


# Sunflower Oracle

Wellness Network  
Raglan Whaingaroa  
Summer, January 2022  
Edition 5

Raglan  
Ruapuke  
Waitetuna  
Whaingaroa  
Waingaro  
Te Mata



Holistic Wellness • Crystal Reiki  
Massage • Yoga • Meditation  
Mental and Emotional Healing

# Sunflower Oracle Wellness Network

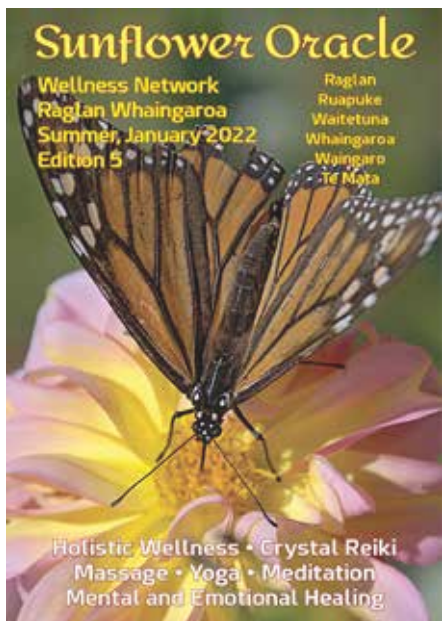
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**Sunflower Oracle**  
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[facebook.com/SarahStrongPhotography](https://facebook.com/SarahStrongPhotography)

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**THE LAKES /  
 HAWKE'S BAY**



**COROMANDEL  
 Coming Soon**

The content of Sunflower Oracle magazines and websites is for educational and informative purposes only and is not intended to serve as medical or professional advice. You should consult your physician, other health care professional and the healer to determine if the modality is suitable for your unique needs.

# The Grace of Nature

## Vicki Shannon



Welcome to the second Summer edition of the Sunflower Oracle! Mother Nature has graced us this Summer with amazing weather and hot temperatures. The natural world is there for us to enjoy, dig our toes into the mud or stand barefoot on the beach.

Diana, Queen of the Wilderness, is one such Goddess that embodies the natural world. Daughter of Jupiter and Latona and sister to the God Apollo, Diana reminds us of the tremendous power of walking barefoot on the earth. Often enjoying solitude, Diana reminds us that simplicity comes in taking the time for ourselves and great healing can be drawn from the earth.

This is true even if we are far away from nature. Perhaps in a big city or unable to touch the ocean waves, each of us is still able to access the power of the natural world that is always inside every one of us. You could visit a local market and purchase some flowers for your altar, or to fill a space in your bedroom where you see them every morning. You could pick up a leaf from a tree, dry it and keep it somewhere to look at everyday, to remind you of nature. You could play water sounds or a nature playlist on your phone while



you drive to work. The power of nature can be connected to in so many ways.

*“Look deep into nature and then you will understand everything better.” – Albert Einstein*

Inside this Summer extra edition you will find some ways to reconnect yourself with the earth. Why not try out the Sun Salutations as a new morning ritual.

In the same way as the roots of the sunflower grow, so do to the roots of the Sunflower Oracle. We welcome Gail back to the Sunflower Oracle team as our new Coromandel representative, and we welcome Kathy as our Hamilton representative and Carina as our East Coast representative.

*May the earth keep you grounded beneath your feet!*

*May the water cleanse your heart and soul!*

*May the fire give you strength!*

*May the air calm your turbulent mind!*

*May Spirit always guide you.*

Warmest blessings,

**Vicki, on behalf of Brian and Ronja**

### Sunflower Oracle

#### RAGLAN WHAINGAROA

Edition 4, Summer 2021-2022

Compiled and Edited by Vicki Shannon  
& Ronja Skandera

Design and Websites by Brian Thurogood  
at [authorbrian.com](http://authorbrian.com)

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# Therese - Fusion Flow

**With over 20 years experience as a physiotherapist, Therese's practice of holistic health deepened with her own journey into yogic lifestyle, mindfulness meditation and earth connection since 2009.**

Since then her array of bodywork has broadened and taken her from outback Australia around the world, learning, adapting and evolving a heart-centred practice along the way.

Therese's unique style of therapy interweaves an expert knowledge of anatomy and physiology with an intuitive understanding of the subtle body, emotions and energy in a natural nurturing flow.

The range of therapies available are Chi Nei Tsang (Abdominal Energy Detox Massage), Lymphatic Detox Massage, Craniosacral Therapy, Therapeutic Remedial Massage, Deep



Tissue Massage, Relaxation Massage including Guided Relaxation, Emotional Release & Balance which melds a combination of these physical modalities with voice, movement and breath, and the luxurious 4-Hands Massage.

The key point of any session with Therese is deep relaxation, a state from which you can more easily connect with the innate wisdom within to go through the healing journey (aka life!) with awareness, compassion and connection.

Online bookings available for sessions in our cottage clinic or at your place.

## **THERESE – FUSION FLOW**

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# How To Gain An Unfair Advantage — At Work, And In Life!

**Any role involving people often comes with its own set of frustrations and head-banging — because everyone has their own unique ways of thinking and behaving!**

Yet, if you work in any people-driven capacity, a part of your role will involve coaching people to develop, and to achieve more satisfying results — despite their uniqueness.

## Get the best from everyone

Develop innovative, fluid ways to discern and handle the real, often deeper issues that affect people using NLP (Neuro Linguistic Programming). Develop your EQ and put your people skills on speed! Gain an authentic, confidence-enhancing, professional and personal skillset and a qualification recognised here and internationally.

## Your trainer

Stephanie Philp is the 'Head' Consultant at Inside Your Mind Limited and an internationally recognised provider of NLP Training.



## International NLP Practitioner Certification Training

18-day course begins 25 April, 2022 right here in Raglan with **The Power of Personal Change**, the first 6-day module.

Places are strictly limited, so **register now** and save your seat!

Download a free NLP Practitioner Guide from the website that will answer all your questions!



## Coach Training Masterclass

Course starts 15 August 2022 (NLP Practitioner Training is a prerequisite.)

## STEPHANIE PHILP

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021-684-395  
InsideYourMind.com

# Nicky Mann – re:align / Yogalates

**“Create a life that feels good on the inside, not just one that looks good on the outside.”**

re:align is the offering of two complementary but stand-alone, holistic practices that create positive change in your life - the practice of Yogalates and the teachings of The Pillar Code.

**Yogalates** offers public weekly classes at The Yoga Loft in Raglan as well as personal or small group private sessions.

**The Pillar Code** is a 12 week on-line guided healing journey that allows for the total clearing (release), repair and transformation of your Life, Mind and Body.

By clearly seeing what your past life has manifested for you – i.e how your Life, Mind and Body looks now – you are then given the tools to support you manifesting the “what” of your choosing for your tomorrow.

Combining, aligning and lifting each individual to clear and release past blocks, take back ownership of their own life experience and to positively move forward creating a fulfilling, joyful and purposeful life.

Our programmes will:

- empower you to lift into your highest form of resilience
- calm and balance your mental wellbeing to help you lift into clarity
- nourish, rebuild and strengthen your body to be the healthiest version of you right now.

If you are choosing to reduce unwanted stress, tiredness, tension, find your sense of calm, rediscover your confidence to feel in control of your life and reignite your passion for adventure – then Now is the time to re:align.

## NICKY MANN

For information and testimonials check [www.realign.co.nz](http://www.realign.co.nz) and contact me to book in your Discovery Call and complimentary Life Happens session (valued at \$125).



re:align  
RESILIENCE | JOY | STRENGTH

# Sunnyhill Meadows Retreat

## Crystal Reiki / Meditation

**Spring is a time to reawaken. It is a time to cleanse and refresh your mind, body and soul. We welcome you to Sunnyhill meadows for a Crystal Reiki Therapy and a Chakra Cleanse with Vicki!**

Situated in Ruapuke, we have a beautiful therapy studio overlooking a peaceful valley and our maunga, Karioi.

You will be welcomed with a fresh cup of homegrown herbal tea, and Vicki will have a chat with you about your current wellbeing.

You will then get comfortable on the massage table and Vicki will use a variety of therapeutic healing modalities tailored to your needs and her intuition. This includes Reiki, crystals placed on and around your body, light temple massage with organic essential oils, manipulation of pressure points in the hands and feet, and a chakra balancing with a pendulum and affirmations.

Please allow 75 minutes for this session (\$70). We can also accommodate two people at once, making this a special experience for yourself and your partner or friend.

At Sunnyhill

we also offer beginner meditation workshops for individuals or small groups, yoga, and fully catered individual retreats. We are also available to host group packages – ask us about our group meditations, blessings, rituals and ceremonies that we offer for brides-to-be, birthdays, or groups wanting to experience deeper connection together.

Please check out our website, and we look forward to welcoming you at Sunnyhill!

### SUNNYHILL MEADOWS

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[sunnyhillmeadows.co.nz](http://sunnyhillmeadows.co.nz)

027 314 0109 or 07 825 0006

Find us on Facebook!



# Nia Dance

**Nia is a fun, dynamic movement practice that leaves you feeling energised and alive.**

Blending the latest neuroplasticity science with ancient wisdom, The Nia Technique educates dancers to approach life and their bodies in a holistic manner, infusing love, joy and a refreshed sense of body awareness.

A delightful range of Music and choreography inspires dancers to feel free.

Belinda encourages dancers to choose an intensity level and adapt the movements, dancing in your body's way.

We have many classes throughout the week, plus online sessions.

## **STEP INTO A CLASS NEAR YOU**

**Contact Belinda at [www.dancenz.co.nz](http://www.dancenz.co.nz)**

Leave your shoes and inhibitions at the door, quieten your mind, and be guided into the sensations of the body. Feel the strength of social connections with like-minded souls reclaiming life, joy, and happiness.

Nia is a grounded cardiovascular dance class incorporating the chemistry and the healing of Martial arts, Dance Arts, and Philosophical healing wisdom.

## **STEP in and experience the MAGIC**

**BELINDA – NIA**

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# Bernadette Marama Gavin

## Author, Healer, Animal Whisperer

**Bernadette works both in person and remotely.**

*"Gentle, Powerful, Profound."*

### **Sacred Journey Guidance**

*Overcome blocks, illuminate hidden pathways, seed the potential for positive change and unleash your empowered self.*

If you feel stressed, stuck or confused, experience physical discomfort, have low energy, feel joyless, or just somehow, for some reason, feel less than amazing; this powerful session combining Chakra Balancing, Craniosacral Therapy, and Energy Clearing could benefit you.

### **Animal Whispering**

Utilising healing skills combined with inter-species communication, Bernadette will support your animals with:

- self expression
- increased quality of life
- general health and wellbeing
- specific injuries and ailments
- behaviour resolution

- rehabilitation after injury
- connection with deceased pets

*"I'm devoted to being the clearest channel for the sacred sharing between you and your pets"*

### **BERNADETTE GAVIN**

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[bernadettegavin.com](http://bernadettegavin.com)

022 383 2159



# Yogavana

## Yoga with Penni

**For me, yoga is a means of inquiry into ourselves – body and mind – and ultimately our essential nature.**

Whether you're a beginner or an experienced yogini, yoga can meet you where you are.

My teaching aims at seeking balance: stability and mobility, strength and flexibility, effort and ease, discernment and acceptance. Balancing these opposites and honing our awareness is where it's at for me.

I dipped in and out of classes and home practice for many years, then became serious about practicing after a horse-riding accident. Retreats, workshops, a trip to India and then seeing the difference yoga made to injury recovery all led to yoga teacher training.

From my own experiences I know how helpful yoga can be with regaining movement and strength, along with improving mental balance and emotional resilience, and I love to share this knowledge.

As well as yoga teaching, I'm a musician, performer and director and

have taught performing arts and theatre at universities and polytech.

I take an interest in contemporary research in yoga and movement, was an Iyengar Yoga student for several years, and my yoga teacher training is in Classical Hatha.

- YTT 200 – Ashram Yoga
- Yoga Nidra Level 2 - Ashram Yoga
- YTT 150 Tantrik Hatha Yoga

**I run classes, group and private tuition in Hamilton and Raglan.**

### **PENNI BOUSFIELD**

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facebook.com/yogavana.nz





# Creating Change In The Body

Over the last 20 years Jo has studied a variety of techniques that have evolved to create a personal body treatment system for her clients that allows them to feel the change within themselves.

The treatments are designed to address the whole body not just the parts. You may be experiencing something that is creating tension or causing discomfort, when we allow space for that residual tension to be released and softened out of the body the body functions better.

Treatments depend on the individual and their comfort levels. It's not about fixing something, it's about making time and space for the body to adjust to its natural self, unhindered by held or recurring patterns of tension.

Creating space in the body through dif-



ferent techniques of body therapy such as Mohala Floor Bodywork, Kahuna Massage, Iwi heated stone massage, Constructive Rest and Hatha Yoga are all modalities that keep the body open and flexible which helps to keep our vital energy flowing.

Jo Sharp of Fusion Body Therapies has a clinic at 12 Wallis St. She also offers mobile massage and Mohala bodywork treatments around the Raglan region. Keep an eye out for other offerings, Karuna Fusion Dance & Constructive

Rest workshops.

## JO SHARP

info@fusionbody.co.nz

www.fusionbody.co.nz

021 050 6346

# The Healing Power of Sound

**Annie Jameson is a Sound Healer, Crystal Bowl Master, Musician and an Intuitive.**

Her love and passion is to create sacred sound with Alchemy Crystal Singing Bowls™ and other high vibrational instruments to bring people into a deeply relaxed centred space.

When the quartz crystal singing bowls are sounded with reverence they invoke a quiet peace that can still our minds and release stress from our bodies, allowing us to relax and be open to receive healing.

Our entire human body down to our DNA is crystalline in structure, causing it to respond and resonate with the extraordinary frequencies associated with quartz crystal.

Each sound healing session is a unique experience as Annie creates a sacred space, lead-



ing you on a journey within to heal mind, body and soul.

Through playing and toning with the crystal bowls she intuitively weaves the exquisite pure tones, bringing your chakras and energy into balance.

Transformation may be experienced on many levels.

Annie also creates music for deep relaxation, mindfulness and meditation.

“When the bowls themselves sing and resonate, I immediately feel a deep sense of inner stillness, peace and calm”. - L.K

## ANNIE JAMESON

annie@crystalsingingbowls.co.nz

www.anniejameson.com

instagram: crystalsingingbowlsNZ

027 713 8580

# Ylia Sawitzki Yoni Mapping

**Yoni Mapping Therapy is a sexual wellness modality exclusively for women.**

Would you like to feel more connected and at ease with your sexual energy as a woman? Would you like to experience more pleasure and joy in your sexual encounters?

And ... how about awakening a sense of sacredness and healing in your love life?

We live in a society where some women are not experiencing their sexuality as joyful and nourishing.

And some women have resigned into feeling sexually frustrated, inadequate, or plainly “can’t be bothered”. What if it didn’t have to be that way?

Yoni mapping therapy takes you on a 3-hour journey that is informative and deeply relaxing – as well as profoundly inspiring and embodied!

After a session, most women feel a profound sense of aliveness and vitality in their pelvis.

They enjoy a deeper connection with their yoni and a newfound sense of feeling honoured and at home in their body as a woman.

Ylia is a midwife and has been giving Yoni Mapping sessions in Auckland for the past 4 years, following an extensive specialised training.

She offers her sessions in a beautiful private clinic about 20km from Raglan.

For bookings and information:

[www.yonimappingtherapy.com/yLIA/](http://www.yonimappingtherapy.com/yLIA/)

## YLIA SAWITZKI

Ylia is also a sculpture artist and a Reiki and intuitive massage practitioner. Yoni Mapping for her is like the icing on the cake – or the cherries on the blackforrest gateau, as she is originally from Germany!

It is a culmination of the variety of her careers and interests that have all revolved around her fascination with intuitive bodywork and healing.

# Glenn Mortimer Holistic Guide

**Offering Shamanic Healing, Energy Healing, Reiki, Kambo, Meditations, Spirit Walks, Drum Journeys, Workshops and more at a rural retreat 20min from Raglan.**

A private and relaxing retreat with a dedicated healing space and a guest cabin is available. We often serve one-one tailored sessions to suit each individual’s needs, also couples, family, friends and small groups.

Healing is approached holistically whereby the whole self and being is worked with - physical, mental, emotional and spiritual.

A combination of techniques and traditions are used as needed.

Glenn apprenticed shamanic healing with The Four Gates Foundation and the late Ross Heaven.

## GLENN MORTIMER

[folkremediesnz@gmail.com](mailto:folkremediesnz@gmail.com)

<http://www.fourhawks.org>

FB: Four Hawks Retreat

021 170 4474



# Holistic Personal Training

**Mike is passionate about helping people thrive through his holistic personal training approach.**

With over a decade's experience, Mike's unique approach combines natural movement, dynamic mobility, and mind-body work to help you build life-long habits that enable you to get more out of every area of your life.

Are you sitting a lot for work, want to feel more able to do the things you love, want to have more energy, want to focus on longevity, or recovering from a health issue?..... then this training is for you.

As a trainer Mike works with you as a whole person, combining all the elements needed to get you to your best. He will start where you are and work toward your goals in a sustainable way that is fun and super effective.

The training focuses on natural movement patterns helping you improve strength, fitness, mobility and flexibility all in one. Mike infuses breath and mind-body work to leave you feeling energised, vital and balanced.

Mike caters for everybody and meets them where they are at no matter what age or stage. Mike offers One on One or Pair Training in Raglan and offers a free 30 minute initial consult.

*"I met Mike through a referral from a friend and found him to be a great guy who really knows his stuff. I've had big improvements in overall well-being and made some really effective lifestyle changes which suprised me. My energy feels really stable and I'm more balanced, everything from work to playing with the kids is easier and more enjoyable. I've tried a lot of different things over the years and found Mike's holistic training approach to be really effective with long-term change." – Mike Moran*

## **MIKE JEWELL**

truelifetraining@gmail.com  
022 632 1004



## Mike Jewell

# Holistic Massage Therapy

**Mike is passionate about helping you enjoy optimum health through the benefits of holistic bodywork massage.**

Having worked in the world of holistic health since 2009, Mike combines his massage therapy training with his understanding of the mind-body connection. He treats each person as a whole, with the aim to return balance rather than an illness to be defeated.

Mike's journey into holistic health and healing started in 2002 when he was working in an office environment and experienced pain through his back, arms and hands to the point he couldn't rotate his wrists. This led him to see the pressures different environments put on our body and mind and the many health issues that result. From here through travel, education and experiences he began to discover the deep healing power of natural health and body work.

Mike is passionate about massage as a way to create space in the body, dropping into the parasympathetic nervous system where strong healing takes place. This allows the body and mind to return to natural balance. Regular massage will help with insomnia, reduce pain, lower blood pressure, improve circulation as well as promote relaxation and generally increase your well-being and vitality.

From his beautiful studio in Raglan, Mike offers deep tissue, mayo-fascia release and relaxation massage using only organic oils.

*"Mike you have the touch and presence! Massage with you is always such a great experience, I leave in a completely transformed state everytime. Whether I've been busy at work or my body is needing some recovery you seem to be able to intuitively tap into it and sort out whatever is going on. Thanks so much and I can't recommend you highly enough!" – Andrea Jones*

truelifetraining.co.nz

# Sacred Self Care

## Magic Mornings by Vicki Shannon

**Creating a morning ritual is one of the best things you can do to enhance your day! We are not talking about getting up, brushing your teeth, making coffee in the same way. We are talking about a ritual that gives you time to breathe, relax and set up a positive start to your day so that, whatever happens, you are able to handle it with ease.**

Here are some morning rituals that take only ten minutes and can be done on even the most busy days.

**Journaling / Morning Pages** – when you first wake up in the morning, before you even get out of bed, grab your journal and write three pages of whatever is in your head. It may be the worries you have for the day, how beautiful the birds sound outside your bedroom window, or an idea you have for your business but are not ready to tell anyone yet.

Take the time to write three full pages. Once the pages are finished (write no more, no less) put your journal back and start your day. Do not reread your pages. Just let it be!

Another way is to journal using five focused questions that you answer such as: how am I feeling today? What is one thing I am grateful for? What is one thing I am looking forward to today? You can even buy journals that already have journal prompts to help you, or look online for some journal questions that you like.

**Ten yoga stretches in ten minutes** – this can be done using a YouTube clip (there are many yoga instructors who have ten minute morning yoga routines) or finding ten stretches that work for you (downward

dog, child's pose, spinal twist, happy baby, forward fold, thread the needle, etc ). Do this first thing in the morning as soon as you get out of bed! Commit to your stretches and be present in the movements. Notice how the movements feel in your body! For those of us who have jobs where we are sitting all day you can also take some of your stretches to work to do.

**A solitary mindful cup of tea** – a simple yet effective morning ritual is a solitary mindful cup of tea. When you first wake up in the morning, boil the jug and mindfully make your cup of tea. Notice how the water changes colour from the tea.

Find a quiet space in or outside your house and sit for ten minutes, drinking your cup of tea, trying to clear your mind and focus only on the taste, smell and other things that are around you. This moment of solitude may be the only one you get in your day!

**Morning Meditation** – one of my favourites is a ten minute morning meditation. I even manage to do this when the kids are home. After you have showered and dressed take yourself away and commit to a ten minute morning meditation.

Begin by focusing on the breath and then take yourself through a simple body scan. After this call on the five elements and try to clear your mind. If you struggle to come up with your own meditations to use check out our website for my water meditation and elemental calling – or you can find some on YouTube that focus on different topics such as affirmations, or clearing negative thoughts.

# Massage & Aromatherapy with Diane Davies



**Diane has been practicing the healing arts of aromatherapy and massage for 11 years, practicing yoga for 20 years and teaching for 5.**

With a background in counselling, all these aspects inform her treatments so that the needs of the body, mind and spirit are catered to.

Using a tailor-made mix of essential oils for every massage enhances the holistic nature of the treatment.

Diane considers essential oils to be an aspect of plant medicine, to be used correctly and with reverence and no one treatment will be the same as another.

## **DIANE DAVIES**

1 Upper Cross Street, Raglan  
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021 969 929

# Earthhorse Aotearoa Equine Assisted Therapy & Guidance

**In our beautiful rural environment at Waitetuna Valley, we offer healthy connection with clients' deeper selves in one-on-one sessions and in small groups.**

The Equine Assisted Therapy modality, which is both new and been around for as long as humans and horses have shared space, is a counselling process enhanced by wise and gentle souls who generously offer their presence and healing.

Our horses model healthy ways of being, sharing their natural and ancient wisdom while they take clients on a journey of self-discovery and deep connection.

Because horses process everything they experience within the present moment they teach a healthier way of being as they become our spiritual teachers.

Experiencing horse wisdom is truly transformative as they mirror our true emotional and somatic states of being and provide a dynamic external focus to the therapeutic process.

Through the Equine Assisted processes, horses lead people to a level of emotional stability and spiritual knowing that is otherwise rarely accessible.

## **SUE AND SARAH**

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earthhorse.co.nz  
022 1714 122



# The Healing Hub – Massage with Trudi

**The Healing Hub is a tranquil, peaceful nurturing environment where you can come and experience a deeply healing Swedish remedial massage and energy bodywork including chakra balancing, acupressure and lymphatic drainage.**

My healing gift is intuitive, I am guided by my indigenous Native American spirit guide who channels through me so I can work on the areas in most need, she also passes on important information for my clients to assist them on their healing journey.

Whether you have a physical ailment or emotional hurt or maybe both, intuitive bodywork will help shift and unblock stagnant energy and trapped emotions that are holding you back in your life. You will step out of your session energised and rejuvenated with a sense of clarity that will allow you to listen to your “inner voice” more clearly. Chronic pain is often diminished or can disappear completely.

If you feel the calling I would be honoured

and privileged to share my Mahi with you. I look forward to seeing you at my Raglan studio.

## Testimonial

*I can't recommend Trudi enough. This woman is amazing. After spending 7+ years on Parkinson's medication for restless leg syndrome and consulting countless Drs and health professionals Trudi managed*



*to sort the problem out in a one-hour session! It's been 4 weeks and I'm still off the pills.*

*I have a weekly massage with Trudi to unblock my lymph nodes. Thank you so much Trudi.*

– Daina Agnew, Raglan

## TRUDI – THE HEALING HUB

tmjpeet@gmail.com

021 201 3253

# Meredith – Access Bars

**Access Conscious Bars are 32 points on your head that hold the energetic imprint of everything you've ever thought, believed, said, been told, felt or experienced. Holding each point gently for a few minutes releases those charges and allows you to relax and let go.**

It's a bit like rebooting your computer when it has slowed down or frozen because you've had too many windows open.

## Bars can really help when:

- You're feeling anxious or overwhelmed.
- You're tired all day but as soon as you lie down to sleep your brain goes into overdrive.
- You just can't relax or quiet your mind.
- You can't focus for any length of time

Having your Bars run is relaxing and peaceful, and can create a sense of ease, calm and spaciousness in your mind.

I have been a Bars practitioner for over 6 years now. I really love this work and seeing the

benefits it can bring as we navigate these often stressful times.

Sessions take around an hour and cost \$60.

## MEREDITH YOUNGSON

meredith.youngson@gmail.com

021 563 143



# Soul Alignment Therapies – Maeve Kelly

**Soul Alignment is the opening of channels, both within the physical body and the template of energy which surrounds the body, and ultimately our unified body which connects with all things.**

It is the reinvigoration of that destiny we have chosen before birth and the remembering of the purity that we carry within our hearts. It is an awakening experience which allows for the flow of energy and information and for the release of blockages and trauma which we have carried during this and previous lifetimes.

A session of Soul Alignment may involve any of the following; spiritual guidance / counselling, past life regression, trauma acknowledgment and release, hands on energy healing, embodiment practices, massage, reflexology and meditation.

The healing session is Soul guided and is governed by your own requirements and the aspect of you, which is awaiting healing, will arise to the surface for recognition organically.

The sacred space within which you will journey is held by the Archangels & Ascended Masters and by your own ancestral lineage, and therefore the room is bathed in love and compassion for the purpose of deep transformation. It is the perfect place to step into when you find yourself at a crossroads in life; when you have the feeling that there is a door to be opened and a new chapter to begin, or perhaps you feel

there is much that you are willing to witness within yourself and potentially let go of.

You may be experiencing deep grief, residual trauma, anxiety, depression or physical discomfort, and you wish to find a sense of peace and understanding. The clarity that you seek comes alive within you, when you choose to create a moment of self-awareness and sacred alignment.

The practice of Soul Alignment is a Shamanic one, offering the opportunity for deep journeying, soul retrieval and embodied consciousness. There is an opportunity to become aware of and choose to decode old patterning and establish understandings which arise from the heart and not from the unhealed wounds.

It is supported by my own experiences over 12 years, of profound self-witnessing and awakening, of energy studies (Reiki & Seichim Master training & Kwon Yin Magnified Healing), Celtic Shamanic training, Shamanic Breathwork, Romi Romi Massage, Ancient

Lomi Lomi Temple Healing Massage, Angelic Healing & Channeling, Reflexology and Shamanic Plant Journeying.

## MAEVE KELLY

Contact me on 0273330707 or email me at [mck.angelfire@gmail.com](mailto:mck.angelfire@gmail.com).

*'Out beyond the ideas of wrongdoing and right-doing, there is a field, I will meet you there'.*

– Rumi



## Sunflower Oracle Online Directory

See all the online services available from healers

RAGLAN

HAMILTON

TAURANGA

PLUS! Coming soon to Sunflower Oracle ... • ROTORUA • COROMANDEL •

[sunfloweroracle.nz/online-directory/](https://sunfloweroracle.nz/online-directory/)

# Sarah Strong Photography



**Photography is my passion, especially when I can capture creative and graphic impressions of all the beauty of life and nature that surrounds us.**

I've been fortunate to have travelled widely, and much of my photography reflects essences of each place I've visited. I'm also a massage therapist, so a holistic worldview is very important to me.

Contact me for naturalistic and abstract photography creations:

[facebook.com/SarahStrongPhotography](https://facebook.com/SarahStrongPhotography)

**Image at left inspired by:**

*"You are whole and also part of larger and larger circles of wholeness you may not even know about.*

*You are never alone.*

*And you already belong.*

*You belong to humanity.*

*You belong to life.*

*You belong to this moment, this breath."*

– Jon Kabat-Zinn

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## Sun Salutation series A

**Surya Namaskar, or Sun Salutations, is a sequence of poses that help to strengthen, align and warm the entire body. This sequence honors the sun, and the following sequence is a classic example, but there are many minor variations.**

By moving through the salutations slowly and rhythmically, they can become a sort of meditation exercise. You could try to focus on one place in the body, such

as the heart centre, or the root chakra, and work on maintaining this focus throughout the sequence. To challenge yourself and to work on increasing your fitness, you could move through the sequence by changing pose at each inhalation or exhalation. You could begin with 5 repetitions and increase as you get stronger.





# Counselling & Hypnotherapy

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*"I saw the angel in the marble and carved until I set him free."*

– Michelangelo

### **Etai Gilad**

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psychotherapy, NLP and EFT Etai will help you develop tools and techniques that enable you to find your creative flow and craft the life that you want.

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### **ETAI GILAD**

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# The Ideal Yoga Student

## Yogavana - Yoga with Penni

Recently talking with other yoga teachers our 'ideal yoga student' was mentioned. It's who we love to teach and design our classes for.

So who is the 'ideal student'? Maybe you immediately thought of Instagrammable impossibly bendy poses – guess again. It's internal – being interested in their relationship with yoga, and listening to their body and awareness.

This can be a process of understanding which version of a pose works for you. Not every body can do every pose. Anatomy, skeletal structure (and injury history) all play a part. But



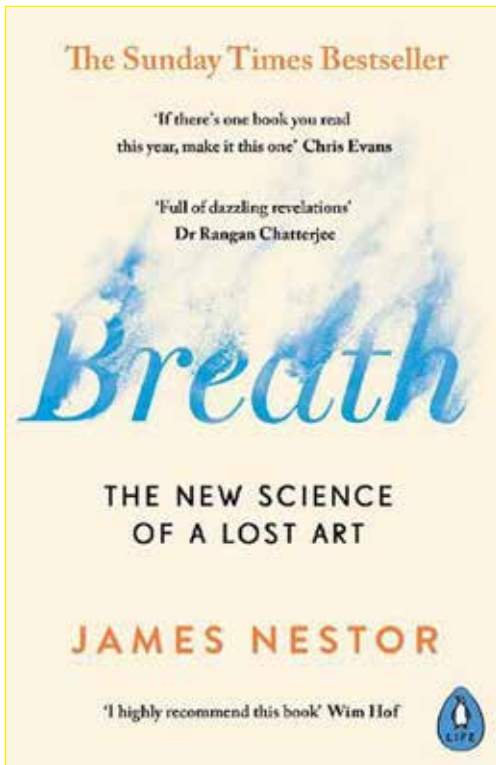
every pose can be modified.

It's about balancing flexibility with strength. Some very flexible people need to not stretch so much as strengthen and stabilise in poses. Other people who say they're 'not flexible enough' to do yoga have good stability but could benefit from maintaining/increasing their RoM (range of motion).

It's not about becoming a contortionist, but keeping our bodies supple, stable and responsive to our daily needs throughout our lives.

Then there's balancing our mental and emotional states. An important part of Hatha Yoga practice is breath awareness. The techniques known as pranayama affect physical healing, stress levels and our whole parasympathetic nervous system (for more on this *Breath* by James Nestor is an interesting read).

When I see people in my classes take cues onboard, use pose variations as needed, listen to their bodies and stay conscious of their breath – they may not be the yoga stereotype, but I'm thinking, 'These are good yoga students'.



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