

approved courses with many also approved for international students. Degree options are also available with three major universities.

Located only five minutes walk from St Leonards train station, facilities for students include an extensive library with free net access, in house vegetarian café, bookshop with a range of products and gifts, free student counselling service, job assistance program and on-site clinic training.

Open Day at Australia's longest

established and most respected College of Natural Therapies and self-development is on Saturday August 7 from 10am to 2pm. Here you will get to see Nature Care College in action with free-mini treatments, lectures, course advising and the best in house vegetarian café around!

Call 9438 3333 for more info or check out www.naturecare.com.au.

The International House of Reiki, featured in last month's natural health article, is now running Wednesday evening Reiki practice groups, and a free Reiki Introductory Evening in Sydney on August 4.

Bronwen and Frans Stiene of the International House of Reiki have co-authored what is acknowledged as the most comprehensive book on the system of Reiki ever written. *The Reiki Sourcebook* has loads of information on all facets of Reiki including a historical timeline, the origins of Reiki, a Reiki lineage chart, over 70 illustrated western and Japanese forms of Reiki, major branches of Reiki, scientific research into the system amongst a wealth of other information. *The Reiki Sourcebook* is available at all good



Tai Chi master, Zhang Hao

bookstores and the International House of Reiki can be contacted at www.reiki.net.au.

Extolled by Madonna (or is that Esther?) and countless other Hollywood luminaries, yoga is a great way to get in shape or to simply maintain the shape you want. Yoga offers a myriad of benefits both physical and mental including increased energy, stronger muscles and bones, weight loss, reduced levels of anxiety and stress, improved general health, a general feeling of wellbeing and a calm mind and relaxed body.

Yoga To Go in Petersham offers small classes



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