



# Stress and Relaxation Seminar Beyond Meditation

Blake Graham, B.Sc (Honours) will be presenting a seminar on effective interventions to lower stress and induce relaxation. Dozens of mind-body techniques exist, the most well known being meditation. Meditation, however, is not highly effective for everyone and is just one of many methods available. This seminar will discuss and teach several effective options, allowing you to experience a selection of these directly. Learning these skills will empower you to take control over your stress levels rather than feeling powerless against stressors which arise in your life.

1. Breathing techniques.
  - a. Coherent/resonant breathing. [www.coherence.com](http://www.coherence.com)
  - b. Ujjayi breathing.
2. emWave biofeedback technology by HeartMath. [www.heartmath.com.au](http://www.heartmath.com.au)
3. Open focus attention training by Dr. Les Fehmi. [www.openfocus.com](http://www.openfocus.com)
4. Guided imagery. [www.thehealingmind.org](http://www.thehealingmind.org)
5. Neuro-physiological / 'energy psychology' techniques.
  - a. EFT (Emotional Freedom Techniques). [www.emofree.com](http://www.emofree.com)
  - b. BMSA (Brief, Multi-Sensory Activation). [www.bmsa-int.com](http://www.bmsa-int.com)
6. Kundalini yoga meditation. [www.theinternetyogi.com](http://www.theinternetyogi.com)
7. RelaxMate II photostimulation glasses.
8. Eckhart Tolle teachings. [www.eckhartolle.com](http://www.eckhartolle.com)

**When:** Saturday the 3rd October, 2009

2:00 - 4:30pm

**Where:** Mary MacKillop Centre

16 York St, South Perth, Western Australia

**Cost:** \$40 per person

Clinical nutritionist Blake Graham is a specialist in the fields of science-based nutritional, environmental and mind-body medicine. He has a Bachelor of Science with Honours degree in Nutrition from Curtin University and runs an integrative health clinic in Subiaco. Blake has a special interest in illnesses such as Anxiety, Depression, Chronic Fatigue Syndrome (CFS), Fibromyalgia (FM), Irritable Bowel Syndrome (IBS) and Autism/ADHD.



TO REGISTER TODAY (Choose one of the easy options below):

1. Fax this form to 6314 1572
2. Scan and email this form to [info@nutritional-healing.com.au](mailto:info@nutritional-healing.com.au)
3. Post a cheque to Blake Graham, Suite 5/531 Hay Street, Subiaco, 6008
4. Direct electronic transfer to Account Name 'Nutritional Healing', BSB 036041, account number 187582

Name: .....

Phone: ..... Mobile: .....

Email: .....

Credit Card: MasterCard/Visa (please circle) ...../...../...../.....

Expiry: ...../..... Name on Card: .....

Signature: ..... Fee: \$ ..... (\$40 each)

Nutritional Medicine Presentation

