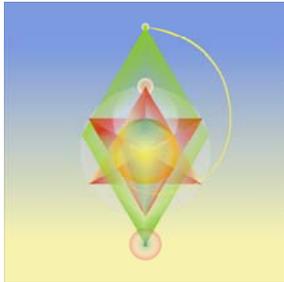




**BALANCED  
ENERGY®**

Beauty Spa + Health Clinic

**In January's BE -Zine: Open Day / Solar Eclipse / New Studio Classes / Therapist Secrets / Inspirations for 2011 / The A Blood Type plus more...**



In Five Element Theory an "Indian Summer" is the time of year ruled by the Earth Element. The Balanced Energy Earth Element blend is called "Heartbeat of the Mother" because this Element is all about nurture and support. Earth contains a little bit of every element, rules the stomach and spleen and is the foundation for all life. "Heartbeat of the Mother" is available as an energy essence blend, a sensuous essential oil blend, massage oil, body balm, soap, candle, bath salts, mist spray or as a beautiful Mandala art work (see image to the left) representing this grounding element.

Today I opened a book of 365 daily quotes

The quote for the day was Buddhist: "We will never again be able to experience life in a body such as this" Whether you believe in reincarnation (as the Buddhist religion does) or not this quote emphasises making the best of whatever we are experiencing in this lifetime because we won't ever be in that exact moment again. So, how does one balance the need to make the most of life with moderation and staying healthy? At Balanced Energy we believe that life is a rich experience to be enjoyed and that the body and mind are to be nurtured and cherished to allow this to happen. We wish you a prosperous and healthy year in 2011, and look forward to seeing you at the Balanced Energy Clinic sometime to share a moment in time with you- *Catherine Opie and Henri-noel Venturini founders of Balanced Energy*

### **Balanced Energy Open Day**

**Saturday 15<sup>th</sup> January from 9.30am-5pm**

(Happening every term so look out for the next one if you miss this one)

Experience the Balanced Energy Beauty Spa + Health Clinic with free workshops all day in the Studio plus discounted treatments and complimentary Infra Red Sauna in the Clinic. Advance bookings for treatments are advised. (Towels for sauna cost \$5 on the day).

Free Face Mapping and Energy Readings

Half price treatments

A chance to look through the clinic

Plus enter the open day competition to win treatments and classes

#### **Open Day Studio Timetable**

09.30-10.30 Tai Chi with Henri Venturini

10.45-11.45 Intro to Vinyasa Flow Yoga with Natasha Rainger

12.00-12.45 Detox Herbs and Diet with Dionne Greening

13.00-13.30 Massage Techniques for Detox with Angela van Trijp

13.30-14.00 Face Lifting Massage Techniques with Kavita Reddy

14.15-14.45 What do you want from 2011? Meditation with Catherine Opie

15.00-15.30 Buggy Boot Camp intro with Debbie Goldingham

16.00-17.00 Nia Dance Party with Sally Cooke



### **Nourishing foot scrub**

Secrets from the Balanced Energy laboratory by Catherine Opie Summer feet need lots of care dry skin being one of the side effects of sun, sea and sand, especially as they are on show at this time. This soothing, exfoliating, repairing and nourishing foot scrub will leave your feet feeling and looking amazing:

2 heaped tablespoons of sugar (medium size crystals are the best), 1 tsp Manuka honey, 1 tsp of oil (extra virgin olive, almond, sunflower or avocado are best), 1 drop of lavender essential oil. Mix well with a fork to make a crumbly paste.

No.'s 1-3/ 5 link Crescent, Whangaparaoa, Auckland, (opposite the cinema)

[beclinic1@balancedenergy.co.nz](mailto:beclinic1@balancedenergy.co.nz), 09 4 28 29 31



## BALANCED ENERGY®

### Beauty Spa + Health Clinic

Soak feet in a warm footbath for a few minutes. Remove one foot at a time from the footbath and scrub thoroughly using the mixture. Rinse feet well in the footbath water. Pumice or file as per usual. Dry feet well and massage with Balanced Energy Body Balm for an extra soothing and moisturising effect.

### The Natural Face Lift Massage

Beauty tips by Kavita Reddy, Balanced Energy Beauty Consultant



There comes a time in everyone's life when we recognize that youth is not ours forever. This is when a Natural Face Lift Massage can be timely and beneficial. Combining ancient theory with a practical, modern approach to looking and feeling your best this non-invasive treatment can help reverse some of the adverse effects that have occurred to your skin as well as tone and help prevent further damage. As your face is soothed into calmness, your features can visibly relax, relieving tension in areas you had no idea were tense. With this deceptively simple massage and energy balancing technique you can discover a new and exciting way to take care of the beauty you possess.

### New Balanced Energy Wellness Consultant

Dionne Greening is now available for Naturopathic, Iridology and Reflexology Consultations and will be leading a 6 week guided cleanse using diet and herbs starting in mid February. If you are interested in participating please contact the clinic for more details.

### The A Blood Type

There are four blood types O, A, B and AB. Each are unique in many ways. For instance, Type A has low levels of hydrochloric acid in the stomach and high intestinal disaccharide digestive enzyme levels permitting more efficient digestion of carbohydrate. This, along with low levels of intestinal alkaline phosphatase, make it difficult for Type A to digest and metabolize animal protein and fat. The Type A body responds well to low impact exercise with a mental stimulus such as walking, cycling or tennis and meditation, Tai Chi or Yoga help with stress prevention. The A Type (According to the research by Dr. D'Adamo a Naturopath and researcher) thrives on a diet rich in fresh fruit and vegetables and is the blood type best suited to a vegetarian diet. To find out more go to [www.d'adamo.com](http://www.d'adamo.com). Or talk to one of our clinic therapists about the Eat Right 4 Your Type diet and exercise programmes.



### Massage tips to ease and relax

Angela van Trijp, Balanced Energy Massage Consultant

**Rub your belly after every meal.** Most of us do this instinctively, especially after overeating. Place one or both palms on your abdomen and gently rub in clockwise circles. This is the same direction food naturally moves through your intestine, so your circular massage will help to stimulate digestion.

**Give yourself a bear hug to relax away shoulder tension.** Cross your arms over your chest and grab a shoulder with either hand. Squeeze each shoulder and release three times. Then move your hands down your arms, squeezing and releasing until you get to your wrists.

### VIP monthly special

All VIP Members receiving our newsletter by email or post or have access to discounts available exclusively to them, so contact us now to sign up for special treatment and be a Balanced Energy VIP member. 09 428 2931, [beclinic1@balancedenergy.co.nz](mailto:beclinic1@balancedenergy.co.nz)



BALANCED  
ENERGY®

Beauty Spa + Health Clinic



### Solar Eclipse

By Henri Venturini

The solar eclipse of January 4th 2011 could be seen as a bad omen however, because the Sun was conjunct with Mars in Capricorn and with the fortunate star Dheneb, these influences create a beneficial combination at this time. This partial eclipse was also in a positive relationship with Venus, which is trine with Jupiter (the ruler of Capricorn in the Mid-Heaven). This is one of the most positive aspects that Venus could be in.

Venus, in this position, brings remarkable good fortune, creative expression and love, particularly for those born in the last few degrees of Scorpio, Pisces or Cancer. This aspect completes a favorable relationship with the Sun, the message here could be: "All you need is love".

Love is a force that makes you choose: you decide for reasons you often can't understand. It makes you surrender to a higher power. So trust your instincts; go for what you're so strongly drawn to—no matter how scary, difficult, irrational or troublesome—for if you don't, you will never be wholly you. In a broader sense it is a time where one could start to focus on helping Humanity and to bring opposing forces together in a balanced state.

Henri Venturini uses both Western and Eastern Astrological analysis in his client sessions to assist him in understanding the influences at work for each individual.

### Tai Chi Holiday Special



Tai Chi Weapons Master Henri-noel Venturini presents an opportunity to improve your skills and understanding of the ancient healing art form of "Tai Chi Chuan". Henri has over 10 years experience in teaching Tai Chi and martial arts in New Zealand and Australia, skills that he has learned whilst studying with living masters such as Grandmaster Khor, Earl Montague, Chen Xiawong and Tennison Yiu. Henri has also attained Black Belts in other martial arts styles.

Sunday the 23rd January, 9am (registration 8.30am) to 5pm.  
Morning and afternoon tea provided, \$100

### What do you want for 2011?

Try sending yourself a letter from the future. Think about what you want to achieve this year and where you would like to be this time in 2012. Then, once you have a clear idea, write yourself a letter from 2012 congratulating yourself on what you have achieved throughout 2011. Use a card or good writing paper and be as creative as you want with the design. Seal the letter into an envelope, put a stamp on it and give it to a (reliable!) friend to post back to you in December this year. By the time it arrives in your letterbox you will have forgotten completely what you put into it and it will make very interesting reading. Remember to make your goals easily achievable and practical in nature.

No.'s 1-3/ 5 link Crescent, Whangaparaoa, Auckland, (opposite the cinema)  
[beclinic1@balancedenergy.co.nz](mailto:beclinic1@balancedenergy.co.nz), 09 4 28 29 31



# BALANCED ENERGY®

Beauty Spa + Health Clinic

## Studio Reopens Monday 17-01-11

### Class changes:

We are very sad to announce that Clare Etherton, our Saturday Yoga teacher, is leaving the Balanced Energy Studio. We wish her well with her Kaukapakapa classes and hope to see her again soon.

**But.... we are excited and pleased that Natasha Rainger of Yoga Orewa is joining us to bring her Mums and Bubs, Lunchtime Vinyasa and Pre-Natal Yoga classes to the Balanced Energy Studio. Please see timetable for class times.**

### Buggy Boot Camp



With Debbie Goldingham Tues 8.30-9.30am, Thurs 8.30am-9.30am  
Get out in the fresh air and sunshine and exercise with your baby as well. BBC involves outdoor cardio and fun circuits with toning and stretching back in the Balanced Energy Studio, finishing off with socialising over tea and muffins. It's a boot camp workout but with a yummy reward at the end!

### Pre Natal + Mum's & Bubs Yoga



With Natasha from Yoga Orewa.  
Healthy for you, healthy for baby Yoga helps with the changes in your body and mind at this time and eases stress, aches and pains.  
Meet other Mum's over a cup of tea after class.  
Mum's and Bubs Wed 10-11am, includes tea afterwards  
Prenatal Saturday 11am-12pm, includes tea afterwards

### BE Studio programme and prices:

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tai Chi	4.15 - 5.45	6.30 -7.45pm				
Yoga	9.30-10.45am Vinyasa/Yin		11am-12pm Lunchtime Vinyasa Flow			
Pregnancy Yoga						11am-12pm Inc. tea
Mums and Bubs Yoga			10-11am Inc. tea			
Meditation				6-7pm		
NIA Dance	11.15-12.15		6-7pm			
Buggy Boot Camp		8.30-9.30am		8.30-9.30am		

Please note: prices and times can be subject to change so please call us to check if you are a new client

Casual Class \$15

Term Pass \$120 (\$12 per class)

Four Class Pass \$52 (\$14 per class)

Group Term Pass, min 2 people \$100pp (\$10 pp per class)

No.'s 1-3/ 5 link Crescent, Whangaparaoa, Auckland, (opposite the cinema)

[beclinic1@balancedenergy.co.nz](mailto:beclinic1@balancedenergy.co.nz), 09 4 28 29 31