



*"Under Her wings we find shelter.
Where will Her wings take us now?"*
(Trisha Watts)

MAAT
HOLISTIC HEALTH
721B. RIVERSDALE RD.
CAMBERWELL 3124
www.maatholistichealth.com.au

AUTUMN NEWSLETTER March 2008

In ancient Egyptian mythology, Ma'at is the goddess who personifies the concepts of balance, harmony, truth, order, wisdom and integrity.

Egyptians believed that without Ma'at life would be chaotic.

At Ma'at Holistic Health our highly skilled and experienced practitioners believe that these principles of Ma'at – balance, harmony, truth, order, wisdom and integrity – are essential elements for achieving and sustaining personal awareness, responsibility, growth and authenticity.

We challenge, guide, and support clients in their pursuit of physical, mental, emotional and spiritual health and well-being.

Psychotherapist, **Kay Kilham**, and Holistic Counsellor, **Jane Jeffers**, offer a wide range of therapeutic services for individuals, groups and corporations:

- Counselling
- Flower Essences
- Meditation
- Music-Centred Therapy
- Psychotherapy
- Reiki
- Stress Management
- Therapy Groups
- Workshops

For more information go to our website:

www.maatholistichealth.com.au

STAY COOL, STAY CALM – STRESS MANAGEMENT IN EVERYDAY LIFE

Are you finding it hard to cope with the many demands placed on you in everyday life?

Although you cannot avoid stressful situations in daily living, you can increase your ability to cope with them.

Within a group setting participants will reflect on their own experience of stress, then develop and practice effective stress management strategies using a variety of practical and creative exercises.

Kay Kilham and Jane Jeffers will facilitate this group.

The program consists of six sessions, 1.30pm – 3.00pm, commencing Monday, April 14th.

Enquiries/Bookings: Jane 0401 857 886
Kay 0412 785 031

ROOM HIRE: Our consulting room is available for rent for allied health practitioners, and for workshops and meetings.

Note: Maximum seating, 10-12 adults
Rates available on request - Kay 0412 785 031

MEDITATION:

Are you interested in joining with others to practice mindfulness meditation?

The goal of mindfulness is to be more aware, more in touch with our body mind, emotions and the world around us, in the present moment.

"Wherever you are, be there totally."

(Eckhart Tolle)

Many who practice mindfulness find that it deeply enhances their health and well being.

Group classes are held, at Ma'at Holistic Health, on a weekly basis, as follows:

Tuesdays: 8.00pm – 9.00pm.

Wednesdays: 11.30am – 12.30pm.

Individual sessions are also available on request.

Enquiries/Bookings:

Jane Jeffers, 0401 857 886

GODDESSES IN OLDER WOMEN:

In her book "Goddesses In Older Women", Jean Shinoda Bolen writes of women, who, at some stage after turning fifty, cross a threshold into the third phase of their life.

It is in this third trimester that powerful new energies and potentials stir within.

The wellsprings of these feelings are the goddess archetypes, such as Hestia, Hecate, Sekhmet, Kali-Ma and Baubo.

Once activated, they are sources of deep spirituality, wisdom, compassion, action and authenticity.

In this workshop, co-facilitated by Kay Kilham and Jane Jeffers, you will creatively explore, tap into, welcome and celebrate your archetypal goddesses.

This program will be held at Camberwell Community Centre, 33 Fairholm Grove, Camberwell, over six Friday afternoons - 2nd, 9th, 16th, 23rd, 30th May, 6th June, from 1.00pm - 3.30pm.

Enquiries /Bookings:

Camberwell Community Centre, 98822611

Kay, 0412 785 031; Jane, 0401 857 886

AUTUMN –

*"Everything as we know it now, will not remain as it is.....
We are the gardeners of our lives, and it is up to each of us
to choose to plant the seeds
change gives to us." (Chris-Ann Waters)*