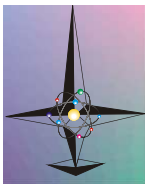


JOURNEY TO WELLBEING

through
skilled individual & group guidance with a
variety of tools & techniques
to

discover, change, maintain
the real you:
body, mind, emotions, soul

CENTRE FOR HEALTH & WELLBEING



Health Stress Management (Pty) Ltd

21 Twentieth St, Menlo Park
Pretoria, 0181

Tel/Fax +27 12 460 0191

Cell 083 731 2049

E-mail arienvdm@samedical.co.za

Web-site www.HealthStressWellness.com

Services

Beauty treatments (Marelise Halgreen)

- Regular & specialised facials
- *Antiageing* treatments
- Acne & pigmentation
- Professional makeup for special events
- Pedicures, manicures
- Hair removal

Massage therapies

- Aromatherapy
- Colour aromatherapy
- Hot stone therapy
- Manual lymph drainage
- Reflexology
- Indian head massage
- Scalp massage
- Tension headache massage
- Back, neck & shoulder

Lifestyle

- Body analysis
- Personal fitness programs
- Nutrition, weight management

Wellness deli & snack bar

Enjoy a smoothie, muffin, salad or herbal tea after class or while waiting for your appointment

Products

- Food supplements
- Herbal remedies
- Organic, facial, beauty & specialised skin care products
- Lillian Terry Aromeopathic oils
- Books
- CD's
- Wellness Gifts

Health Practitioners

Dr Arien van der Merwe: Medical doctor and specialist in natural and integrative medicine, mind-body and energy medicine, wellness and stress management

Dr Elsi Meyer: Clinical psychologist and specialist in hypnotherapy and kinesiology

Dr Irene Strydom: Clinical psychologist and SHIP® therapist

Lucille van der Walt: Clinical dietician and nutrition consultant

Workplace & Corporate Wellness Consultants

Dr Arien van der Merwe: Health risk assessments, health screenings, stress & wellness

Ian Crous: Industrial psychologist with special interest in corporate wellness

Pierre Cloete: Wellness specialist

Corporate Wellness Solutions®

Your 1-stop Wellness Provider:

- Health screenings: identifying the problem (health risks) AND providing the solutions
- Assist in developing benchmarked protocols, procedures for health screenings and implementation of wellness interventions
- Personal development & growth planning: develop emotional, mental and spiritual muscles along with physical muscles
- Learn to manage energy effectively
- Team wellness and growth
- Life coaching
- Executive and management training
- Education & ongoing support material: books, CD's, tapes, booklets, brochures
- Talks, workshops, program development
- Training courses for wellness, HR, occupational health teams to manage in-house programs
- Wellness newsletters
- Posters: HIV/Aids, nutrition, wellness, natural medicine, stress, herbal remedies, food supplements
- Peer group training

Access your unique inner potential & purpose through mindfulness & present moment awareness

Classes Schedule

Exercises are thoroughly enjoyable, and suitable for any age group & fitness level!

Day	Yoga	Nia technique	Pilates	Water aerobics	Modern contemporary dance	Isoflex
Mon am	08h00 - 09h15					10h00 - 11h00
Mon pm	17h30 - 18h45				16h00 - 17h00	
Tue am			09h30 - 10h30			
Tue pm	17h30 - 18h45					
Wed am	08h00 - 09h15					09h30 - 10h30
Wed pm	17h00 - 18h00					
Thurs am				09h30 - 10h30		
Thurs pm		17h30 - 18h30				
Fri am		09h30 - 10h30				

Fee structure

R50 for a single class. R200 / month for 1 class per week. R300 / month for **any** 2 classes per week. R400 / month for **any** 3 classes per week.

VIP gold membership special: R500 / month to attend all classes.

Workshops / Talks

You are welcome to walk through the chakra healing herbal garden to the labyrinth at any time!

Day	Meditation	12 Weeks to Wellness Course	Principles of Natural Medicine Talks -these will be repeated on a rotation basis	Friday & Saturday morning workshops 09h00 - 12h00
	<i>No charge</i>	<i>R1000 for the 12 week course</i>	<i>R50 per talk</i>	<i>R150 - R200 per workshop</i>
Wed pm	18h00 - 19h00			
Thurs am		09h00 - 11h00	11h00 - 12h00 <ul style="list-style-type: none"> Natural approach to menopause Prepare for winter: Optimise immune system health The middle years & the midline shift: syndrome X / metabolic syndrome. Low GI food High cholesterol, high stress, and your heart. The H-factor Herbal remedies Chakras, crystals & colours 	Spiritual intelligence Chakra, music & movement Mandala art workshop Post traumatic stress disorder Nia technique dance: The joy of movement <i>Dates will be confirmed one month in advance</i>

Fitness fun

NIA technique: the joy of movement (June Esterhuizen, Monya Vermaak)

Nia stands for neuromuscular integrative action. It's fusion fitness and blends movements from the martial arts (tai 'chi, tai kwan do, aikido), the healing arts (yoga, Feldenkrais, Alexander technique) and the dance arts (Duncan dance, jazz, ethnic and modern dance) into a joyful expression of the body's own way. Tai 'chi helps for stillness, fluidity and concentration; aikido for strength and affirmation of inner power; yoga for meditative awareness and relaxation of the body; the dances for grace, playfulness, fitness, spontaneity and fun.

Yoga (Zelda Griffiths)

The union of body and mind. Learn to become mindfully aware of your body, breath and inner control. Integrate this understanding into daily life. Yoga increases suppleness and mobility of the body, while calming the emotions and mind.

Isoflex (Colleen de Steur)

Exercise specifically designed to strengthen all muscles (including the small intrinsic muscles), increase suppleness & stimulate all senses to improve every aspect of life: intellectually, emotionally, socially, spiritually and physically.

Isoflex improves strength, flexibility, posture, body composition and sport-specific abilities as well as mental fitness such as concentration, focus, endurance and persistence

Modern contemporary dance (Roea van Zyl)

Dynamic dancing, discover the rhythm in you! Combination of different styles. Learn new steps every week and shake loose all the energy blocks!

Water aerobics: Aqua fitness & relaxation (June Esterhuizen)

An enjoyable low-impact workout making creative use of the natural resistance and buoyancy of water, that is both fun and effective. It is suitable for all ages and fitness levels. Work at your own level without straining joints or back.

Classes & workshops

Meditation: Learn to become quiet and still.

Meditation is the art, practice or technique of stilling the mind, allowing the endless monkey chatter to subside into the background. In the quiet of the silent mind, you become aware of yourself as the observer. Left and right brain integrate for whole brain functioning. As you become accomplished, you gradually become aware of a sense of detachment from the happenings in your life. You do not stop caring! You learn to observe the turmoil and often find answers deep inside yourself. Our day to day lives can be compared to the surface waves of the ocean, sometimes calm, sometimes rough, dark, stormy or smooth. Learning to dive deeper, you are able to observe your life from the depths of the deep ocean where it's quiet and peaceful, a gentle current moving you forward and backward. Who is the observer? Your inner self, of course a deeper, more peaceful aspect of your own self.

Many studies have been completed on the physiological, psychological, and sociological effects of meditation, making it perhaps the most intensively studied skill in the field of human development. These studies have been conducted at 210 different universities and research institutions in 27 countries. Articles have been collected in six volumes of research papers. Meditation reduces blood pressure, lowers pulse and breathing

rate, decreases metabolic rate, improves cell function, oxygen consumption, retards the ageing process, enhances your body's own healing mechanisms, and many more!

12 Weeks to Wellness Course

Why 12 weeks?

This is the average time it will take for you to establish a new habit. Once you've managed a healthier happier lifestyle for 12 weeks, the new behaviour should be ingrained, part of the new you, there to stay. Hopefully you'll be feeling and knowing yourself so well, that you'll never want to stop the program!

What the program will involve

Each week will include a section on movement and your body with a demonstration of yoga relaxercises; present moment awareness with a contemplation focus; natural healing tools with advise on colour, emotional issues or blocks to energy flow, your environment, food and herbs; quiet time and creativity. From week 7 onwards, you will be guided though the seven chakras with contemplation, suitable exercises, relaxation and stress management techniques, emotional issues or blocks, colours, herbs and food supplements to balance the specific chakra or wheel concerns.

Natural Medicine Talks

'Health is a state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity'.

The four cornerstones

1. A positive mental attitude
2. A healthy lifestyle that includes moderate exercise, adequate sleep and rest, stress management and relaxation, work-life balance, contact with nature and the environment, and social/community interaction and responsibility
3. A health-promoting diet
4. Supplementary measures which include mainstream medicine for emergencies, herbal remedies, specific nutrients.

Natural medicine is based on 7 principles

1. 'First, do no harm' (Hippocrates)
2. Nature has healing powers
3. Identify and treat the cause of disease
4. Treat the whole person, integrating body, mind, emotions, soul and environment
5. The physician is a teacher, and so is the illness
6. Prevention is the best cure
7. Establish balanced health and wellness.

Topics: Nutrition, food supplements, herbal remedies, colour and aromatherapy, menopause, allergies, immune system health, heart health, endocrine / hormonal health, natural therapies for wellknown health challenges: diabetes, heart disease, high cholesterol & homocystein, insulin resistance, depression, osteoarthritis, autoimmune diseases, and many more.

Spiritual Intelligence Workshop

Topics: A planet in crisis and the need for Spiritual Intelligence. What is Spiritual Intelligence and how does it differ from religion? The different levels of spiritual awareness or spiritual growth.

Living from a soul level: Transcending the ego judgment; attachment

Components of Spiritual Awareness: Love and compassion; Wisdom; Joy; Gratitude; Surrender and detachment; Forgiveness

Most important spiritual practices: Creating a sanctuary; Meditation; The Art of Prayer

Stockists of:

Lillian Terry International oils

Environ

Absolute Organics

Various organic & dermatologist approved skin care products

Centre for Health & Wellbeing: Wellbeing Range

Sportron

Solgar

Fragrant Garden: Mustard baths granules; organic herbal soaps & bath oils

Indigo Gifts t/a Magic Art Corporation: Aromatic candles for any occasion

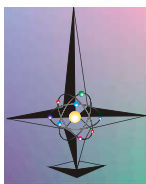
Books:

- Stress Solutions / Stres Strategie
- Health & Happiness / Geluk & Gesondheid
- Herbal Remedies / Kruie met geneeskrag
- Eat for Sustained Energy I & II (low GI) / Eet vir Volgehoue Energie I & II (lae GI)

CD:

- Stress Solutions: Relax & Unwind for Body-Mind Resonance; a relaxation & meditation CD for beginners

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chakra healing herbal garden to the labyrinth
for centering & inner peace!**



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