



THE BIGGER PICTURE CLINIC
MONTHLY
NEWSLETTER
OCTOBER : ISSUE 1

A message from Mon



Welcome! what an exciting few months it has been with the launch of The Bigger Picture Clinic in March this year. My intention was to create a space of healing that everyone can access. Healing requires a holistic approach that incorporates different modalities from therapy through to movement and spiritual healing. TBPC is a one stop shop for all your wellness needs.

Over the last few months we have welcomed movement, spinal energetics, sex and Intimacy coaching, shiatsu, integrative mentoring and shamanic healing.

thankyou for being part of these first steps. I look forward to the journey with you all.

Upcoming Events

- ✦ SPRING RENERAL MINI RETREAT 15/10
- ✦ ALCHEMIC ACTIVATION CLASS 20/10
- ✦ DISCOVER THE POWER OF YOUR BREATH 29/10

Information about our upcoming events

SPRING RENEWAL MINI RETREAT

🌸 Spring Renewal Mini Retreat 🌸

Join us for a rejuvenating 3-hour journey to reset your intentions and unwind with the power of restorative practices.

🌿 Date: 15th October

🏠 Location: The Bigger Picture Clinic Elsternwick

🕒 Time: 10am to 1pm

What to Expect:

📖 **Spring Workshop:** Engage in interactive spring intentions, reflection and journalling exercises. Get clear on your intentions for the rest of 2023.

🧘 **Restorative Yin Yoga:** Nourish the body and soul with rejuvenating restful yoga shapes to reset your nervous system and release all stress from your mind, body and soul.

🎵 **Live Music:** Enjoy the tunes of Live Tibetan Sound Healing during the yoga session.

👁️ **Guided Meditation:** Deeply relax with a guided yoga nidra meditation to enhance your intentions and an opening guided meditation to arrive into the retreat energy.

🌕 **New Moon Ritual:** Enjoy a ritual to honour the energy of “Balance” with the October New Moon in Libra, occurring at 4.55AM on Sunday 15th October.

🍵 **Healthy Refreshments:** Savour a nutritious and delicious morning tea that will nourish your body and spirit.

👯 **Community and Connection:** Connect with like-minded women, share stories, and build lasting conversations in a supportive and welcoming environment.

This mini retreat is your opportunity to pause, reset, and get clear on your intentions for the rest of 2023.

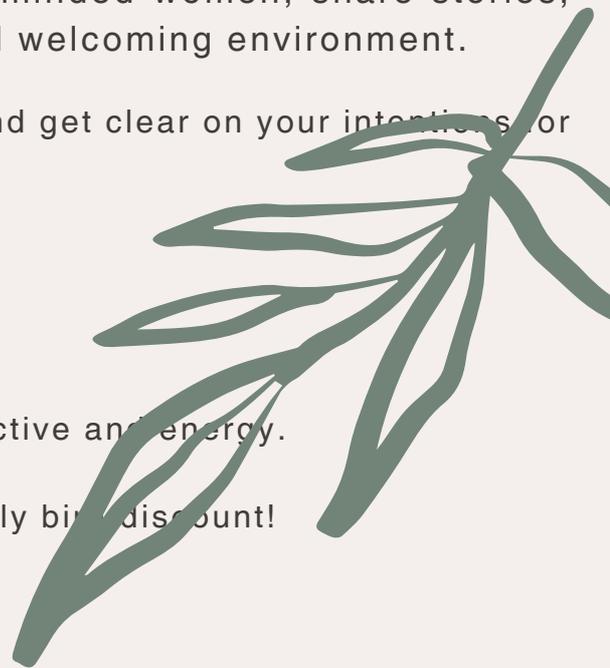
Invest in Your Well-Being:

🎫 **Ticket:** \$85 (early bird to 1st Oct), then \$95

🌐 **Website:** ilanak.com.au/events

🌱 Embrace the spring season with a fresh new perspective and energy.

Reserve your spot today and take advantage of the early bird discount!



ALCHEMIC ACTIVATION CLASSES

Alchemic Activation Classes

Listening to the wisdom of our sacred pelvic space connects us to our wild hearts

Our human experiences are energy. This energy can flow, and it can also become stuck in our bodies and in our lives. Stress, trauma, negative conditioning, limiting beliefs, and the way we experience events resonate in our minds, hearts and deep within our pelvic space. We hold these energies until we feel safe and resourced enough for healing to unfold.

When we begin to light up our pelvic centre, we ignite our sense of self, our confidence, our relationships, and our ability to experience real pleasure.

The Pelvic Activation trauma informed class helps shift trapped energies in safe and effective ways. You will feel more alive, gain clarity, feel more open and experience shifts in your nervous system that enable you to live a more intimate life with yourself and with others.

In this monthly class at The Bigger Picture Clinic in Elsternwick, you are guided through exercises and techniques to activate your sensual nature.

This series of classes at The Bigger Picture Clinic

brings together the wisdom and methodology of

Heidi True of True Intimacy,

and Bianca Ewa of Activated Being.

Join us for a 90 minute class blending mindful connection, Tantra, embodied movement, sound, somatic therapy and Spinal Energetics- designed to open your body to your sensual nature and the potent wisdom of your heart.

Friday October 20, 6.00pm - 7.30pm

Saturday November 11, 10.30am - 12.00pm

December and January- TBA

\$50 per person

Bookings here: <https://heiditrue.com/intimacy-workshops/>



DISCOVER THE POWER OF YOUR BREATH

🧘 Discover The Power Of Your Breath 🧘

🌟 Embark on a journey within yourself and learn all about the power of your breath and how to harness it for health and wellness. Join us for an unmissable workshop on October 29th, 2023, at "The Bigger Picture Clinic," hosted by Certified Transformational Breathwork Coach, Josh Folghera from @breathworkera!

🧠 Unlock the Secrets of Breathing: Dive deep into the science of breathing and explore the intricate connection between your breath, the nervous system, and the incredible vagus nerve. Discover how unhealthy breathing patterns can affect your physical, emotional, and mental well-being.

👉 Harness the Tools to Breathe Better: Equip yourself with practical techniques and strategies to revitalise your breathing. Learn how to de-stress, improve focus, and boost your overall vitality through making simple, conscious changes.

🌱 Begin Your Transformational Journey: Learn more about the magic of Transformational Breathwork – a profound practice that empowers you to release emotional blockages, tap into your inner wisdom, and embrace personal growth like never before.

🌌 Your Adventure Awaits: This immersive workshop will run for approximately 3 hours, and the investment in your well-being is just \$30 per person. Reserve your spot now, and get ready to embark on a journey that will leave you feeling refreshed, rejuvenated, and deeply connected to your inner self.

📌 Don't Miss the 20-Minute Breathing Journey: As a special treat, you'll have the opportunity to embark on a beautiful breathing journey that promises to elevate your consciousness and leave you with a sense of clarity and serenity.

📅 Mark Your Calendar: Save the date for October 29th, 2023

Secure your spot today! Limited seats available. Don't wait to take a deep breath and step into a world of self-discovery and well-being.

👉 Reserve Your Seat Now:
<https://www.eventbrite.com.au/e/725970335817?aff=oddtcreator>

Join us at "The Bigger Picture Clinic" and let your breath guide you to a brighter, more balanced future. See you there!

