

Advanced Health n' Fitness5 Summer Hill Street
Lewisham NSW 2049

Mob: 0414 280 951

Email: healthnfitness@gmail.comwww.advancedhealthnfitness.com.au

ABN: 72 985 276 146

**Cronulla Yoga Centre**Suite 1, 57-61 Cronulla St
Cronulla NSW 2230

Mob: 0414 527 481

Email: cronullayoga@tpg.com.auwww.cronullayoga.com.au

ABN: 601 360 324 02



Stanwell Tops April 2010 Retreat Booking Form

Name	Home Phone:
Address	Work Phone:
	Mobile:
	Email:
Age Gender Male/Female	Would you like to be included in Jeni's emailing list to receive monthly health tips? Yes No Already receive it
Do you have any medical conditions that may limit your activities? Yes No	<i>Please state any medical conditions</i>
Emergency contact: Name & Phone	
	Do you require any special diet?
<i>Please circle your preference</i>	<i>Please advise who you wish to share a room with below;</i>
Ensuite Accommodation for double \$420	
Ensuite Accommodation for three \$390	
Ensuite Accommodation for four \$370	
Ensuite Accommodation for five \$350	
\$100 deposit on initial booking <i>deposit is not refundable but is transferable</i>	\$
Balance to be paid by 16 th April 2010	\$
Forward your remittance to Jeni at <i>Advanced Health n' Fitness</i> or Tara at <i>Cronulla Yoga Centre</i>. Cheques payable to: J. Pattison or Cronulla Yoga Centre	

Do you wish to book in for a massage or treatment in advance?

Make sure you don't miss out by booking ahead. Steve Hockings will be providing massage on Saturday only & Gay Wickens will be providing massage on Saturday & Sunday morning. Profiles and list of treatments on offer are shown on next page. Cost will be \$60 per hour payable directly to our masseurs.

Yes, I would like to pre-book: Steve Gay (*please circle*)

Preferred time: _____

Please consult attached timetable to see which time slot suits you best.

Treatment required: _____

(*see descriptions attached*) Length of treatment: ½ hour 1 hour 1½ hours (*please circle*)

No, I will not be requiring a massage treatment OR **I will decide when I arrive.**

Do you wish to participate in Abseiling? The additional cost would be between \$20 – 30 each depending on numbers. Yes No (*please circle*)

We have two masseurs, Steve Hockings and Gay Wickens

Steve will be providing treatments on Saturday

Steve has been practicing remedial massage in since 1996, and has added to his experience with various bodywork therapies, covering a range of physical complaints. He came from a martial arts background, where he learnt the importance of massage, energy flow and body mechanics. His hobbies include reading, movies, spiritual development and spending time with his wife and 3 young sons. Steve's treatments are claimable on all health funds.

Steve will be offering the following treatments, as well as **REMEDIAL MASSAGE**:

REIKI; an ancient form of hands-on healing which can help to alleviate ailments of the body, mind and spirit. Using a series of hand positions, the Practitioner acts as a channel or conduit for this universal life-giving energy, transforming and replenishing the existing Life-force within you and creating a state of balance and harmony for the body and soul. It treats the cause as well as the resulting illness.

LYMPHATIC DRAINAGE THERAPY; a gentle form of massage which clears congestion of the lymph vessels and nodes, and helps to eliminate toxins and fluid retention from the body. The lymphatic system is the means of transport for the body's immune system, therefore without good lymphatic flow and clearance by the lymph nodes, our immune systems will be sluggish and an easy target for diseases.

MYOFASCIAL RELEASE; is a deep tissue form of massage which relaxes specific muscle groups by releasing the fascia, the sheath of connective tissue surrounding muscles, by holding pressure on the muscle group until the tension dissolves, thus relaxing the muscles more effectively than a regular massage.

ZEN SHIATSU; a Japanese system of pressure point massage which promotes the flow of Ki energy, or life force, through meridians or vital channels, restoring a harmonious flow of this energy throughout the body. Can be used on its own, or in combination with Remedial Massage.

Gay will be providing treatments on Saturday and Sunday morning

After 20 years in the corporate world, Gay followed an inner calling to study massage, reflexology and cranio sacral reflexology. Gay treats clients at Illawong/ Barden Ridge and Paddington. Gay has recently completed Module 1- Oncology Massage techniques. She provides the following:

REMEDIAL MASSAGE

REIKI

REFLEXOLOGY.... Where the Body is encouraged and inspired to heal itself....

Reflexology is used to help restore and maintain homeostasis, by encouraging the body to draw upon its own natural healing energies. The foot is said to be a mirror image of the body. Organs, glands and body parts are represented in the foot as reflex areas. The Chinese believe that indicators can show in reflexology up to six months before disease manifests thus making reflexology an excellent preventative strategy.

CRANIO SACRAL REFLEXOLOGY

Cranio-Sacral Reflexology is a reflexology technique performed on the feet using the reflexes of the cranium, sacrum, spine and all tissues associated with that system.

Conditions commonly treated include: Stress related illness, fibromyalgia, shoulder problems, neck problems, hip problems, reproductive problems, anxiety, irritable bowel syndrome, digestive disorders, headaches, asthma, sinusitis, vertigo and more.

The reflexologist can achieve results by treating the bones of the feet, which reflect the skull and sacrum exactly. Treatment with cranio-sacral movement transmits to all areas of the body through the cerebro spinal fluid impulse.

During a treatment your feet will be pampered with a foot bath, massaged, stretched, pressure points relating to body parts stimulated and you will experience a general feeling of well being and relaxation. Clients generally have a 'whole body' experience.

Most Health fund rebates available for both Steve and Gay