



July 7.00pm

- Tues 13th Companions in Healing (Bronwyn)  
Morning Art Therapy (Janice Mandara)  
10.30 am- 12.30 am.
- Tues 20th Ageless Wisdom Studies (Con Xanthos)
- Tues 27th Flame Meditation (Nadia-Rose)



August 7.00pm

- Tues 3rd The Hermatic Way  
Planetary Meditation (Chandra Easton)
- Tues 10th Companions in Healing (Nadia-Rose)
- Tues 17th Ageless Wisdom Studies (Con Xanthos)
- Tues 24th White Tara Meditation  
Morning Art Therapy (Janice Mandara)  
10.30 am- 12.30 am.
- Tues 31st Maitreya Puja  
No Morning session



September 7.00pm

- Tues 7th Ascension meditation  
Morning Art Therapy (Janice Mandara)  
10.30am – 12.30 am
- Tues 14th Companions in Healing (Nadia-Rose)
- Tues 21th No Session
- Tues 28th Festival of Archangels  
Heart Flow Healing Service.



October 7.00pm

- Tues 5th Troi Leonard  
Deeksha Blessing
- Tues 12th Companions in Healing (Nadia-Rose)
- Tues 19th Ageless Wisdom Studies (Con Xanthos)
- Tues 26th Flame Meditation
- Morning Art Therapy (Janice Mandara)  
10.30am – 12.30 am



November 7.00pm

Tues 2nd No session Melb cup day

- Tues 9th Companions in Healing (Nadia-Rose)
- Tues 16th Ageless Wisdom Studies (Con Xanthos)
- Tues 23rd Yasidhara Puja
- Tues 30th The Hermatic Way  
Planetary Meditation (Chandra Easton)  
Morning Art Therapy (Janice Mandara)  
10.30am – 12.30 am



December

- Tues 7th Ascension meditation
- Tues 14th Maitreya Puja
- Tues 21st Heart Flow Earth Healing  
Christmas Service



Tuesday Morning 9.30 –11.30 Mantas & Meditations/  
Personal & Spiritual development - Nadia-Rose  
(Except when there is art therapy or school holidays)  
No fee – donations towards centre gratefully accepted

Fees - All evening sessions \$10.00 - Art Therapy \$15.00  
Heart Flow Services - No fee Charged  
Please wear indoor shoes/slippers into the venue.  
Please park in Graham St. and enter through the Graham  
entrance (wooden gate). Please note that no late admisi  
will be allowed into any session



Facilitators.

Nadia-Rose

(Founder and Coordinator of the Bacchus Marsh  
Heart Flow Healing Centre).

Nadia-Rose is a Spiritual Healer, Counsellor and Psychotherapist who has studied with the Daylesford Theosophical School of Healing and the Cairnmillar Institute of Psychotherapy and Counselling. She works as a psycho/spiritual healing practitioner, group facilitator and does intuitive readings as a guidance to assist others to understand themselves and their journeys.

Nadia-Rose has been facilitating workshops and classes for many years. She has a love of music, singing mantras, and helping others to find their hearts in the most joyous and loving way as possible.

Nadia-Rose is an associate of Heart Flow Worldwide.  
Contact: [heartoftherose@bigpond.com](mailto:heartoftherose@bigpond.com)

#### Con Xanthos

Con Xanthos works as a psycho-spiritual healer and therapist, transformational coach, and has many years experience as a student and teacher of the Ageless Wisdom or Theosophy.

#### Janice Mandara

Janice Mandara is an art psychotherapist and brings together a wealth of experience in art therapy, healing, creative colour work and group facilitation. The art therapy workshops focus on giving a variety of mediums combined with meditation, personal support and inspiration for self exploration and transformation. No artistic skill is required just a willingness to open and allow yourself to play and observe. Contact; [mermoon@vic.chariot.net.au](mailto:mermoon@vic.chariot.net.au)

#### Regarding participation in meditation

If you have any serious physical and/or psychological conditions, currently use or have recently used licit or illicit drugs, or use alcohol extensively, you are advised against taking part in the meditation techniques offered within this program, without prior consultation with an experienced meditation teacher. Where serious illness or imbalance is present, the body and mind need to focus primarily on healing and regaining balance. In these cases, it is better to work on healing, in cooperation with health care practitioners, through relaxation, positive thinking, stress reduction, and Yoga Nidra (a form of yoga which emphasises progressive relaxation)

## ***Heart Flow***

*"Working from the goodness of the heart"*



"The Heart is the source of love and forgiveness,  
the great mediator between our personality and our spiritual  
self.

The heart has the power and capacity to heal and to bring out  
the best in us and our fellow beings, and to transform  
ourselves and the world.

All over the world, more and more men and women are  
beginning to express the love and wisdom of the heart.

Heart Flow ... seeks to bring together, to unite such men and  
women of goodwill so we can work hand in hand bringing love  
and healing to Mother Earth".\*

\*From Heart Flow Worldwide brochure.

## 2010 program of activities

### Bacchus Marsh Heart Flow Healing Centre.

18 Waddell st. Bacchus Marsh.  
(cnr. Waddell & Graham sts.  
cream coloured house with wishing well on front  
lawn).  
PH. 03 53 67 8177

## Bacchus Marsh Heart Flow Healing Centre