

# Explore Windana Community Centre...

complementary healthcare

distinct focus on empowerment

acknowledging diversity

community based practitioners

affordable healthcare

low cost herbal & vitamin dispensary

windana

**Community  
Centre**

windana

Drug & Alcohol Recovery

**Windana Society Inc.**

ABN 68 398 137 238

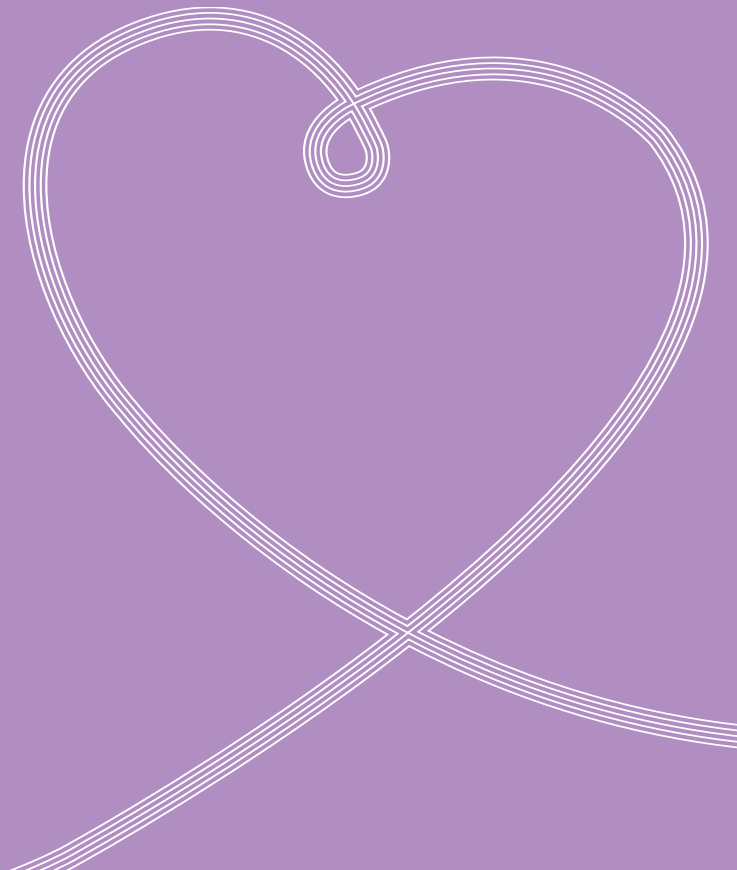
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*Windana is a fully registered not for profit organisation  
with no religious or political affiliations.*



# Windana Community Centre offers...

## Acupuncture

A simple technique, which has been effective for thousands of years, acupuncture is a drug-free, alternative therapy, used to relieve modern-day stress. Acupuncture stimulates the body resulting in the release of the body's natural, 'inbuilt' chemical healers. It reduces pain and many clients feel relief after their very first treatment.

**Registered Acupuncturist – 1 Hour \$55**  
(Concession \$35)

**Acupuncture Student Clinic – 1 Hour \$25**  
(Concession \$15)

## Yoga

Windana's traditional yoga classes are gentle enough for all to participate. Yoga can assist in releasing tension, restoring natural breath and makes you feel vital and alive. Regular practice can contribute to strength and flexibility.

**75mins**

Fees range from gold coin donation to income dependant fees

## Counselling

Struggling to cope and need support? Windana's counselling services can be tailored to suit the individual. Windana is here to help you.

**1 Hour \$55**  
(Concession \$35)

## Massage

Everyone needs a massage sometimes, be it for a specific muscular complaint or just to help you relax. Massage is not just a luxury but can be used as an integral part of your health regime.

**1 Hour \$55**  
(Concession \$35)

## Thai Massage

A cross between acupressure, yoga and shiatsu, Thai massage consists of slow, rhythmic compressions and stretches along the meridians. Clients remain clothed to experience a deep sense of release and relaxation.

**1 Hour \$55**  
(Concession \$35)

## Meditation

Learn to meditate and to be still within. Meditation helps you calm your mind and elevates your mood.

**1 Hour**  
Gold coin donation

## Naturopathy

A holistic system of health based on the body's ability to heal itself. Utilising herbal medicine and nutrition, naturopathy aims to prevent, assess and treat health issues.

**Initial Consultation – 1.5 hours \$75**  
(Concession \$55)

**Subsequent Consultations – 45 mins \$40**  
(Concession \$30)

## Reiki

Reiki is a gentle and simple hands on energy healing technique. It can promote clarity, emotional and physical relief and a deep sense of inner peace.

**1 Hour**  
(Concession \$15)

## Shiatsu

Be prepared to experience a profound result when undergoing shiatsu at Windana. Shiatsu, based on the theory of acupuncture, utilises pressure points and is used to balance the energy in the body.

**1 Hour \$55**  
(Concession \$35)

## Reflexology

A reflexologist works from maps of predefined pressure points located on the feet. These pressure points connect directly to the nervous system and may assist organ and gland function.

**1 Hour \$55**  
(Concession \$35)

## Dispensary

Windana's mission is to provide low cost access to quality vitamins, herbs and essential oils. These can be purchased over the counter during business hours.

## Telephone Booking 9529 7955

Prices may be subject to change.  
Please check when making an appointment.