



# Inner Journey Centre for Conscious Living A Sanctuary in the Heart of the CBD

April 2008 Newsle

## Are you self nurturing or running on empty?



Do you have days when you feel like you will scream if one more person asks you to do something for them no matter how small? When this happens it is a sign you are running on empty – pushing yourself so hard that you have nothing left for your self, let alone anyone else. Compare this to the feeling of returning to work after a wonderful holiday break. Suddenly the same old problems don't seem to get you down. While we can't always take a holiday, regular self nurturing helps us to replenish our inner resources and maintain a healthy balance. When most people talk about work/life balance they are usually talking about doing - fitting in family, exercise etc. But where is the time for us to just be with our self? We all need time doing something that helps us to feel topped up on the inside.

**The Inner Journey** is here to offer you a rich variety of ways to self nurture - from Laughter Mondays, to Meditation Tuesdays, Yoga Wednesdays, Art on Thursdays or Singing on Fridays. Why not try a session of self nurturing this month? Make a commitment to yourself and start to really feel the difference!

For the next two months self nurturing is the focus of my workshops. I am rerunning the **Working with Energy Workshop** and launching **Self Nurturing – How to stay in the Creative Zone** - a day workshop on how to go within to maintain passion and stop burn out. Please join me for a special evening at **The Inner Journey** on **Monday the 14<sup>th</sup> April** with guests **James Neal** and **Ganga Karen Ashworth**. (Details below)

## Weekly Sessions and Classes

**Meditation - Sandy Wright** is a former corporate lawyer so she well understands the pressures of the modern workplace. Over the past decade Sandy has shared her passion for meditation with hundreds of people from all walks of life. She has also taken her workshops into the boardrooms of some of the largest companies in Australia and worked with the legal profession in Australia, the UK and Hong Kong. Her approach is grounded, practical and unaffiliated. To find out more about individual sessions, corporate or group sessions call Sandy on 92794545.

**Meditation & Mindfulness in Everyday Life** 1- 2 pm lunchtime & after work 6.00 - 7pm for six weeks. This is for beginners who want to learn to meditate, as well as experienced meditators who want to deepen

their practise. Each week we will explore different insights that come from meditative practise to show you to live more consciously in everyday life. Next groups start May. Sandy is taking enrolments now!

### *Introductory Meditation - one hour taster \$40 Monday 21<sup>st</sup> April*

Have you always wanted to try meditation? Come along to this evening session and try for yourself. You will also learn practical tools for stress management.

### **Laughter Yoga - \$15.00 – Mondays 1-2pm**

**Jackie Curran** is a lawyer who has trained in laughter therapy with the creator of Laughter Yoga Dr Madam Kataria. She facilitates Laughter Yoga workshops for organisations, businesses and community groups and offers weekend workshops as relaxation, fun and stress relief. Join 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. \*\*\***Coming soon** after work group Monday 5.30-6.30. Contact Jackie on 99042885.

### **Yoga Wednesdays – first class is free!**

**Carel Fillmer** is an experienced yoga and dance teacher. Carel will show you how to enjoy gentle stretch exercises to release stress, relax your body & mind and re-energise you for the working week. Classes are **Wednesdays** at 12.00 – 1.00 and 1.00 – 2pm and after work 5pm – 6pm and 6pm – 7pm. For information contact Carel on 9818 2886.

### **Art Classes – Thursdays**

**Kristin Coburn** is a well known artist from Sydney's Northern beaches. In the early 80's she was the co-founder of the Australian Bush Flower Essences and brought her artistic awareness to the teaching of the Flower Essences. She has been teaching art for 20 years and now joins the Inner Journey to run Thursday 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.

### **Next Sing in the City Friday 11<sup>th</sup> April 12.30 – 1.30**

**Ganga Karen Ashworth** is a classically trained singer. With her extensive background in teaching, she is highly sought after for her skills as a Conductor, Singer, Facilitator and Voice Empowerment Coach. Bring voices from diverse backgrounds and levels of experience to join together in harmony, fun and laughter is Karen's rare talent. Join the fun of the monthly lunchtime choir **Sing in the City** for just \$20 for an uplifting hour. This is a casual class so no booking is necessary. Even if you think you can't sing, Karen guarantees that you can! To book a private voice empowerment sessions ring **0412 5511 82**.

## **Seminars & Workshops April & May**

### **Special Event \*\*\*A Night with James Neal and Karen Ashworth**

**Tuesday 15<sup>th</sup> April 6.00-8.30pm**

**This will be an evening of meeting interesting people, great food and lots of laughs. Featuring special guests-**

**James Neal** - Discover how a home office improves your finances and why **James Neal** author of Adyar's 1 feng shui story **Romancing the Home** says "**Every** home needs an office." With simple changes James demonstrates how to improve not only your finances but your relationship to universal abundance.

**Ganga Karen Ashworth** - As many of you know, Karen has the voice of an angel. Karen will show you the pure joy that comes from using your voice to recharge your batteries.

**Details** –Why not introduce a friend to **The Inner Journey** - cost \$25 per person or \$35 for two if you want to bring a friend. From 6 - 8.30 pm with finger food. To book ring 9279 4545 or email

[sandywright@optusnet.com.au](mailto:sandywright@optusnet.com.au)

## Working with Energy – Sunday 6<sup>th</sup> April

Returning by popular demand

**Sandy Wright** developed this workshop to share her extensive experience of how psychic 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 any health care practitioner, presenter or person suffering from chronic fatigue syndrome!** Ring Sandy on 9279 4545.

## NEW \*\* Self Nurturing while keeping in the Creative Zone – Sunday 4<sup>th</sup> 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.

**Coming in June \*\*\*\* James Neal Contemporary Feng Shui Workshop Sunday 8<sup>th</sup>** practical demonstrations on how to make your home reflect the love, health, wealth and abundance that you want in your life! To find out more see [www.romancingthehome.tv](http://www.romancingthehome.tv)

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**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](mailto:sandywright@optusnet.com.au) or ring 9279 4545.

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