

are you...

tired and stressed?

easily distracted and unable to focus?

worried about your long-term health?

and...

want to do something about it?

detoxify, relax and
reinvigorate your...

mind

Lifestyle coaching • Touch for Health/Kinesiology
Balances for goal-setting and attitude
realignment • Brain-Gym® for enhanced academic
performance, mental acuity and concentration

body

Therapeutic Massage • Reflexology • Tibetan
Gong Sound Massage • Nutritional
consultations • Reiki • non-invasive Dorn Spinal
Realignment • Nordic Walking for weight control
and increased fitness

and soul.

Stress Release and Stress Management through
the Emotional Freedom Technique •
Advanced Kinesiology techniques
Aromatherapy • holistic approach to health issues

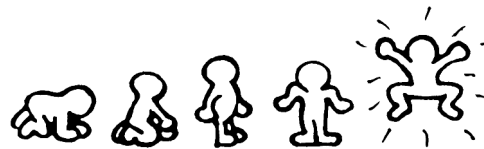


Dorothea Bassett

Professional Kinesiology
Practitioner (Diploma)
Touch for Health® and
Brain-Gym® Instructor
Nutrition Consultant

As a health and wellness coach, nutritional
consultant and background as physiotherapist
with 30 years experience in the industry,
Dorothea Bassett can provide you with in-depth
dietary and lifestyle coaching to help you estab-
lish and maintain treatment plans that detoxify,
relax and reinvigorate your mind, body and soul.

**“Caring for your health isn’t just
my work, it’s my passion!”**



Live and Learn

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Live and Learn!

Practitioner of

Brain-Gym® & Kinesiology

Nutritional Coaching

Health & Wellness Consultancy

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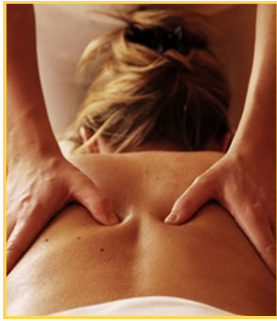
(08) 9364 1737 or 0414 946 055

www.liveandlearn.net.au

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more information about...

Deep Tissue Massage



This massage focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the muscles, tendons and fascia. It helps to release toxins from the muscles and improves the oxygen circulation. Because many toxins are released, it is very important

to drink plenty of water after a deep tissue massage to help with the elimination process. A careful selection of aromatherapy oils are employed to enhance the overall effect .

Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by 'laying on hands' and is based on the idea that an unseen 'life force energy' or *Chi* flows through us . If our *Chi* is low, we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means 'Higher Power' and 'Ki' which is Japanese for *Chi*. A

treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace and happiness.



Kinesiology

Kinesiology is a system of natural healthcare which combines muscle monitoring with the principles of Eastern medicine to assess energy and body function. It applies a range of gentle yet powerful healing techniques to help you improve health, wellbeing and vitality by balancing the structural, emotional and biochemical aspects of the body. Dorothea is a fully qualified Diploma Kinesiologist and has been working within this field for over 20 years. She specialises in Touch for Health® Kinesiology and Edu-K®/Brain-Gym®. If you are experiencing mental, emotional or physical challenges, Dorothea can help you to find confidence and clarity to achieve a higher level of health and wellbeing. She is also a qualified instructor for TFH and Brain-Gym® and runs regular Professional Development workshops for teachers parents and health professionals.



Tibetan Gong Massage

Tibetan gongs resonate throughout the body, inviting you to deeply relax and release all pain and worries. A singing bowl or gong is placed around or on the body and gently invited to vibrate by use of a soft mallet. The effect is deeply calming and



profound, especially when used in conjunction with a Kinesiology balance. This beautiful boost of sound makes these bowls ideal for deep tissue healing and meditation.

Herbalife® Programs & Nutrition Advice

If you are serious about managing your health issues and creating well-being in your day-to-day life, book now for a personalised health and wellness assessment and body composition analysis. Dorothea has been an independent Herbalife® distributor for 12 years and uses her knowledge and experience **to provide you with one-on-one coaching and support**. Together, you will create an individualized nutritional program with advice on supplementation for optimum repair and regeneration. You will also have the opportunity to register for a special 8-week nutrition and lifestyle education program to keep you on track and succeed



Reflexology

Reflexology is based on the principle that congestion or tension in any part of the foot mirrors stress or tension in a corresponding part of the body. These areas of the foot, called reflex areas, are massaged with gentle pressure to improve circulation and energy-flow. It can be used to treat menopausal symptoms, migraines, PMS, digestive disorders, asthma and many other ailments. After a session, the patient will become aware of the positive effects as toxins are released from the congested systems and eliminated.

