



The Kangaroo Ground Centre

Ph: Cara 9712 0601 E: thekgcentre@hotmail.com

Program Term 1, 2019 At a Glance practitioner information featured from page 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					VARIOUS WORKSHOPS	
	Dru Yoga 9:30 – 11:00am Cate: 0437006053	Space available for class/circle	Dru Yoga 9:30 – 11:00am Cate: 0437006053		See 'Workshop & Events' pages	
						Zen Melbourne 3rd Sunday of every month. 10 – 1.00pm Secretary: 0439 389 554
						Lotus Sangha 10 - 12.30pm <i>*Selected Dates</i> Closed Group
Space available for class/circle	Space available for class/circle	Dru Yoga 7 - 8.30pm Cate: 0437006053	Sound Healing Meditation 8 - 9.30pm Fortnightly Ky: 0403 486648	Sacred Drum Circle 2nd Friday of every month 7:30-10pm Kate: 0408 580 735		Pure Sacred Sound 3 – 4.30pm <i>*Selected Dates</i> 7 – 8.30pm Cara : 9712 0601
	Gong Sound Healing for Body & Soul 7.30 - 8.30pm <i>*Selected Dates</i> Cara: 9712 0601		Live Life Out Loud with Voice 7.30pm –9.00pm Fortnightly Deb:0408 027 781			Gong Sound Healing for Body & Soul 4 - 5pm <i>*Selected Dates</i> Cara: 9712 0601

Practitioner Information Regular Classes

Tuesday- AM	
<p>9.30am – 11.00am Exchange \$18 per class for a term commitment. \$20 casually</p> <p>Summer holiday classes January 15 & 22 cost \$20/class</p> <p>Term 1 January 29 – April 2 inclusive Exchange: \$180.00</p>	<p>Dru Yoga with Cate Ph: 0437006053 E: K8frampton@gmail.com</p> <p>Dru Yoga is a graceful and potent form of yoga, based on soft flowing movements, directed breathing and visualisation. With its foundations set firmly in ancient yogic tradition, Dru works on body, mind and spirit to rejuvenate your whole being. A gentle flowing yoga structured to leave you feeling great at the end of every class. Cate Frampton has been a Yoga teacher on and off since 2010 midway through the 3 year Dru Yoga Teacher training course.</p> <p>Cate brings a down to earth, happy, light-hearted class of stretching, Dru sequences (incorporating asanas/postures), breathing techniques, relaxations and mini meditations. Her passion is to give a practical class that you can take home and use in your daily life.</p>
Wednesday – PM	
<p>7pm – 8.30pm</p> <p>Exchange \$18 per class for a term commitment. \$20 casually</p> <p>Summer holiday classes January 16 & 23 cost \$20/class</p>	<p>Dru Yoga with Cate Ph: 0437006053 E: K8frampton@gmail.com</p> <p>Dru Yoga is a graceful and potent form of yoga, based on soft flowing movements, directed breathing and visualisation. With its foundations set firmly in ancient yogic tradition, Dru works on body, mind and spirit to rejuvenate your whole being. A gentle flowing yoga structured to leave you feeling great at the end of every class. Cate Frampton has been a Yoga teacher on and off since 2010 midway through the 3 year Dru Yoga Teacher training course.</p> <p>Cate brings a down to earth, happy, light-hearted class of stretching, Dru sequences (incorporating asanas/postures), breathing techniques, relaxations and mini meditations. Her passion is to give a practical class that you can take home and use in your daily life.</p>
Thursday - AM	
<p>9.30am – 11.00am Commences January 31 Exchange \$18 per class for a term commitment. \$20 casually</p>	<p>Dru Yoga with Cate Ph: 0437006053 E: K8frampton@gmail.com</p> <p>Dru Yoga is a graceful and potent form of yoga, based on soft flowing movements, directed breathing and visualisation. With its foundations set firmly in ancient yogic tradition, Dru works on body, mind and spirit to rejuvenate your whole being. A gentle flowing yoga structured to leave you feeling great at the end of every class. Cate Frampton has been a Yoga teacher on and off since 2010 midway through the 3 year Dru Yoga Teacher training course.</p> <p>Cate brings a down to earth, happy, light-hearted class of stretching, Dru sequences (incorporating asanas/postures), breathing techniques, relaxations and mini meditations. Her passion is to give a practical class that you can take home and use in your daily life.</p>

Thursday - PM	
8pm – 9.30pm Fortnightly per Term Commences Feb 7 Exchange \$20/15 concession per class	<p>Sound Healing Meditation with Ky P: 0403 486648 E: hclub@live.com.au</p> <p>Come and experience one of the simplest yet powerful healing tools on the planet...SOUND FREQUENCIES. In this group you will be taken on a journey of inner discovery and healing which can shift energy blocks in all levels of your being just by surrendering to the vibrations/sounds. You will bath in the healing sounds of the brass & crystal bowls along with didgeridoo, throat singing & over toning leading you into a deep meditation to help strengthen your field and receive guidance from your own divine deeper consciousness, soul family or guides. Ky Stuble has been running meditation classes, sound healings and more recently Over toning/Throat singing workshops in groups or individual sessions for about 10yrs.</p>
Thursday - PM	
7.30pm – 9.00pm Every 2 weeks Term 1 dates: February 14 & 28 March 14 & 28	<p>Live Life Out Loud – with Voice with Deb P: 0408 027 781 E: deborah@love-your-home.com.au</p> <p style="text-align: center;">I invite you to use your Voice as a Bridge to FREEDOM</p> <p><i>Live Life Out Loud with Voice</i> is a fortnightly gathering of women where we work (and play) with therapeutic voice and sound to create profound wellbeing and a deep sense of connection with self (and other) on all levels of being. Using a range of vocal exercises, chants, mantras and songs and anything else we can dream up, we will explore the power of our voices to shift energy, create balance and give joy. Numbers are strictly limited for this group. However, the good news is that I'm happy to offer other fortnightly sessions if there is the interest. (A quick note about me. I am experienced singer and group voice facilitator who is passionate about enhancing people's well-being through therapeutic voice and sound. (Member IICT)</p>

Ongoing Events

Gong Sound Healing for Body & Soul with Hari Sangat, Sach Prem & Cara

Tuesday February 12 7.30 - 8.30pm

Sunday March 17 4 - 5pm (afternoon)

Phone Cara: 9712 0601 or thekgcentre@hotmail.com

Investment: \$20 per session required in advance to confirm booking. Booking form/PayPal or Direct Debit on

www.livingevents.info/gong-healing.html. \$25 at door

'The Gong is not a musical instrument, the Gong is God. It is the most pure sound that man could create, out of which comes all music, all sounds, & all words.' Yogi Bhajan

'Each tone of a gong is an individual being yet all bound in perfect metallic solidarity, all blending their voices into the great tone - entity, heard when the centre is struck. In that single tone you have a complete organic symphony. Such a tone is the beginning & end of music, the seed of all music.' Dane Rudhyar

During a Gong Sound Healing you will experience the powerful vibrations of our Venus, Neptune, Sidereal Moon, Jupiter, Platonic Year, Nibiru, Chiron & Sun Planet Gongs, supported by our beautiful Sound Creation & hand gongs. The Gongs work on all levels to heal & transform.

BYO cushion, rug & water bottle. Arrive 10 minutes early for an on time start - Doors shut at start time

Pure Sacred Sound Events with Cara & Deb

Sunday - 3 March - 7 ~ 8.30pm

Sunday - 5 May - 3 ~ 4.30pm

Sunday - 13 October - 3 ~ 4.30pm

Sunday - 8 December - 7 ~ 9.30pm

Phone Cara: 9712 0601 or thekgcentre@hotmail.com

Investment: \$30 (\$25 concession) Full payment is required on booking via Direct Debit (banking details provided) or cash by arrangement on the night.

Pure Sacred Sound Shower

Sunday 3rd March 7 - 8.30pm

This year we will hold four Pure Sacred Sound events.

Please take note of the dates/times above

To begin the year, we will offer you a healing Sound Shower. Those of you who have already attended our past Sound Shower events, have experienced the soothing effects of all our instruments bathing each participant in waves of sound, allowing worries & tensions to melt away.

Before we start, you will intuitively select an Earth Power Oracle Card & this landscape will be the blueprint for your experience. You will also perform an energetic body scan & this will assist you to form your healing intention for the Evening.

As you lie comfortably & surrender, you will be showered with the ethereal sounds of the Voice, Gongs, Singing Bowls, Therapeutic Monochord, Chimes, Shruti Box & many other beautiful instruments.

Join us on Sunday, March 3 at 7pm. Please book by the evening of Friday March 1 as we're limiting space to 14 people.

Please note that while we accept cash on the day for these events, booking & payment beforehand is preferred.

Sacred Drum Circle with Kate

2nd Friday of every month 7.30 – 10pm

Ph: 0408 580 735

As dates are occasionally subject to change, if you are not a regular attendee of this group please ring before hand

Be guided into sacred space around the wheel of transformation. Create and connect to self and others with sound, rhythm and soundscapes. No experience necessary. Share drums available. Email emeraldheart@hotmail.com to discuss what to bring. Upcoming drum making workshops.

\$5 donation to Centre

ORDINARY MIND ZEN Melbourne

We meet every 3rd Sunday of the month 10:00am -1.00pm

Secretary Tele: 0439 389 554 Email: tanhane@iprimus.com.au or

Tom Fisher Tele: 9712 0451 Email: t.fisher@internode.on.net

www.zenmelbourne.com

As dates are occasionally subject to change, if you are not a regular attendee of this group please ring before hand

The Ordinary Mind Zen School is evolving a style of Zen that is adapted to Western temperaments and ways of life but maintains the rigour and discipline of its traditional roots. The teaching is highly pragmatic and is less concerned with the concentrated pursuit of special experiences than with the development of insight into the whole of life. It favours a slower but healthier, more responsible development of the whole character, in which psychological barriers and emotions are addressed rather than bypassed. It sees practice as working with whatever comes up in our everyday lives, including being in a relationship, family life, the workplace as well as the formal and structured practice of Zen.

Shared lunch and business meeting or discussion afterwards. Suggested donation to Centre **\$10 per person, per session. Newcomers, please contact the Secretary before attending.**

Lotus Sangha with Dora

(closed group)

Sunday- - March 24, April, 28, August 25, September 22 from 10am - 12.30pm

Workshops & Events

Reiki Level 1 with - Danielle Cirillo

Saturday 9th February and Sunday 10th February, 2019 9.00am to 3.30pm

For registration & enquiries: M: 0412 301 265 – E: holistic-danielle@yahoo.com.au

Investment: \$300.00 per participant. Workbook included. BYO Lunch

Reiki is Japanese meaning Spiritual Energy, or known as Universal Life Force Energy. The Usui method of Reiki is a hands-on healing system channelling universal energy. This system of Reiki is a non-invasive Reiki. Reiki is a powerful method to heal oneself on all levels to bring a balance and accelerate healing for the body, mind and spirit.

In this beginner two day workshop you will learn the history and principals of Reiki, self treatment routines that you are encouraged to practice daily for self healing. You will receive four attunements during the course of the weekend. At the end of the course you will be able to give yourself Reiki anywhere.

Please visit my website : www.holistic-danielle.com/workshops for further information, alternatively call Danielle on 0412 301 265.

Quantum Consciousness Facilitator Training

23rd, 24th and 25th of February 2019 - 9am-5.30pm approx

For registration & enquiries: M: 0425 704 230 (Pete) 0424 584 242 (Melina)

E: peter.smith@westnet.com.au or quantumconsciousness@outlook.com

Investment: \$995 incl morn/afternoon tea, all materials and 9months of coaching (\$895 early bird if paid in full by 20th Jan 2019)

In this 3 day workshop you will have the opportunity to journey through your alternate realities, other dimensions and parallel lives. We will also be teaching you our philosophies, concepts and models that embody the Quantum Consciousness Experience. This course is highly experiential and you will immerse yourself gently into the consciousness of these sessions by both giving and receiving these journeys.

This training is open to practitioners of all energetic and/or alternative health modalities and following our 3 days together, you will be free to facilitate these sessions in your practice. You may also be invited to undertake accreditation with our Institute, to then be promoted as part of our professional network and to join 'The Consciousness Collective' - an alumni group who have attended our courses.

The Journey - Day Retreat with Kira Ostwald

Day Retreat, 2nd of March, 2019 9.00am to 5pm

For registration & enquiries: M: 0450959690 – E: kiralouiseostwald@hotmail.com

Investment: \$139 early bird (pay before Jan 30th), \$159 thereafter

'The Journey'

A beautiful day retreat, A journey of the self through the self, to reconnect, realign and reawaken.

Immerse yourself in this full day retreat, with Aromatherapy, yin, mindfulness, yoga, sound healing, reiki and beautiful vegetarian food.

A beautiful gift to give yourself (or someone you love) available to all levels and no prior yoga experience required.

Weekly Individual Sessions

Myotherapy & Healing – with Apollo

Apollo is an experienced Myotherapist, specialising in;

Deep tissue, myofascial release, trigger point therapy, muscle energy techniques, flame & suction cupping and myofascial dry needling.

Apollo's relationship being a yoga teacher helps him connect the clinical side of Myotherapy and the energetic element of prana healing through the breath and emphasises this through his nurturing and relaxing treatments.

\$70/hour Mobile: 0402 660 731

Art Therapy & Creative Counselling Sessions – with Rachael

Tuesday, Wednesday & Thursday AM & PM

1.5 Hour sessions

Rachael's sessions create a safe space for self-expression and nurturance. They include therapeutically exploring mind, body and spirit using art, self-exploration, movement, shamanic practices, music and mindfulness. Rachael works in a transpersonal way that blends current/future treatment plans (clinical/medical/spiritual) with the Art Therapy. There are many ways of finding meaning, purpose and healing through Art expression and Rachael has experienced these personally and professionally through her training, self-enquiry and transformation.

Please note; no art experience is necessary. Rachael has a background in Early Childhood (Specialized in ASD), Youth Mental Health, Dementia & Memory Support, Domestic Violence and Trauma. Rachael is a qualified Transpersonal Art Therapist, Creative Counsellor and Remedial Massage Therapist. Registered with AAHTC & ACATA.

Cost \$110 Full \$90 Concession Phone 0400028961 Email: rachaelbloom@outlook.com

Holistic Health Coach & Spiritual Healing – with Ky

My work involves helping people heal on all levels including Physical, Mental, Emotional & Spiritual using knowledge gained not just from this lifetime (20yrs of research & experience) but all my lifetimes since reconnecting with my higher self or over-soul & galactic family (Pleiadian). Guaranteed results or your money back.

Cost \$85 per hour Phone 0403 486648 Email hclub@live.com.au

Counselling and Psychotherapy - with Andrea

Supporting individuals & couples to work through life challenges.

Incorporating the use of journal writing, breathing techniques, analysis, reflection, Gestalt methodology & problem solving techniques. Andrea acknowledges & respects that each individual arrives at therapy with their own set of values & capacity to heal themselves.

Individual: \$120/hour Couple: \$200/90mins

Ph :9432 9195 Mobile: 0422 440 810

Energy Reading - with Heidi

Having an Energy Reading with Heidi enables you to be part of an experience that gives you clarity, direction and an opportunity to receive answers to questions about your own life today. Confidence, inspiration, inner strength and a sense of peace follows and you yourself will create your own life.

\$70 / 1 hour Mobile: 0438547587

Healing Sound Bath - with Cara

~with Singing Bowls, Music and Percussion

~ with the Paiste Sun Planet Gong, Earth Platonic Year Gong, other Paiste gongs & hand gongs

*A beautiful healing field is created through Sound as you relax and allow the resonance to build up.

* A gong immersion is like a very deep and lasting massage, by tuning the physical body and soul to the greatest possible resonance.

* The Sun Gong clears, strengthens, purifies and heals, and leads the listener to a space beyond duality. It is as if it scans the aura & heals where the need is. The Earth Platonic Year Gong connects a person more closely to the Divine. It works on the energy centre of divine love, spiritual compassion & selflessness. Also connects one with the rhythms of the Earth. The Chiron Gong is The Wounded Healer. It helps us access our deepest wounds so that we may move forward with strength, compassion & wisdom to achieve our highest path.

Singing Bowl & Percussion Sound Bath: \$80/45mins or \$100/hour

Gong Bath: \$60 / 30 mins

Concession available. Ph: 97120601 Mobile 0432256422

Ka Huna Massage – with Karla

Karla has a range of experience in sacred healing arts, counselling and shamanic practice. Ka Huna is an ancient Hawaiian practice that uses gentle wave like motions, making this style of massage deeply relaxing and nurturing. Karla also uses hot stones, sound, vibrational healing and energy healing taking you on a truly unique and holistic healing journey. From gentle nurturing massage through to deep transformational work, Karla works intuitively with you in a sacred and held space.

To find out more please visit my website: www.sacredhunahealing.com

90 minute Ka Huna - \$130- 2 hour healing journey - \$170 *longer sessions available

Phone: 0437525448 - Email: karla@sacredhunahealing.com

The Quantum Consciousness Experience, Universal Consciousness and Life Between Lives Hypnotherapy – with Peter

Peter offers a range of sessions designed to move you into your greater wisdom, whether it be the transcendence of issues that affect daily life like anxiety and depression, or exploring other realities, parallel lives and other realms of consciousness. Peter's work is described in his book "Quantum Consciousness" and taught through the Institute for Quantum Consciousness. Peter also offers Life Between Lives Hypnotherapy, as designed by Dr. Michael Newton and documented in his best-selling books, Journey of Souls and Destiny of Souls. Clients journey beyond Past Lives into the spiritual realm between incarnations to discover themes in the soul lineage and purpose for this lifetime. Peter worked with Michael Newton for over a decade and has taught his work in different parts of the world.

Cost: Quantum/Universal Consciousness - \$270-\$300 for 2-3 Hours.

Life Between Lives - \$550 for 4 Hours+

By Appointment.

Email: peter.smith@westnet.com.au

Phone: 0425 704 230

More information is available at www.quantumconsciousness.com.au , www.lblaustralia.com.au and www.instituteforquantumconsciousness.com

Vandana Rich - Vedic Astrologer & Counsellor

Vedic astrology is the ancient Indian science of divination that connects our soul's purpose to the physical and psychological experiences of daily life. A Vedic Astrology consultation can bring awareness & understanding to areas of life such as love, career & money. The insight & direction you needed may be in your birth chart: the blueprint of your soul.

Vandana seeks to create an environment for her clients that allows them to share safely the challenges they face in their internal and external worlds. She says, "I consider it a tremendous honour to read a person's chart and to be present with them as together we navigate their personal history. My goal in the therapeutic process is to support a person to seek greater knowledge of themselves in an atmosphere of integrity and compassion, and enable them to live life with more love, kindness, self-respect and self-awareness".

Vedic Astrology Birth Chart Reading - Cost \$125.00 for 60 to 75 minutes.

Question & Answers – for clients who would like a follow up consultation to focus on specific issues in a shorter session - \$100.00 per hour or \$55.00 half an hour

One Important Question - (\$60 for up to 30 minutes)

By Appointment

To find out more please visit my website: www.vandanarich.com E: vandanarichastrologer@gmail.com
M: 0490148430

Space available for classes/workshops/practitioner sessions.
Contact Cara on 9712 0601 or by email thekgcentre@hotmail.com



The Kangaroo Ground Centre

25 Donaldson Road, Kangaroo Ground 3097
 (Off roundabout, opposite Kangaroo Ground/Warrandyte Road)

Ph: Cara 9712 0601 E: thekgcentre@hotmail.com

How To Get To The Centre

Melways Map: 271 D12

Train: from CBD to Eltham ~ Hurstbridge Line

Bus: 578 ~ Eltham to Kangaroo Ground



Paiste Gong & Hopi Wind Chimes Enquiries & Sales at the Centre

Contact Cara 9712 0601 or thekgcentre@hotmail.com

For Information & Sales: Anthony

gongs@windchimesaustralia.com.au

www.windchimesaustralia.com.au