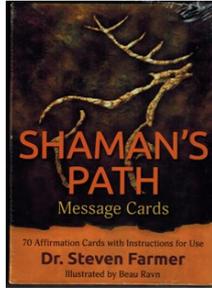
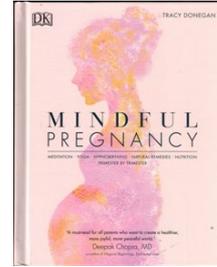


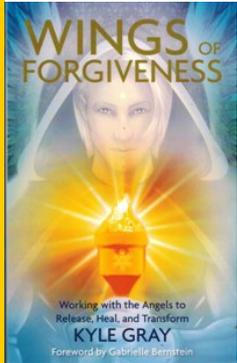
Hi everyone. I hope October finds you positive, happy & looking forward to a more normal life, New to the Healing Centre this month, Gregory with 7 forms of massage, Theta, Reiki, Reflexology, Aromatherapy & more. New to town, but very experienced & you will find him in store on Monday's. Jennie, Ayurvedic Massage has moved to all Sundays. Regards Angi & the team.



Shaman's Path Message Cards: Steven Farmer (\$30) 70 cards using Shamanism, the most ancient healing modality. Guidance & Healing for the novice & experienced practitioners. Amazing artwork. Simple messages for daily use.



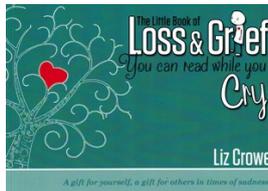
Mindful Pregnancy: Tracey Donegan (\$35) For yoga loving Mums to be, with sound advice on a natural, stress-free pregnancy. Understand the changes in your body & trouble-shoot aches & pains & morning sickness with natural solutions so you can embrace the journey.



Wings of Forgiveness: Kyle Gray (\$25) Are you are ready to release the past & find freedom from fear,? This personal psychic practice, working with the angels will get you there. Call in the power of heaven to help you forgive & release the past, bringing joy & peace.

"Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read:
Groucho Marx

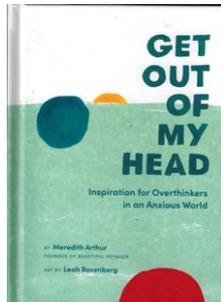
Little Book Of Loss & Grief: Liz Crowe (\$20) It is important to feel you are not alone, & thoughtful mes-



sages, illustrations & reassurance are the ideal companion for self-healing. You can read while you cry. Simple & heartfelt.

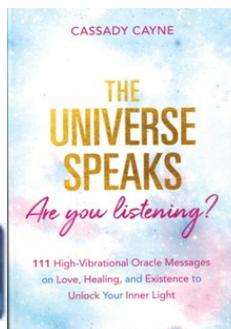
Get Out Of My Head: Meredith Arthur (\$27)

Inspiration for overthinkers in an anxious world. If you are fixated on a problem (or many) are stuck in your head & want out, start right here! Simple & inspiring & also includes a small carry-around pamphlet.



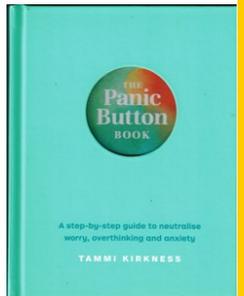
"As traumatized children, we always dreamed that someone would come & save us. We never imagined that it would be ourselves as adults"
Alice Little

The Universe Speaks Are You Listening Cassidy Cayne (\$25) 111 high vibrational oracle messages on love, healing & existence to unlock your inner light.

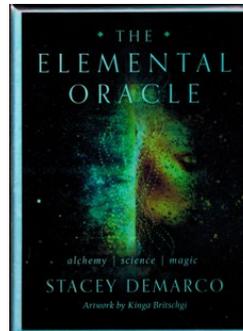


The Panic Button

Book: Tammi Kirkness (\$25) When life throws us a curveball, we all need help with managing bouts of anxiety. Practical steps to assist with loss of control, worry, over thinking & restlessness. Find more peace without medication.

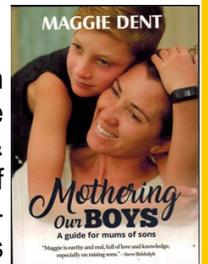


"Worry is a total waste of imagination"



The Elemental Oracle: Stacey Demarco (\$30) A mix of alchemy, science & magic with wisdom from our ancestors & the sacredness of the Earth. Connect to

this powerful weaving of true magic. Stunning images
Mothing Our Boys: Maggie Dent (\$30) With humour & depth, she provides insights & strategies for many of the important & challenging issues Mums face raising their sons.

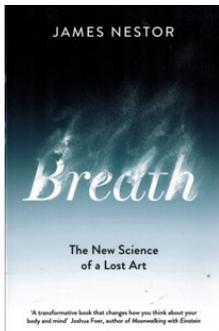


"Happiness is an inside job. Don't assign anyone else that much power in your life"

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Breath: James Nestor (\$35) The new science of a lost art. Nothing is more essential to our health & wellbeing than breathing correctly. Drawing on thousands of years of medical texts & psychology, this book will change how you think about your body & mind, & you will never breathe the same again.



"Dinosaurs don't read. Now they are extinct"



Self Care Journal: Mary Flannery (\$25) 365 prompts to help nurture & recharge your body & soul. Beautiful gold edged presentation, & plenty of space to write, it's the perfect self gift..

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