

KUMARA | NEWSLETTER

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Hello,

The school holiday program has just started and we are featuring some very interesting 'NEW' events like Pastel Chakra Drawing and Chakra Dancing. So if you want to find out more or need something to keep the family busy during these school holidays, contact the centre for more information.

The Kumara [retreat](#) experiences continue with our (now fully booked)

Ego Transformation Retreat, which takes place **in November**.

Sorry, this retreat is FULL but if you want to know about our other retreats, please visit our website.

This month we will again be focusing on Meditation

There are so many people benefitting from meditation that we thought we would do a small article to explain these benefits.

Meditation is known to improve the health of the body and overall general well-being. In meditation practise at Kumara, we focus on specific areas of the body. By doing this, the blood flows to that part of the body which results in the cells receiving more oxygen and other nutrients. That is why so many people from film stars, politicians, company executives include meditation in their daily regime and why we at Kumara feel so much better after each meditation.

We have introduced some new weekly groups to our timetable. There are 2 **Advanced meditation** sessions per week, plus a number of **Beginner to Intermediate** groups. The **Spiritual Healing** sessions still continue. The price of this session is only \$10 which includes a meditation and healing sessions. Great value. There are no prerequisites for any of these sessions.

The [timetables](#) for these sessions are detailed on the web site.

The '**Course Graduate Fun Afternoons**' are still huge fun and the mini-readings have been very popular. However, full-length readings will soon be on offer at our '**Kumara Psychic Fair**' which will take place the first Saturday of the month. We will be inviting readers to come along and, using the workspace area, we will set up a psychic fair for everyone to get the reading they want. As soon as the dates have been set, we will let you know.

The Kumara Centre continues to be a great meeting place for friends and family.
We look forward to seeing you soon.

Quote for the month : "Not choice, but HABIT rules the unreflecting herd" - William Wordsworth



Liz

Need a Healing Session?

Call Kumara and arrange a healing session today:

Appointments available daily - Please contact us to arrange an appointment.

(If you do not wish to receive these Emails please Answer with: 'Unsubscribe')

Tel : 9307-3500

FOR MORE DETAILS ABOUT 'THE KUMARA EXPERIENCE' PLEASE CHECK OUR WEBSITE:

WWW.KUMARA.COM.AU