



Yoga Synergy EarthSequence DVD - Simon Borg-Olivier & Bianca Machliss

Simon Borg-Olivier has been practicing Yoga since 1983 and Bianca Machliss since 1989. Together they run Yoga Synergy with yoga studios in Bondi Junction, Manly & Newtown. This dvd - EarthSequence - is the first sequence of a 5 element series.

Synergy style Yoga is a blend of Astanga, Vinyas, Iyengar and Tibetan Yoga as well as contemporary medical science. It is a dynamic flow style Yoga, linking postures, the breath and anatomical alignment.

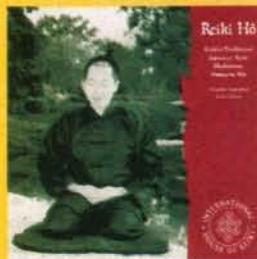
The DVD includes a beginner, intermediate and an advanced sequence. The beginner sequence is performed by both Bianca and Simon - one demonstrating the easier or beginner version of the pose and the other demonstrating the more complex or complete version of the pose. There are Mudras and Bhandas incorporated into the sequence. Throughout the demonstrating the instruction is clear, detailed and beautifully spoken.

The intermediate sequence is also performed by both Simon and Bianca and is just about the same as the beginner sequence - but taking the postures further, without instruction, with music and 'click' sounds to indicate when to end one pose and begin the next. The Advanced sequence is performed to music by Simon alone.

Simon & Bianca's dedication to the practice of Yoga radiates throughout the whole sequence and their long experience is beautifully displayed. That the postures are performed by both gives a very clear indication of where the pose begins and how it can progress. The production is highly professional. The safety instructions are detailed - read them carefully.

If you have kids they'll love it too. I watched it (several times) with a friend, Brian Tranter (who incidentally was Simon's first student), and family and his 4-year old daughter, Micaela, now requests that dvd more often than High Five! She makes marvellous attempts at the poses and she also very quickly incorporated the 'clicks' and the mudra's into her own little dance routine.

Available from Yoga Synergy (02) 9389-7399; www.yogasynergy.com and selected retailers.



Reiki Ho

Guided Traditional Japanese Reiki Meditation. Bronwen & Frans Stiene, International House of Reiki

Frans & Bronwen Stiene are the authors of 'The Reiki SourceBook' and 'The Japanese Art of Reiki' (March 2005). They teach traditional Japanese Reiki in Sydney, the

Blue Mountains, Melbourne, Perth, Asia and Europe. They offer on-going support and professional development and they also run a private practice Reiki practice in Newtown.

Reiki Ho is a guided meditation practice of the traditional Japanese Reiki technique Hatsurei Hô with beautiful Japanese-inspired meditation music. The Reiki Hô CD is designed to support practitioners to move from a guided practice into their own intuitive practice. It includes a 15 minute introduction to the technique (includes history, benefits and how to practise), 30 minutes of the complete guided technique of Hatsurei Hô (including Japanese waka poetry, Jôshin Kokyû Hô, Seishin Toitsu, and the Japanese Reiki Precepts). There is also an extra 30 minutes of non-guided meditation music for the practitioner to advance to (includes Japanese waka poetry and Precepts).

Reiki Ho is wonderful for anyone interested in building energy in their

body for self-healing - not just Reiki practitioners. It will also be perfect for those interested in getting a taste of Reiki. What I like most about this meditation is that It supports the personal development of the listener as well as the self-development and self-healing abilities of the professional practitioner. Part of a 3 part series of Reiki CD's, this is another work of art by the International House of Reiki.

Available at www.reiki.net or 1800-000 992.



Mindfulness Meditation - John Barter

John Barter was a Buddhist Monk of the Theravada Forest Tradition of over 11 years and has been practicing meditation for 25 years. He is a registered Psychologist and runs a counselling and Buddhist meditation practice in Sydney where he

teaches Mindfulness meditation and regularly runs courses.

In this double CD set there 2 meditations - one of 20 minutes and one of 40 minutes, both very similar. So you can choose which meditation you have the time for. Both take us through the body bit by bit and finally to the awareness of the breath. There are silences with John periodically coming in to bring us back to the sensation of the breath and reminding us to be aware.

At the beginning of CD2, John conveys his background and experience and talks about his teachers. He explains Mindfulness - "a fullness of awareness" ... "a conscious clarity" ... "a presence of mind" ... "the practice of sustained awareness" or "coming to ones senses". He points out how mindfulness creates a space between a stimulus and our response to it. During the narration John is very obviously 'mindful' and I when I listen to it, I feel as though he is in the room, gently guiding me.

He talks about the everyday life benefits of mindfulness, or being mindful, as well as the therapeutic benefits. These meditation practices are also very helpful for working with a variety of specific issues - personal and professional as well as illness or discontent. The accompanying music is beautifully apt.

Distributed by Creative Vibes and available from all good record stores; www.cvibes.com



Change your Energy, Change your Life. Feng Shui - A Practical and Easy Guide - Roxanne

Roxanne is a teacher, lecturer and professional Feng Shui Consultant. This practical guide begins with an introduction to the laws of Feng Shui and goes on to a very detailed description of how to apply the laws. It discusses maximising

the energies surrounding your home, your garden, and your workplace, whether that be an office, classroom, hospital, restaurant or whatever!

The book provides a Bagua map with a detailed description and tips on how to apply the principles. It covers spiritual matters, the five elements, Yin and Yang and every section of your home and how to apply Feng Shui to many situations. The book is enhanced by inspiring quotes by prominent spiritual teachers right throughout the entire book. The second half of the book is a comprehensive Feng Shui dictionary of over 120 pages - from Abundance to Zen Garden!

Available from Roxanne at (02) 9525-6569 or www.fengshuilaws.com
ISBN 0-646-43843-3.