



Message from the Director...



We are in full swing for the year of the Tiger, a brave creature. According to the 2010 Tiger Feng Shui Calendar, this year is one where we will take more risks and become more courageous. From a health perspective, we need to watch our liver, stress levels and blood pressure—a good Detox is in order! Also we need to focus on relaxing exercises such as Yoga, walking and meditation this year as well as regularly getting our heart pumping with a bike ride or cycle class perhaps. Read on for more...

Important Events Coming up, Business Friends Rates & MNW Offers

Focus for Autumn: Boost your Immune System in time for Winter

- Go to our website at www.melbournenaturalwellness.com.au to see how we can help you improve your immune system and detox your liver. Naturopathy, Nutrition, Lymphatic drainage & Acupuncture can all help you detox as well as healing your digestive system, reducing stress, anxiety and fatigue and making you feel amazing!

Staff Update: Come in and meet your new clinic staff members: Deanne (naturopath), Kasia (massage therapist), Chantelle (reflexologist) and Rachel (reception).

In the studio: New dance classes, an art exhibition, visiting practitioners & specials for you. Up and coming workshops & information—check out the **Specials Page** of the website P.S... Remember to claim your **FREE CLASS** if you have not already.



CITY CLUB HYATT

EXCLUSIVE OFFER FOR MELBOURNE NATURAL WELLNESS

We are pleased to extend an opportunity for all Melbourne Natural Wellness clients to experience City Club Health and Fitness at the Grand Hyatt Collins St. For a limited time only, clients can join City Club and receive a discount corporate membership. The normal \$200 joining fee will be waived and a special monthly membership of \$96.00 for Gold, and \$132 for Platinum.

There has never been a better time to get involved and experience all the exclusive facilities available at City Club Health and Fitness. For further information, or to join, please contact Jess Maher, jess.maher@hyatt.com or 9653 4922.

Health Tip:
 Warm Water with a little freshly squeezed lemon juice in the morning before breakfast is amazing for the liver, kick starts your metabolism, helps reduce bloating, assists in preventing disease & strengthens the immune system!

Exclusive: Refer a Friend in March
 You BOTH Receive \$15 off your next visit to the Clinic or 1 FREE Mat Class in the studio



www.melbournenaturalwellness.com.au

Clinic & Studio



Valid until 31/03/2010 not valid with any other offer



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