, care and commitment, supporting countless women around the world to treasure who they truly are and to live from this.

nataliebenhayon.com

Date | **Sunday 30 July 2017**

Time | **10am to 3pm** (registration from 9:30am)

Venue | **Brisbane International Virginia
Cnr Sandgate Rd & Zillmere Rd, Boondall**

Investment | **\$65** Concession | **\$50**

Herbal teas will be provided. Please bring your own lunch.

*This event is for women only. Over 13 years of age recommended.
Please contact us if someone under that age would like to attend.*



Parking

Ample parking
on-site at venue



Booking

To book and pay visit
womeninlivingness.com/events

Bookings close
Friday 28th July 2017 @ 6pm



Public Transport

Closest bus stop:
Bus Route 310, Stop 15
Sandgate Rd,
Boondall South

Brisbane Community Choir

For more information



The next Brisbane Community Choir will be held on **Friday July 7th 7pm-8:30pm** - hosted by international vocalist Chris James and his delightful wife Jenny James in Annerley, Brisbane, this fun and engaging evening is open to ALL, singers and those who feel they 'can't sing a note' alike.

Chris will tell you soon enough that 'everybody is born with a beautiful voice', and that participating in this choir requires nothing more than simply being there. Have fun, feel invigorated and be inspired, this is a lot of fun!

No bookings required, just turn up on the night. Beware only missing out on a seat, it has been a packed house each session thus far. Venue: Annerley Church Hall, 14 Lambton St (carpark entrance). (Small donation asked to cover hall costs).

For further enquires contact: Michelle Sheldrake phone 0411 896 107 or email michelle@innermostexpressions.com.

Upcoming Universal Medicine Events

The Science of Relationship



Sunday 23 July 2017 10am-3pm
Northern Rivers, Wollongbar NSW

Serge will present the esoteric principles that found these forms of interactivity by explaining in full how these are from an esoteric perspective in relation to the Energetic Laws and truths of life. This presentation will reveal what is behind our interactivity, how to change it if need be and how to make true use of each of these opportunities. For more information and to register [click here](#)

Esoteric Numerology - 4 day course



Thurs 3rd - Sun 6th August 2017
Northern Rivers, Wollongbar NSW

The cyclical communication of numbers - in this course will be covered the full basic extent of Esoteric Numerology, an experience that will allow you to adopt the use of numerology as a science that communicates the ceaseless movement of evolution. For more information and to register [click here](#)

The Livingness - Stage 1 - free introductory workshop



Sunday 13 August 2017 10am-3pm
Northern Rivers, Wollongbar NSW

The Livingness - Stage 1, is Universal Medicine's Introductory Workshop and is offered **free of charge**. 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](#)

Sacred Esoteric Healing Level 1 - 2 day course



Sat 19th - Sun 20th August 2017
Northern Rivers, Wollongbar NSW

This course will suit those who are interested in energy work for the healing of self through its expression and through bringing such clarity and love into one's family. It is available to all, from those with experience in other modalities to those with no experience. For more information and to register [click here](#)



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We hope you have enjoyed our newsletter

Please feel free to share!

To access copies of our previous newsletters you can go to
<http://www.unimedbrisbane.com/news.html>

**We look forward to providing you with more great information regarding health and well-being
in our next newsletter**

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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.

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