



Welcome to the Inclusive Health Clinic Wellness Program.

This program is in its early stages and will be changing as resources become available and further development of the program happens over time. We aim to offer a diverse range of established healthcare choices with experienced practitioners, all of whom are committed to working in partnership with you for your health and wellbeing.

We welcome our actioners: Dave, Raf, Monique, Bec and Rachel for the wellness program as described in this brochure.

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Many experiences in life—past and present—can lead us to have a reduced awareness of ourselves and our environment. There is a growing body of evidence that acupuncture, massage, working with our bodies, relaxation and meditation can help increase our awareness of ourselves, our experiences and our environment.

The focus of alternative and complimentary healthcare is to assist in restoring balance: aligning mind, body and spirit.

The Inclusive Health Clinic is offering an affordable and accessible wellbeing program acknowledging that for many in our community alternative and traditional therapies are unavailable due to cost.

If you would like to contribute to making these services available, you can make a donation at www.micahprojects.org.au/donate

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inclusive health clinic wellness program

Wellness Program

Tuesday

Yoga

1.30–2.30pm (6 week program from 22 May)[†]

Walk in and join a group session with Bec

Wednesday

Yoga

10–11am (5 week program from 23 May)[†]

Walk in and join a group session with Rachel

Friday

Community Acupuncture – \$30*

Walk in and join a session with Raf

Massage and Myotherapy – \$50/hr* or \$45 for 45min*

Make an appointment with Dave
for Remedial massage, Shiatsu massage,
or Myotherapy (1 hr)

[†] Optional donation

* Concession/complimentary vouchers available

Saturday

Conscious Connection

1.30–3pm (3rd Saturday of each month,
commencing June)

Join a facilitated session with Monique in a quiet space offering connection through self-enquiry, introspection and meditation.

A spiritual practice open to any religious background beginning with gentle movement and breath focus followed by a short discussion of a session topic.

You are welcome to spend the time silently drawing, writing or reading. Please stay for the entire session.



APPOINTMENTS

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Community Acupuncture (Raf)

An opportunity to receive high-quality acupuncture in a group setting at a reduced cost. Treatment is given in a comfortable and safe environment by AHPRA accredited practitioners. As a patient, you will receive careful diagnosis, gentle treatment and be nourished by the group dynamic.



Remedial and Shiatsu Massage (Dave)

Remedial massage is great for relief from every-day pain such as neck, lower-back and shoulders. Shiatsu massage is also effective for musculoskeletal pain, and for settling emotional tensions. Both are performed on a treatment table. With remedial massage, you are carefully draped and we work on one exposed area at a time. Shiatsu is performed in your own comfy clothes.

Myotherapy (Dave)

Myotherapy employs scientific approaches to deal with persistent pain (pain that won't go away). Apart from massage, Myotherapy employs movement therapies, pain education and mindfulness approaches. Good for those who are keen to work in broader ways to create ease in the body. Dave is an ANTA accredited practitioner.



Yoga (Bec or Rachel)

This class provides a space for participants to explore embodiment in a safe environment, and to begin on the path of self regulation and healing. It encourages participants to move in ways that feel good, and to trust their bodies.