



What's New

Kumara On - line

Subscribe to our e-newsletter, *Kumara in Action* to receive monthly updates of our courses, including all the free meditation workshops, our exclusive give-aways in the shop and the monthly cafe special.

You can sign on at www.kumara.com.au or visit the centre and sign up using our e-newsletter slip.

Cheaper workshops with our Course Attendance Cards. The weekly meditation groups continue to be very popular and so we have introduced a **course attendance card**, which will give you 20% off the weekly meditation groups.

Kumara is helping you to beat the economic turndown. Buy a Casual Attendance Card today and save money.



1/99 Caridean Street
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Health & Well-Being

The world may be becoming more stressed, but our classes are helping many people deal with the anxiety that the present world situation engenders. Financial crisis, loss of job, nuclear tests, nature lashing our coasts - here are a few activities that will help you deal with any anxiety you may have about the above or negative thoughts in general.

Daytime Learn to Meditate Class this class runs every week and you can just drop in. You will be shown the fundamentals of meditation and how to improve your health through breathing and focus.

Connection to the Heart Meditation uses a deeper meditation to connect to the heart, enabling you to release any emotional baggage you may be carrying over from childhood trauma to present day fears.

Adult Dance & Movement is an excellent way to release any tension in the body. It can also change the shape of your body.

Feng Shui will help you clear away negative energy from your home and workplace. Just ask Magali, our Feng Shui expert.

VENUE	TIME	ACTIVITY	DAY
Heathridge	9.15am	Learn to Meditate	Friday
Heathridge	9.30am	Heart Med	Thursday
Heathridge	4.00pm	Adult Dance	Thursday
Heathridge	10.00am	Feng Shui	Friday



Adults & Teens 16years+

Introduction to Meditation (*Certificate, Meditation CD and Manual issued*) is a 4-week structured course in the key elements of meditation – this teaches the fundamentals of meditation.

Mon 3 Aug 7.30-9.00pm 4 weeks \$110 **NS**
Mon 31 Aug 7.30-9.00pm 4 weeks \$110 **NS**

Intermediate Meditation (*Certificate, Meditation CD and Manual issued*) is a 4-week structured course which helps you to really feel the benefit of meditation and how to use it during the every day trials and tribulations of life.

Tue 4 Aug 7.30-9.00pm 4 weeks \$130 **NS**
Tue 1 Sep 7.30-9.00pm 4 weeks \$130 **NS**

Advanced Meditation (*Certificate, Meditation CD and Manual issued*) is a 4-week structured course which follows on from the previous meditation courses. Deeper meditations are practised and more spiritual and esoteric subjects are discussed.

Mon 31 Aug 7.30-9.30pm 4 weeks \$150 **H**

Daytime Learn to Meditate Casual Class is a 'drop-in' class for anyone wanting to learn the fundamentals of meditation.

Fridays 24 July 9.15-10.45am casual \$15 **H**

Meditation Retreats Kumara facilitates 4 *live-in* retreat spaces per year at various location in WA. Please contact the centre for further information.

Every: February, May, August, November

Energy Awareness is a short evening course to explain about energy, the aura and spiritual protection. This is an ideal course for the new student who wants to gain a general overview of personal development and spiritual growth and how they can work together.

Wednesday 22 July 7.00-8.30pm 1-even \$25 **H**

Psychic Development (*Certificate issued*) is a course for students wishing to gain more knowledge about their psychic abilities. Learn about pendulums and coffee cup reading, plus lots more.

Wed 5 August 7.30-9.00pm 6 weeks \$180 **NS**

Feng Shui (*Certificate issued*) is a course to learn about the ancient Chinese practice of positioning objects to maximise the flow of energy, or 'chi'. Receive some tips on how to arrange your workspace and home using some Feng Shui principles to get the most possible work done with the least frustration.

Fri 21 Aug 11.30am - 3.30pm ½-day \$78 (incl lunch) **H**
Fri 25 Sep 9.30am - 3.30pm 1-day \$110 (incl lunch) **H**

Unveiling the Divine Plan (*Certificate issued*) is a 1-day advanced course about the Ancient Wisdoms and the esoteric teachings of the Mahatmas, Angels and Masters. This is an ongoing course and a variety of different subjects are covered each session: The Kingdoms of the Earth, Reincarnation, Death, Karma, Lost Souls, The Astral Plane and the various Planes of Existence are some of the subjects taught during this in-depth course.

1-day Course \$151 per day (incl lunch) **H**

Principles of Man Sat 25 Jul 10.00am-4pm

Death Sat 22 Aug 10.00am-4pm

Reincarnation Sat 19 Sep 10.00am-4pm

Ego Transformation & Kabbalah Studies A weekly class to learn more about yourself and how to clear past negative conditioning.

Thu 6 Aug 7.30-9.00pm casual \$15 **H**

Crystals and the Nature Devas is a ½-day course about crystals. Learn how to cleanse, program and communicate with them and also how to connect with the nature devas that are part of every crystal.

Sat TBD 09.30am - 12.30am ½-day \$66 **H or NS**

Angels & Masters is a ½ day course about the Angels and Masters.

Sat TBD 01.00pm - 4.00pm ½-day \$66 **H or NS**



Teens and Children Courses

Adult Dance & Body Movement this course will help you to release tension through body movement and freedom of expression.

Tue 4 Aug 1.00pm - 2.00pm casual \$10 H

Yoga of Chanting is a workshop where you can sing the sacred words of ancient civilisation.

Tue 4 Aug 7.30pm - 9.00pm casual \$10 H
 Thu 17 Sep 1.15pm - 2.15pm casual \$10 H
 Wed 23 Sep 7.30pm - 9.00pm casual \$10 H

Pranic Healing Courses

& Therapists Training (*Certificate issued*) are regularly held at the Centre. Please contact the centre for more information

Grand Master Choa Kok Sui's Pranic Healing Courses
 The Courses:

- Basic
- Advanced,
- Psychotherapy,
- Crystal, Psychic
- Self Defence,
- Achieving Oneness with Higher Soul,
- Crystal Facial Rejuvenation,
- Superbrain Yoga

Please contact the centre for more information

Reiki Courses (*Certificate issued*) are regularly held at the Centre. Please contact the centre for more information

The Courses:

Level 1 - Level 2 - Level 3

Spiritual Healing Groups - Open to Public

Enjoy a relaxing healing session at the Kumara Centre. The perfect way to enjoy better health.

Every: Tuesday 7.00pm - 8.30pm \$15 Heath
 Wednesday 11.30pm - 1.00pm \$15 Heath
 Wednesday 7.30pm - 9.00pm \$15 NS
 Thursday 11.00pm - 12.30pm \$15 Heath

Teens 12 years+

Teens & Stress is an introduction to stress relief through healing therapy, meditation and open discussion.

Sat 8 Aug 9.30am - 11.00am casual \$25 H

Teens & Body Movement is a course through body movement to help teenagers become more aware of where they carry their stress and tension

12yrs+ Tue 4 Aug 3.45pm-4.45pm 6 weeks \$88 H

Children

Children's Meditation group is an introduction to meditation through 'Art, play, and music'. This is a wonderful gift to give to any young child.

6yrs+ Thu 6 Aug 3.45pm-4.45pm 6 weeks \$88 H

Enrolment Information

You can enrol at any time during the term. Full payment is required at the time of booking unless a payment plan has been prearranged with the Kumara Office. All bookings have to be made at Kumara Heathridge at least 24 hours before the course commencement, although spaces may be available after the course has started. Bookings are recommended for all sessions as some times are subject to change

For further information visit: www.kumara.com.au

Key:

H - Heathridge 1/99 Caridean Street, Heathridge
NS - North Shore 11 Henderson Drive, Kallaroo

Opening Hours

Heathridge	Shop	Cafe
Monday - Saturday	9.00am - 5.00pm	9.00am - 4.30pm
Public Holidays	Closed	Closed
North Shore		
Monday - Saturday	Workshops Only	Various Times
Public Holidays	Closed	Closed



FREE Meditations & Holiday Program

Various Events - all ages

Full Moon Meditations

All Levels

Thu 6 Aug 7.30pm - 9.00pm casual \$10 **NS**
Fri 4 Sep 7.30pm - 9.00pm casual \$10 **NS**

Gonging & Meditation uses a combination of relaxation techniques and 'Gongs' to bring you to a space of complete relaxation.

Fri 7 Aug 7.30pm - 8.30pm casual \$25 **H**
Fri 21 Aug 7.30pm - 8.30pm casual \$25 **H**
Fri 18 Sep 7.30pm - 8.30pm casual \$25 **H**
Thu 20 Aug 1.00pm - 2.00pm casual \$15 **H**
Thu 10 Sep 1.00pm - 2.00pm casual \$15 **H**

Yoga this course is very gentle which includes posture work, breathing and meditation techniques. The centre offers 8 daytime or evening sessions per week.

Beginners - Advanced

Various Days & Times 8 weeks **H & NS**

Weekly Meditation Groups

Meditating with a group is the best way to keep up your practice. Even meditating once a week for a short time, will reduce your stress levels and encourage better health and happiness.

Beginners - Intermediate Level:

Monday 1.30pm - 2.30pm \$5 **H**
Tuesday Abundance 11.00am - 11.35am \$10 **H**

Laughter Club:

Monday 11.30- 12.30pm \$10 **H**

Intermediate - Advanced Level:

Monday Amenti 10.00am - 11.00am \$15 **H**
Tuesday Solar 11.45am - 12.45am \$15 **H**
Thursday Heart 9.30am - 10.30am \$15 **H**

FREE Meditation Groups

All Levels

Tuesday 7.00pm - 7.30pm Heath
Wednesday 11.30am - 12.00pm Heath
Wednesday 7.30pm - 8.00pm NS
Thursday 11.00am - 11.30am Heath

Holiday Program

Join the fun and come along and enjoy the Kumara Holiday program. Every school holidays we introduce fun workshops for Adults and Children. Just look at some of the things you can do to fill those holiday days.

Mandala Drawing

Chanting

Movement & Dance

Learn to Meditate in half a Day

Psychic Development

Spiritual Healing Sessions

Healing Swap Meets - bring a friend

Coffee Readings

☆☆ Amazing ☆☆

FREE WORKSHOPS

Free Meditation Workshops

Thu 23 July & Mon 27 July 7.30pm - 9.00pm
Friday 24 July 9.30am - 11.00am

Free Psychic Development Workshop

Tue 28 July 7.30pm - 9.00pm

Free Feng Shui workshops

Tue 21 July 7.30pm - 9.00pm
Fri 31 Jul 11.30pm - 12.30pm

Free Children & Teens Workshops

Tue 28 Jul & Thu 30 Jul 3.45pm - 4.45pm

Everyone welcome - no experience necessary.