

ayus; (sanskrit) n. life, vital power, vigour, health, duration of life, long life; active power; the totality of living beings



ayus

Ayus is founded on the belief that our lives should be about the enjoyment in who we are and what we do.

One of the best ways to understand how the gentle yet profoundly powerful healing techniques of Kinesiology, Hypnotherapy and Energy Coaching can help you find your own balance and optimal wellbeing is to experience them for yourself.

Ayus is offering a unique opportunity for our new clients to experience the extraordinary powers of any of our healing and personal development services.

We are offering a series of three sessions for the special introductory price of \$297.00 (normally valued at \$398.00). Our package includes:

Session 1	Introduction & Kinesiology goal balancing session Take home relaxation & stress release CD	1½ hrs
Session 2	Hypnotherapy relaxation & therapy session	1 hr
Session 3	Kinesiology, Hypnotherapy or Energy Coaching session	1 hr

If you are interested in exploring how these therapies can help you create a healthy and successful life, contact **9376 9311** or **0419 345 851** to schedule a series of sessions outlined in the introductory offer.

Individual sessions are also available

As with any healing and personal development, it is essential to appreciate that ***each of us always know more about ourselves than anyone else***, and we alone are capable of healing ourselves.

Sometimes however, our body and our mind need to be coached into a better position to achieve this healing and personal development.

Kinesiology, Hypnotherapy and Personal Coaching are all communication tools that help us as individuals assess and upgrade our performance in all areas of our life.

Ayus offers our clients a **customised blend** of these gentle yet profoundly powerful therapies to help detect and correct various imbalances that may occur within the physical body, the way we think and our emotional sense of wellbeing.

With a Bachelor of Business and over 16 years experience consulting within the Corporate and Legal professions, Karen Dickson embarked on a career transition in 2003 to become a qualified Kinesiologist, Dimensional Therapist and Clinical Hypnotherapist.

During your personalised session, she will bring an understanding to the messages your body is communicating, helping facilitate strategies and corrections to support a balanced life through regained wellbeing and vitality.

Some of the areas Ayus may assist:

Growth & Personal Development

- Build Self Confidence, Expression & Communicate powerfully
- Improve Sporting ability & performance
- Strengthen Relationships at work & in personal life
- Assist in achieving Career & Personal Goals
- Increase Brain Integration function & improve focus, attention and concentration

Healing & Wellbeing

- Manage anxiety & reduce stress
- Gentle Seasonal/Spring body cleanse & address digestive disorders (incl. irritable bowel syndrome)
- Address fears & phobias such as flying, spiders, closed spaces, heights, etc

Life Changes & Transitions

- Hypnobirthing® & calm birthing process
- Finding new direction & supporting Life choices and transitions
- Balance Family members (existing & new) into a harmonious family unit
- Life-Work Balance strategy & techniques
- Clarifying direction in your career & life choices

- Increase energy levels & overall vitality
- Approach Weight Management & addictions (eg. cigarettes/ alcohol) differently
- Learn Pain management techniques
- Help sleeping disorders & insomnia

If you would like to explore further how these ancient techniques are combined with modern science and psychology to assist you to bring balance and wellbeing into your life, phone Ayus on **9376 9311**.

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