

ASTRO Networks Victoria Inc.

is proud to present

Michele Wolff

to speak on



Healing the Mind, Body and Spirit ~

A Combination of Practical Indian Head Massage Technique & Nutrition to Enhance your Wellbeing

Michele has over 20 years experience as an Indian Head Massage Teacher. She has qualifications in Naturopathy (B.HSc), is a Registered Nurse, Hypnotherapist and Aromatherapist. She is a Lecturer with over 20 years experience in natural medicine specialising in digestion, detox and food as a medicine, and is the Author of *'Digestive Solutions' - 101 Proven Methods to Solve your Tummy Problems Naturally.*

Indian Head Massage is based on the ancient Ayurvedic form of healing that dates back almost 4,000 years. It can be used for physical harmony, healing, vitality, and relaxation.

Michele believes we are also affected by what we eat, assimilate, absorb, as well as, the stresses of daily life.

The Evenings' Presentation will Focus on;

- *Five Key Dietary Habits to Stop Bloating, Gas and other Tummy Problems.*
- *How to use Foods as a Pharmacy to Help Discomfort, Constipation, Diarrhea and more.*
- *Tips on How you can Feel really Great and do without Embarrassing Digestive Problems.*
 - *Learn the Art of Relaxing using Practical Head Massage Techniques.*
 - *Experience a Profound Sense of Relaxation and Clarity with Indian Head Massage.*
- *Enjoy Receiving and Giving Head Massage and Valuable Tools you can Take Home for Headaches, Eyestrain, Better Sleep and more .*

Manage your Health and Enhance your Wellbeing!

A Very Practical and Informative Evening. Not to Be Missed! See You There!!

Monday, 8th of August, 2016

7:45 p.m.

Members - \$5.00

Non Members - \$15.00

Kew Library, Cnr Cotham Road & Civic Drive, Kew, 3101

Tea/Coffee/Herbal Tea with Biscuits provided

For more information about this and other ASTRO events contact Sergio or Josephine on (03) 9857 8719 (AH) or write to; PO Box 4032, Balwyn, Vic., 3103 or Email: astro@home.netspeed.com.au
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