

happy 1st birthday ina bliss

We all know how time can fly before our very eyes leaving us in its wake and asking ourselves 'where has the time gone?'. Yet I'm glad the time has passed for it means I am each day wiser and one day closer to my many goals, dreams and desires.

It also means that **ina bliss** has now officially been up and running for 12 months. In this time I have progressed in many aspects of my life and aim to progress much more in the year to come. Through this newsletter I will keep you updated on any changes upon the horizon. Take a break from your day and please enjoy the first edition of my newsletter.

Take care. Kylie.

Have you had a Lomi Lomi lately?

The Benefits of Lomi Lomi

Lomi Lomi is an ancient full body style massage that follows a belief that memories are not just stored in the brain and mind, but also in every cell of the body.

Throughout your massage, continuous flowing strokes enable the you to **relax** due to the ultimately hypnotic effect and brings you to a place of absolute stillness.

This **place of stillness** is where one can begin to manifest healing to the body along with positive thoughts to the mind.

The long flowing strokes are designed to help your body let go of its old patterns and behaviours which can cause as much stress and strain as muscle tension.

This massage style is very unique and magical in its benefits. It amazingly **nurtures the mind, body and soul** effortlessly at the same time. Even as adults, our body and whole being benefits greatly when we are **nurtured**.

Through its rhythm and patterns **Lomi Lomi activates meridians, energy points, releases energetic blocks and allows the body's own healing processes to take over.**

For each person, the outcome of receiving a massage will vary. For me, a Lomi Lomi is like doing a **meditation** yet someone else is doing all the work and I just relax — that's my kind of **bliss**.

Every human being is
the author of their own
health or disease.

Lomi Lomi

...is a restorative Hawaiian massage working gently yet deeply into the muscles

...aids in relieving and overcoming physical pain and emotional distress

...instils a sense of peace, harmony and overall well being

Kylie Bay

0407 200 170

kylie@inabliss.net

www.inabliss.net

What's New: Blissful Being

Body Care Products

A range of all natural hand-made blissful body products created to help you maintain your blissful state of being

- body scrubs
- body & bath oils
- bath soaks

More details in the next newsletter edition

Free sample
of my new body polish
is yours to take home
when you book in for a
full Lomi Lomi massage
valid until
30 September 2009

