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# barrier reef cruise TROPICAL NATURAL THERAPY GETAWAY Australia Great

## Barrier Reef

Posted by Tracie Acheson - 2009/09/09 10:57

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Hi everyone, If you can imagine yourself relaxing in the tropics whilst learning a number of Natural Therapies than have a look at this workshop on <http://members.xoom.com/healers> on this web site you can see pictures and read about this workshop. Alternatively read below. See you in Port Douglas. Any questions can be discuss by contacting Tracie Acheson N.D. Dip C.H. on [hea...@ar.com.au](mailto:hea...@ar.com.au) TROPICAL NATURAL THERAPY GETAWAY Port Douglas ~ Northern Queensland Australia November 1st to 14th 1998 Proudly supported by "In Essence" Aromatherapy Imagine..... Two glorious weeks of sheer delight at tropical Port Douglas on the Great Barrier Reef as you relax and rediscover yourself. Soak up the sea and the sun as you enjoy a unique balance of informative presentations, sightseeing and leisure. Relax and Replenish..... Whilst staying at the luxuriously appointed Club Tropical Resort in the heart of Port Douglas, enjoy and experience the magnificent sights of Northern Queensland whilst learning about the very best that Natural Therapies have to offer. Leisure..... Adventure..... Knowledge..... Enrich your knowledge in..... Essential Oils....Learn the therapeutic properties of over 40 Essential Oils and how to make heavenly blends. As you learn you will indulge in aromatherapy footbaths, Reflexology foot massage, delight in relaxing hand, luxurious facial and body massage. Creating your own Aromatherapy Natural Skincare..... Experience the indulgence of a wonderful facial after learning how to make your own magnificent skincare. This workshop shows you how to make your own Cleansers, Toners, Gels, Masques and luxurious moisturisers, all using completely natural ingredients and Essential Oils. Reiki Healing..... Reiki 1 Qualification. During these sessions you will learn comprehensively about this simple, yet immensely powerful form of universal healing. Barbara Moxham our Reiki Master will lead us through an exciting and enlightening journey as we develop our ability to heal ourselves and others. Crystal Healing..... Learn about the therapeutic energy of crystals. Develop your knowledge of how these healing crystals can enhanced your wellbeing during crystal massage. Learn how to select, cleanse, program and recharge your crystals. Chakra Balancing.... Chakra's are our body's own energy centres. In this class we experience how to understand and balance these energy centres so that we maintain physical, emotional and spiritual wellbeing. Herbal Medicine & Homoeopathy..... Natural Medicines have been used to restore health for thousands of years. During our Herbal and Homoeopathic presentations we will learn how these Natural Medicines restore our health. We will gain an understanding of how herbal and homoeopathic medicines aid our day to day wellbeing. Common health concerns and treatments will be discussed. Graphology..... Graphology is the science of handwriting analysis. With this skill you will increase your awareness to understand personality traits in yourself and others. Learn what handwriting reveals.... Stress Management and other topics..... Barbara and Tracie are both Clinical Hypnotherapists. During these sessions we will learn the benefits of Meditation and ways to manage stress in our lives. Many other optional topics including "developing your intuition" and "psychometry" will be discussed during this amazing workshop. About Club Tropical..... Club Tropical, a Rydges Resort is a suburb, luxuriously appointed boutique resort. Enjoy your open balconies overlooking magnificent landscaped tropical gardens, swimming pool and views of the ocean. Each apartment is open, light and airy and decorated in a unique and tasteful tropical style. Facilities include a fully equipped kitchen, air conditioning, ceiling fans, television, video and CD player. About your Presenters..... Tracie Acheson has accredited qualifications in Naturopathy, Medical Herbalism, Medical Science, Aromatherapy, Remedial Massage, Natural Fertility Management and Hypnotherapy. Tracie has been practicing massage since 1981. In 1989, Tracie started working in massage full time and built a very busy and successful massage practice in the southern suburbs of Sydney. During this time Tracie was honoured to achieve recognition for having one of five best natural therapy clinics in Sydney by Sydney Morning Herald's Good Weekend magazine. Tracie has lectured in Canada and has been bringing the knowledge of Natural Therapies to the public for many years. Tracie is currently working full time in her Naturopathic practice caring for people with all forms of health problems. Barbara Moxham is an experienced and highly respected spiritual healer. Having achieved the qualification and status of Reiki Master, Barbara enjoys lecturing to the public and working in private practice with such complementary therapies as energy healing, chakra balancing, aura work, crystal healing and counselling. Barbara has a Diploma of Clinical Hypnotherapy, Accredited Qualifications in Counselling Skills, Spiritual Counselling, Bereavement Support and Adult Education. Barbara is a Distance Trainer in Spiritual Healing for the National Federation of Healers Inc. Your Journey..... Your journey to this magnificent region begins as your plane descends across the World Heritage Great Barrier Reef situated on the Tropical Coastline of Queensland, Australia. Your first view will never be forgotten with it's colour and its vibrancy. Your personal guide to this area will meet you at the airport presenting each of you with an information package full of maps, general information and much more. Spend your days learning and experiencing all the natural wonders that this famous region has to offer. You will be whisked north to Port Douglas by your private air-conditioned coach along the Captain Cook Highway. Winding along, the coast offers spectacular views of the Coral Sea and its myriad of islands. You will then be transferred to "Club Tropical", your home for the next 2 weeks of learning about, indulging in, and extending your knowledge of Aromatherapy, Spiritual Healing and many other Natural Therapies. A welcoming party in your honour..... The rest of the day is yours to explore Port Douglas, the village by the sea. Just a short walk away is 8 kilometres of magnificent sandy beach. The town has a wonderful atmosphere with abundant restaurants and shops, many harbouring an array of trinkets, Crystals and other delights. This evening we will meet for a short discussion on the exciting activities ahead and give you your itinerary for the next two weeks. Following this you have the opportunity to meet the people of Port Douglas who will be guiding you and helping you to explore the best of this region. This evening amongst the pool and cascading sculptured waterfall, a welcoming cocktail hour will be held in your honour. Snorkelling on the Great Barrier Reef.... It's out to the Great Barrier Reef - the largest living organism in the world and

one of the 7 Natural Wonders of the World! "Revolution", a brand new, sleek 15 metre cruiser will be yours exclusively for the day. You will be accompanied by your Marine Biologist Guide who is extremely knowledgeable about the 400 species of coral and 1500 species of fish that are found abundant in the warm tropical waters. You will visit pristine coral bommies surrounded by schools of brightly coloured fish, some with giant clams nearby, and perhaps a sand coral cay, it will be a wonderful day never to be forgotten. Breakfast with Australia's Native Wildlife..... Start today with a difference.....have breakfast with the birds at the famous award winning Rainforest Habitat. The delicious breakfast includes champagne and juices and a buffet with an extensive array of tropical and exotic fruits, pastries, locally baked breads, bacon, eggs. Rainforest Habitat has three main areas that include animals such as Koala's, the endangered Cassowary, and Waterbirds. The Rainforest Aviary houses over 70 species of birds and animals - wander along the boardwalk, which takes you up into the rainforest canopy. The Wallaby Walk and Crocodile area, where you can hand feed many species of Kangaroo and Wallaby. This will be your first opportunity to view both Salt water and Freshwater crocodiles. A Beach Cocktail Party..... Come dressed in comfy clothing and swimmers. Enjoy a beach bonfire and indulge in an evening of cocktails and dinner by the seaside. Feel pampered as your beach waiter serves you delicious finger food and your waiter tends to your cocktails, soft drinks, juices and spring water. Enjoy fun and games into the evening while you soak up the warm tropical nights. (Complimentary cocktail then open bar). Relax....Replenish.....Regenerate... After you have explored the restaurants and nightlife of Port Douglas on Saturday night, begin Sunday with a slower start. Take Sunday at leisure to explore Port Douglas or take in one of the exciting optional tours. Sunday is local market day just across from Club Tropical.....why not wander over to Anzac Park and experience the local merchants, many selling handmade crafts. There are even people offering Reflexology, massage and Reiki. The markets are open between 8am and 2pm. Local fruits and vegetables....fresh from the growers, line the aisles of the market. Perhaps you would prefer to do one of the many optional tours such as White Water Rafting. 5 hours of rafting through virgin World Heritage Rainforest, host to a myriad of birds and wildlife. It is a full day trip and all meals and equipment are included. Perhaps a more tranquil day is your preference.....A rainforest tour by bike offers you exclusive access to Hidden Valley, to seek the source of the crystal clear waters of the magnificent Mowbray Falls, which tumble 120 metres down sheer cliffs. Only 7 people each day have this opportunity....the day offers time to pause, take a relaxing swim in a secluded swimming hole or a refreshing massage by the waters of beautiful Marram Falls. Atherton Tablelands Adventure..... Today you can explore a different world. The Atherton Tablelands has high altitude tropical rainforest on the eastern slopes with vast Savannah landscape stretching to the distant horizon on the west slope - undulating vivid green valleys and lush farmland. This area is full of natural wonders.... Our exclusive charter vehicle and guide will take you up the scenic winding highway. Our journey will encompass two ancient crater lakes, Lake Barrine, where you will enjoy a relaxing atmosphere and afternoon tea in the famous Lake Barrine teahouse overlooking the lake. Swim in Lake Eacham and enjoy the historic Heritage listed village of Yungaburra and its famous Curtain Fig Tree. Sample a traditional Aussie pub lunch at the oldest pub in the region - the Peeramon. Continue on to experience something not usually available to the public. Visit a true blue Aussie Tea Tree plantation. Enjoy an education talk about the growing of Australia's famous Tea Tree and go out into the fields to see Tea Tree being harvested. You will then have the fortune to witness the distillation process of Tea Tree Essential Oil. Receive your own bottle of Tea Tree Oil from this area with our compliments. The Daintree Rainforest.... Today we delve into the ancient Aboriginal culture and the oldest rainforest in the world. You will be driven to Mossman Gorge where we will meet members of the KuKu Yalanji tribe. After an exhilarating plunge and swim in the famous Mossman Gorge the KuKu Yalanji tribe will take you on a Dreamtime tour through their rainforest. Here, a member of the tribe will explain the natural medicines and foods that have been passed down from generation to generation in the Aboriginal culture. You will be delighted by the haunting sounds of a didgeridoo while you enjoy a delicious morning tea including Bush Damper (an Australian outback bread, traditionally baked over a campfire or in the ground). The tour will continue to the Daintree River for an hour-long river cruise. Spot crocodiles, exotic tropical birds and learn of the wide variety of flora and wildlife. A delicious lunch awaits you at the Daintree Eco Lodge, an exclusive resort set amidst the towering rainforest. Your lunch will be in the Baaru Restaurant, a stunning all wooden structure. Enjoy seeing how the rainforest trees grow through this restaurant as you enjoy a delicious lunch in this magnificent setting. Now for the truly unique and wondrous.... The Botanical Ark... Here Alan and Susan Carle have spent the past twenty years visiting tropical forests all over the world trying to learn the uses and values of these dwindling resources. They have collected plants from their world travels. You will have the unique opportunity to visit these amazing people and visit their home....a valley full of fruits, nuts, medicines, fibres, flowers, spices, oils and dyes. You will be guided around their property for a talk and sampling of these exotic foods prior to tasting Susan's fabulous cuisine in a unique afternoon tea that will include more of this nutritious produce. What the Tropical Natural Therapy Getaway includes..... ? An information pack on Port Douglas. ? Conference goodies bag with itinerary and complimentary gifts. ? 13 Nights twin share accommodation at the beautiful Club Tropical. ? Program tuition and practical training for all specified sessions. ? The use of raw materials for workshops where necessary. ? A full workbook of notes for everything you will learn. ? Welcoming cocktail hour at Club Tropical. ? All lunches, afternoon and morning tea, on full day conference days. ? Champagne breakfast and guided zoo walk at Rainforest Habitat. ? Lunch, morning tea and afternoon tea on the Reef, Daintree and Atherton Tablelands day trips. ? Beach party including delicious finger food and a complimentary cocktail. ? Reiki 1 Certification. ? Transfers to and from Cairns Airport

**PROGRAMME FOR "TROPICAL NATURAL THERAPY GETAWAY"**

Day Morning Afternoon Evening

1 ARRIVE Cocktail hour

2 Aromatherapy Aromatherapy

Optional Classes

3 Aromatherapy Aromatherapy Optional Classes

4 Great Barrier Reef Cruise

5 Rainforest Habitat

Leisure Time Reiki 1

6 Reiki 1 Reiki 1

7 Herbs Homoeopathy

8 Leisure Time Leisure Time Leisure Time

9 Aromatherapy Skincare Optional Classes

10 Atherton Tablelands Atherton Tablelands

11 Chakra Balancing Crystal Healing Optional Classes

12 Daintree Rainforest Daintree Rainforest

13 Graphology Stress Management Beach Party

14 HOME This program may vary during the workshop Course Investment Cost of Workshop as Above  
 AU\$2650.00 Early Bird Discount Before July 15th 1998 AU\$2500.00 Additional Single Supplement (for those who  
 would like their own studio apartment) AU\$696.00 Spouse not participating in lectures AU\$2150.00 (all other activities  
 included) Deposit required to accept Booking AU\$ 500.00 Balance payable by 30th August 1998. Some Websites to  
 see more of what this tour has to offer: To see more on Port Douglas [www.great-barrier-reef.com/vi001.html](http://www.great-barrier-reef.com/vi001.html) To see  
 more about Club Tropical our 4 star Rydges Resort [www.great-barrier-reef.com/clubtropical/index.html](http://www.great-barrier-reef.com/clubtropical/index.html) More on our  
 magnificent Reef Cruiser "Revolution" [www.great-barrier-reef.com/revolution/index.html](http://www.great-barrier-reef.com/revolution/index.html) For further information,  
 brochures and bookings please contact Email [hea...@ar.com.au](mailto:hea...@ar.com.au) Phone: (02) 9545 2992 Mobile: 0412 556 556  
 TROPICAL NATURAL THERAPY GETAWAY BOOKING FORM (One booking form per person) First

Name \_\_\_\_\_ Surname \_\_\_\_\_ Address \_\_\_\_\_ Phone (BH) \_\_\_\_\_  
 \_\_\_\_\_ (AH) Nationality of Passport \_\_\_\_\_ Passport Number \_\_\_\_\_ Issue Date \_\_\_\_\_ Expiry Date \_\_\_\_\_  
 \_\_\_\_\_ Twin Share YES/NO \_\_\_\_\_ Smoker YES/NO Is someone attending that you wish to share with. YES/NO

If so do you require twin bed or double bed. Twin/Double \_\_\_\_\_ Do you require vegetarian meals? YES/NO If yes, do you  
 eat dairy YES/NO \_\_\_\_\_ Eggs YES/NO EMERGENCY CONTACT First Name \_\_\_\_\_ Surname \_\_\_\_\_ Phone (BH) \_\_\_\_\_  
 (AH) Please find enclosed my payment for the amount of: ? deposit (Balance due by 15th August 1998)

have enclosed a ? Cheque ? Money Order ? Paying by credit card Please charge my ? Bankcard ? Mastercard  
 ? Visa Card Number \_\_\_\_\_ Expiry date \_\_\_\_\_ Cardholder's Name \_\_\_\_\_ Signature \_\_\_\_\_ Please Note If you would like to stay longer or  
 have any individual situations regarding your stay in Port Douglas. Please contact Tracie Acheson on (02) 9545 2992.

Conditions and Important Information 1. How to book. Complete the enclosed booking form and send to Tracie  
 Acheson, PO Box 777 Sutherland NSW 1499 Australia, with a deposit of \$500 per person. The balance of program  
 price is due 60 days prior to departure. For bookings made after this date, the full tour price is payable on request of  
 reservation. 2. Insurance. At the time of the booking, a comprehensive insurance policy is available and strongly  
 recommended. Cancellation insurance is recommended at the time of booking and further insurance is available to  
 cover you when travelling. Further details are available from our office or your local travel agent. 3. Tour Price. This  
 tour is designed for a maximum of 35 people and a minimum of 20 people per group travelling together. If the number is  
 less than 20 the price may be adjusted according to the number of persons travelling. 4. Cancellations. If you are  
 forced to cancel your reservation there are cancellation charges affecting the land arrangements. If you cancel more  
 than 60 days prior to departure the only cancellation fee will be \$500 per person. Should you cancel within 60 days prior  
 to departure, the whole deposit, plus any fees levied by the hotels will be forfeited. 5. Refunds. Under no  
 circumstances can refunds be made for accommodation, meals or the seminars or part thereof not undertaken by the  
 trip member when provided. 6. Price changes. Prices for this trip are based on hotel accommodation, tours and other  
 ground arrangements in effect April 1998. Hotel, tour and other prices may change. Currency exchange rates may  
 fluctuate and may affect prices. Accordingly, Tracie Acheson, in receiving any payments, does not undertake that the  
 price payable will therefor remain unchanged. You may be required to pay additional charges in the event of currency  
 exchange rates fluctuations, variations in fares, hotel, tour and other prices. Acceptance of this arrangement is a  
 condition of booking. 7. . All coupons, receipts and tickets are issued subject to the terms and conditions specified by  
 the suppliers. By accepting the coupons and tickets and utilising the services you agree that neither Tracie Acheson  
 nor any subsidiary companies or representative shall be liable for any loss, injury or damage to you or your belongings  
 or otherwise in connection with any accommodations, transportation or other services or resulting directly or indirectly  
 from any occurrences beyond its/their control including breakdown in equipment, strikes, theft, delay or cancellation of  
 or changes in itinerary or schedules, etc. Also remember that travel documents are your Responsibility clause. Tracie  
 Acheson reserves the right to amend, vary, or cancel the tours, transport, meals, accommodation or other services  
 contained in the brochure "Tropical Natural Therapy Getaway", if the circumstances are beyond reasonable control of  
 Tracie Acheson. Tracie Acheson shall in no part be held liable for any acts, Omissions, failures or defaults on part of  
 the persons or companies who at the request of Tracie Acheson provide transportation, accommodation or similar  
 services or facilities. As the land arrangement represents a complete "package" of arrangements, an itemisation of  
 component costs will not be rendered. Payment of deposit will indicate acceptance of the above conditions by the  
 purchaser and/or passenger. Tracie Acheson does not own, manage, control or operate any transportation vehicles,  
 hotels or restaurants or any other supplier thereof. No employer of Tracie Acheson's or her subsidiary or affiliated  
 companies or their representatives can change the terms under which you agree to take this Holiday Package. 8. Trip  
 Extension. Should you wish to extend your trip beyond the period nominated in the Tropical Natural Therapy Getaway  
 brochure you need to contact the Getaway organiser for information on who to contact to arrange this extension. 9.  
 Program does not include Meals other than those specified above, passport and visa fees, departure taxes, drinks and  
 beverages, other than mentioned above, afternoon teas, laundry, telephone expenses, personal spending money,  
 excess baggage charges, personal and baggage insurance, tips, tours and services not listed in the final itinerary, and  
 all items of a personal nature. PRICES QUOTED are subject to change without prior notice. VALIDITY: April 1 to  
 November 1, 1998 TOUR OPERATOR: Tracie Acheson PO Box 777 Sutherland, NSW (02) 9545 2992 or 0412 556

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