

Breathe...from the desk of Deborah Beers

Kinesiologist / Neuro-Trainer
Corporate Trainer
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Call 0408 600 410
Live the Life You are Meant to

In this Newsletter

Important Notice to Clients

Today's Quote

Essence of the Month – Kickstart!

Time to STOP Messin' with Your Head?!

Diary Dates:

Melbourne Visit Feb 2 & 3 Appointments FULLY BOOKED

New Dates March 29 & 30 Bookings Now Open

Gold Coast Visit Feb 25 & 26: ONLY 3 Appointments available

Gold Coast LLP Feb 26 & 28: ONLY 3 Spaces available

Coogee Meditation Class using Kinesiology STARTS Thursday Feb 4!

Coogee Living Life Passionately Intensive BOOK NOW for Sunday Feb 7!

About Training at the Clinic

To Enrol

Important Notice to Clients

Change to Appointment Fees

As the first change to fees since July 2008, appointments in the Coogee clinic will be \$150/ 1.5hours from March 1, 2010. This is change for clients prior to July 2008.

Birthday BONUS for Clients!

Did you know that the 2 weeks before and the 2 weeks after your birthday are a great time to make those Birthday wishes come true?!

To help you do that you ll now receive a **\$25 discount** from the appointment fee making the appointment \$125!!

AND you ll receive a **FREE bottle of your own unique blend of Essence of Change!!**

Until our computer system catches up with this **NEW Offer**, don t be shy! Call or email me to make your appointment by saying Hey Deb, it s my birthday and it s time to CELEBRATE .

Your Birthday was in January?!

Of course you can claim the Birthday Offer! Just call or email me by Feb 14!

Clinic Rewards!

Just a reminder that as a Thankyou to you for your referral, YOU receive a \$10 discount for each person you refer into clinic. They just need to turn up for their appointment and Your next appointment is then discounted by \$10. It's my thankyou to you!

Gift Certificates

Are your family and friends stuck for a Gift You'd LOVE?

Ask them to order a Gift Certificate!

Can't think of a gift for your family or friends? Show them how much you care!

A GREAT gift idea for birthdays, promotions (keep the good work moving!), anniversaries any Celebration!

Call or email Deborah with any questions or to arrange a gift voucher.

<http://www.deborahbeers.com/images/GiftCertWebSample2009.pdf>

Website Updates

We ve been having a ball updating the website over December and January!

Have you seen the NEW

Resources and Inspiration page find all your favourite resources here! **AND my NEW MP3!!**

Clients as Resources page http://www.deborahbeers.com/deb_noticeboard.html

Arts Community page http://www.deborahbeers.com/deb_art.html

And Payment can now be made through the website by Paypal

[!http://www.deborahbeers.com/bookingform.html](http://www.deborahbeers.com/bookingform.html)

Keep checking into the website!

Soon to be added:

Photos of Living Life Passionately Graduates

Photos from Graduates Luncheon

This is YOUR website tell me what you want to see!

Today's Quote

Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.

-Ralph Waldo Emerson

Time to STOP Messin' with Your Head?!

It s been an interesting start to 2010. Those who had set their goals and visions past getting through the Festive Season are well on their way to achieving them while others are NOW re-organising and strategising.

And it s been a very mental month. Those I ve been seeing in clinic have been doing some seriously acrobatic mental exercise both thinking themselves into SOLUTIONS then thinking around and contorting their thoughts over themselves until they are back into the problem AND confused and exhausted.

We all know a well thought out plan takes all possibilities into consideration as we move TOWARD, rather than AWAY from what we want.

What we often forget to do with the new strategy is take the time to be quiet and alone with it and to NOTICE how you feel, how your body responds to the new goals. If you notice you are energised, centred and it sits well - you are on the right track. If you notice your energy drop, feel off , heavy, empty or nauseas it s time to stop and reconsider. Because while your head is telling you what it thinks is the right strategy, your heart and body are telling you otherwise.

Goals or plans that align your vision with your head, heart, body and spirit make Life easier. They create flow and take the hard work out of life. You attract opportunities and likeminded others to assist you bring your vision to fruition. Life becomes easy and things just fall into place .

Or you can continue to make hard work out of your goals. The difference a moment makes. A moment to check-in, listen and act on what is really important to you.

Of course, that s a good reason to make an appointment or come along to Living Life Passionately. Both, in different ways make this an easier process and give you tools to continue to do so.

The emphasis here is easier. It can feel uncomfortable. We are comfortable living with our old fears, habits and beliefs even if we know we need to change something. This is only as easy as you allow it to be. If you are attached to your old fears, habits and beliefs as ways to defend yourself, define yourself, excuse or justify yourself you will make the process more uncomfortable .

Or, you can COMMIT to the NEW You! Write a new role for yourself re-defining your role in Life and in the lives of others, begin to BELIEVE in it and ACT upon it seeing, thinking AND Being the rewards the new and better way of living Life creates.

Then, You re Living the Life You are Meant to!

Looking forward to seeing you in clinic, a class or workshop soon.

All the best,
Deborah

Deborah loves to hear feedback and your comments! Email her!

Essence of the Month – Kickstart!!

Flower and gems essences ease fears and anxieties and assist with rebalancing emotional stresses.

Kickstart: Be inspired to take action, become self motivating and pursue your ambitions and dreams

Geraldine Gallagher, Essence of Change, Flower and Gem Essences for the 21st Century
<http://www.essenceofchange.com/essences.asp> or call 02 9960 1898

Essences are available for purchase from Deborah or Geraldine.
Dosage bottles \$10 and Concentrates \$25 + \$6 postage

Meditation Class using Kinesiology

Thursdays February 4 for 6 weeks FOR CLIENTS ONLY

Bookings ESSENTIAL

Dates: Thursdays February 4 for 6 weeks THIS THURSDAY!
Time: 7- 8pm
Fee: \$75 for 6 classes or
\$15 / class (casual dependant on availability) CALL or EMAIL NOW to BOOK!

Testimonial from Meditation Class using Kinesiology:

"The weekly meditation classes have been a welcomed way to end the working week. Just when you get to that point where you feel 'there is no way I'll make it in to the office another day this week' an hour at Deb's puts you back into centre, re-energizes you and prepares you for a great weekend ahead. I've been meditating for years but the classes have taught me new ways to get into a deeper and more relaxed state. Deb creates a safe and welcoming environment and it's been a great way to meet like-minded people and enjoy interesting and rewarding conversation."

Emma Lundwall-Segerström, ex-recruitment executive now new mum.

Make the time for yourself and become more relaxed, centred, calm and focussed EASILY
Book NOW: by calling +61408 600 410 or responding to this email OR go To Enrol at the end of this email

For further information visit the website http://www.deborahbeers.com/app_meditation.html

Living Life Passionately Intensive (packed into 2 days only)

Want to achieve your 7 year vision and goals in 3 years? That s one of the reasons I LOVE teaching this program! Because it happens! Would you like that for your Life?

This workshop offers you a real opportunity to make profound and practical change in your life.
And Learn to Live Life Passionately!

Living Life Passionately INTENSIVE

Day 1: 10-6pm Sunday February 7, 2010

Manifest the job, partner or body you want
Create a positive change to your finances
Strengthen your self image
Get yourself on track

Day 2: 10-6pm Sunday February 7, 2010 NEW DATE!

OR 10-6pm Sunday March 28, 2010

Create a healthy heart space
Communicate your true self clearly
Become clearer in your life purpose, stronger in your personal conviction
Connect to your spirit

Fee: \$450 including workbook, morning and afternoon tea
And FREE Chaos to Calm drops

Book before: Wednesday February 3, 2010 **THIS WEDNESDAY**
To book: \$100 Deposit (see details below in To Enrol)

Testimonials from Living Life Passionately:

Completing Living Life Passionately allowed me to accelerate my life in many areas. I have been able to remove a lot of baggage I had accumulated throughout my life adventures, let it go to move forward.

It opened my eyes to the importance of self value, ensuring that your beliefs are in line with your values as well as your short and long term goals.

The only thing that holds us back and stops us from living the life that we want and deserve to live; is ourselves. LLP has been huge stepping stone for me. It has allowed me to realise my full potential and how to get the most out of myself and life, ensuring that I realize that I am responsible for me and the journey that I am on.

Thank you for your ongoing support, your words are valuable and your style of practice is positively one of a kind .

Monique Ellis, Managing Director, Wunderkind, Sydney, NSW, Australia, Graduate 2008

Living Life Passionately gave me the opportunity to truly open up and accept all possibilities. During a visualisation I heard the words "do the study" and I am, and I'm loving it! I would recommend LLP to anyone seeking clarity or that extra set of tools to burrow down and work out what you truly want in life. Kind regards,

Kimberley Bassett, Marketing Consultant, Coogee, Sydney, NSW, Australia, Graduate 2009

I m generally feeling much more positive and focused I can feel that my overall insight and ability to be happy and focused has shifted. I m more aware of when I am procrastinating or letting negative thoughts in now and I m letting them go and pushing through it much more quickly than before. Also just focusing on the tasks that I can realistically get done efficiently is helping me clear the way to more time for me.

Thank you SO much for the course, it really was one of the best things I ve done for myself. It put so much into perspective for me in terms of my life and what I want out of it. It really does make you think about the bigger plan and the visualisation techniques have, as you say, really helped me clear a lot of the old junk out of the cupboard to make room for the new.

Thanks Deb, you re an inspiration. I hope you are having a wonderful week.

Nicole, Producer, Paddington, Sydney, NSW, Australia, Graduate 2009

Are YOU ready to Live the Life you are meant to? A Passionate Life? Then Book NOW! Respond to this email or call 0408 600 410 OR go To Enrol at the end of this email

For course information go to <http://www.deborahbeers.com/livinglifepassionately.html>

5. About Training at the Clinic

Accelerated learning techniques are used, which means you integrate the information more quickly and are Living the Life you are meant to sooner!

All classes and workshops at the clinic are consistently upgraded and refined to ensure you get the most from your time and training investment.

All trainings are held at Deb orah's clinic at 8/ 18 Alexander Street Coogee.

Fees include notes/ manuals, and morning and afternoon tea.
Deposit is refundable upon provision of 48 hours notice of non-attendance
Ask Deb orah about Payment Plans

For more information: call Deb orah on 0408 600 410 or email deborah@deborahbeers.com

Bring a friend REWARDS!

For each friend you bring to any of Deb orah's workshops at the clinic you receive a \$50 discount from your course fee! (This offer excludes Meditation Classes)

Repeat at HALF price!
Liked the workshop the first time? Want to get more from you initial trainings?
You can repeat the course at half price! (Applicable to Workshops ONLY)

For more information go to
http://www.deborahbeers.com/workshops_classes.html

6. To Enrol

To confirm your enrolment, payment can be made in cash, by cheque or internet banking to:
Account name: Deb orah Beers
Bank: Community First Credit Union
BSB: 802 038
Account no.: 637 235
Please email me to confirm when payment has been made

Contact Deb orah on 0408 600 410 or email deborah@deborahbeers.com or respond to this email for further information or to reserve your space.
Maximum of 10 people per class, so places are limited.

You have given Deborah permission to email you. Should you have changed your mind please reply to sender with "Unsubscribe" in the inbox.