



Inner Journey Centre for Conscious Living

A Sanctuary in the Heart of the CBD

March 2008 Newsletter



Autumn challenge – to pause and breathe in

Creative thinking is the new buzz in the corporate world yet there is no real understanding of creative cycles. Rest is an intrinsic part of every creative process. Yet the corporate world seems to know one gear – overdrive. I wonder so many people end up feeling burnt out!

All nature flows in cycles and if we are to be in balance and live creatively we should follow. Spring is a time for new life and fresh starts. Summer is a time for frantic activity and outward distractions. Autumn is a precious time to breathe in, pause and gently prepare for winter. Winter is a time for rest and an opportunity to explore our inner world and see if it is in order. Sydneysiders love the summer sun and can sometimes find the more internal focus in autumn and winter a challenge. As autumn comes upon us are you ready to start to go within? Is your internal world cosy and warm or is it draughty and bare?

Living creatively is not only for artists like **Kristin Coburn** and singer **Karen Ashworth**. We are all capable of being in the creative zone. This month **Alexandra Pope** psychologist and author presents **Women in Power**, which explores many aspects of women's power including how to connect with nature's rhythms and creative cycles. I am also launching **Self Nurturing – How to stay in the Creative Zone** – a workshop on how to go within to maintain passion and stop burn out. From meditation, yoga, laughter groups, choir and art classes to inspiring workshops let **The Inner Journey Centre** help you deepen your experience of this rich autumnal time.

Weekly Sessions and Classes

Meditation

New group class Meditation & Mindfulness in Everyday Life at 1- 2 pm lunchtime for six weeks.

This is for beginners as well as experienced meditators who want to deepen their practise. Each week we will explore different insights that come from meditation to show you how to live more consciously. I am taking names for an after work group starting soon.

Introductory Meditation - one hour taster \$40 - Have you always wondered what meditation is like? Come along to this evening session and try for yourself. For details ring or email Sandy.

One on one meditation classes – Learn to Meditate in 3 easy lessons at a time that suits you. Call Sandy to find out more.

Yoga - Carel Fillmer experienced yoga and meditation teacher starts Hatha Yoga here this month on Wednesdays at lunchtime and after work. Come and enjoy gentle stretching exercises to release stress, relax your body & mind and re-energise you for the working week. For information call Carel on 9818 2886.

Art Classes - Kristin Coburn, artist and teacher is starting lunchtime art classes. Even if you have never done art before and have always wanted to try, Kristin can help you to discover the joy of connecting with your creativity. For information contact Kristin on 99972318 or 0407257943.

Laughter Yoga - Join lawyer **Jackie Curran** for a unique lunch time class blending laughter, relaxation and breath work. Watch your health and work performance improve each week as you release stress and add fun to your work day. This is a casual class so you can join at anytime. Mondays 1 pm to 2 pm at 1.00pm. Contact **Jackie Curran** phone 99042885

Sing in the City 12.30 – 1.30 Friday 28th March - **Karen Ashworth** started back with her lunchtime choir last month and packed the house out! This is a casual class so no booking is necessary. Come along for a joyous, fun and uplifting hour for only \$20. Even if you think you can't sing, Karen guarantees that you can! To book a private voice empowerment session ring Karen on **0412 5511 82**.

Seminars & Workshops March & April



Women in Power - with Alexandra Pope 9th March

Well known author and presenter Alexandra Pope has created a new seminar **Women in Power**. The seminar is specifically designed for women to understand their unique energy system and how to leverage its power for greater success. Understanding female energy builds inner strength, resilience and your capacity to achieve while maintaining balance. For more information about this seminar and to register see the attachment.

One Place still available – ring Alexandra on 93100591 to book!



Working with Energy – Sunday 6th April

Returning by popular demand

Sandy Wright developed this workshop to share her extensive experience of how psych energy works. Working closely with either individual clients or groups can be very draining. Sandy will show you practical techniques that you can use to avoid burn out and ensure that you maintain a high energy level for the benefit of you and your clients. **A must for all health care practitioners, presenter or person suffering from chronic fatigue syndrome**. Ring Sandy on 9279 4545.

NEW ** Self Nurturing while keeping in the Creative Zone – One day choose Sunday 13th

April or 4th May - **How do you maintain momentum and avoid burnout?** In **Working with Energy** Sandy Wright explores how you can protect your creative energy and stop being drained by others. But how do we get that creative energy in the first place? Self nurturing allows us to live creatively in connection with our passion and purpose. During this day workshop Sandy will show you how to use your inner resources to sustain your passion, keep connecting with your creativity and thrive emotionally and physically. This one is for anyone who wants to energise from the inside out to maintain passion and stamina! Ring Sandy on 9279 4545.

Spring into Life – Thursday 13th March

Kerry Fallon Horgan of Flexibility at Work and **Louise Brogan** and **Jon Paul Miller of All Money Matters** combine to show you how to *spring into life* by connecting with your passion and addressing the challenges including how money and abundance fit in. Using a unique coaching tool, Kerry Fallon Horgan, will guide you through a process of finding what you want to achieve in life, the blocks to your success and steps to achieving your goals. Louise and Jon Paul will show how our attitudes and beliefs shape our financial choices and lives. To register or for more details call Kerry on **9402 4741** or refer www.flexibility.com.au

The Inner Journey Centre for Conscious Living is conveniently located (near the corner of King and York Streets and opposite the Grace Hotel) Sydney. To find out more about The Inner Journey please email sandywright@optusnet.com.au or ring **9279 4545**.

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