

Serge Benhayon
presents...

Life is Medicine

Learn how to
live your own
living medicine.



DATE & TIME

Sunday 11th Sept 2016
10 am - 4.30 pm

VENUE

Novotel Sydney
Manly Pacific
55 North Steyne
Manly NSW 2095

PARKING

Parking available at 3 local
unaffiliated car parks

BOOKING IS ESSENTIAL

www.unimedlivingsydney.com.au

INVESTMENT

\$80 for the day
\$40 for Concessions
*Students/pension cards must
be shown on the day*

REGISTRATION

Please register from 9 am

**Did you know
you can live your life as medicine?**

**What does it mean
to live your life as medicine?**

In this day and age of escalating rates of illness and disease these are important questions for us all to consider. World-renowned philosopher and health practitioner Serge Benhayon returns to Sydney to present on what living medicine is, and how we can all live in a way that is our own living medicine.

**“Good medicine is
to thoroughly take care of yourself.**

**True medicine is
to live the real and true you in full.”**

Serge Benhayon

This is a two-part day – the morning begins with a presentation by Serge Benhayon, the afternoon provides an opportunity to experience sessions of the healing modalities that support you to develop a true and harmonious way of living that is your own living medicine.

- Sacred Esoteric Healing
- Esoteric Yoga
- Gentle Breath Meditaation
- True Movement

MORNING

9 am - 9.45 am

Registration

10 am - 12.30 pm

Serge Benhayon
presents
“Life is Medicine”

AFTERNOON

1 pm - 3.45 pm

30-min Sacred Esoteric
Healing Sessions

1 pm - 4.30 pm

Experience and
participate in sessions
of Gentle Breath
Meditation,
Esoteric Yoga and
True Movement



SERGE BENHAYON

Founder of Universal Medicine, Serge Benhayon is a renowned philosopher, practitioner, teacher and trainer of complementary therapies.

The Universal Medicine Therapies, teachings, readings and books inspired and delivered by Serge have transformed the lives of literally thousands of people.

In a separate room

30 minute Sacred Esoteric
Healing sessions will be
available from

1 pm - 3.45 pm.

Sessions times are limited
and will be available for
booking during registration.

INFORMATION

unimedlivingsydney.com.au

ENQUIRIES

contact@unimedlivingsydney.com.au

THE MODALITIES

SACRED ESOTERIC HEALING

Sacred Esoteric Healing is a gentle hands-on healing technique that allows the client a surrender to their inner heart and a re-connection with their physical body allowing a deeper stillness.

GENTLE BREATH MEDITATION

Gentle Breath Meditation is a simple tool to facilitate a deeper connection within. The purpose of this meditation is to bring you back to you, for you to re-connect to who you are in essence.

ESOTERIC YOGA – YOGA OF STILLNESS

Esoteric Yoga offers an accessible and practical approach to living in soulful union in today's world through listening to our body and honouring it with the deepest respect, care and love. It is practiced in a chair and is also an ideal therapy to support deep healing and recovery from illness.

TRUE MOVEMENT

True Movement offers an opportunity to change unhealthy patterns of movement and tension in the body by bringing forth its natural fluidity, grace and harmony. All done to the soul-full music of Michael Benhayon, Glorious Music.