

Vibrance *Infusion*

Helping YOU to live, love & laugh, Naturally!

Monthly E-Magazine.



Spring edition

September 2011

Inside this Month's VIBRANCE INFUSION....

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Vibrance Infusion Monthly E-Mag September 2011.  *Helping you to live, love & laugh, Naturally!*
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WELCOME to our Spring Edition of the Vibrance Infusion Monthly E-Magazine!
We hope you enjoy the additional content and the new easy to read, print or forward format. Please feel free to **forward** it through your **email**, **print** it and **put it up at work**, **hand out to clients** or leave around for casual reading... We'd LOVE to share a little vibrance with as many people as possible! Send feedback, ideas or contributions to kathy@vibrance.com.au. Enjoy and have a beautiful day!

Thank You Evolve Festival!

On the journey of life with life lover, free spirit & mindbody specialist *Kathy Poplewell!*

A BIG call out and MASSIVE thank you to the Evolve Yoga and Wellbeing Festival who held there first event in Sydney this month and to all the beautiful people, presenters, sponsors, volunteers who made it such a beautiful and pleasurable event to be a part of.

It was such an honour to be a part of the event and an absolute delight to present 3 sessions during the weekend. The first session I shared was Laughter Yoga on Saturday just before lunch and I have to say, the drama room totally rocked and we absolutely raised the roof with the wonderful participation and laughter of everyone who came... If you were there and are reading this now 'You are so totally AWESOME!!!' and I can't wait to laugh with you all again! AND if you weren't there... 'You are AWESOME TOO!' especially because you are reading this now ;) Heheheheeee!

Then we did Tribal FIRE tribal dance in the main hall at 5.30pm after everyone had already had a massive day of yoga and again, the group energy was so fantastic, we drew up our energy from deep within and brought forth our inner warriors and fanned the flame of our fires til we were leaping, bounding, flying, thrusting, crawling, weaving our way around the room and dancing our spirits free... It was such a delight to share this with you.

I totally admit by the time the day finished (especially after an early rise to drive from the Central Coast to Sydney to get there on time to participate in the first session of the day, I so had to get there from TranceDance ;) I was TOTALLY exhausted and the only downer was that I got caught up in very very slow traffic due to timing my departure with the same time everyone was leaving from some major football match... Grrrr, Hahahahaa... And although my body was tired by the time I got back to my friends place and crawled into bed I was so wired and excited from the fantastic day I couldn't sleep! Wow.

Sunday was just as good and again our Tribal FyouSION Yoga Groove session was packed to the rafters, good thing we didn't try n use yoga mats or we wouldn't have all fitted in! You amazed me again with how much you all let yourself go into the freedom.

So again, Thank you to EVERYONE for such an amazing weekend! Love & Laughter, *Kathy*

Want more? Check our Kathy's yoga, dance and laughter clips on her YouTube Channel www.youtube.com/KathPoplewell



Laughter Yoga session at Evolve with Kathy.



Laughter Yoga session at Evolve with Kathy.



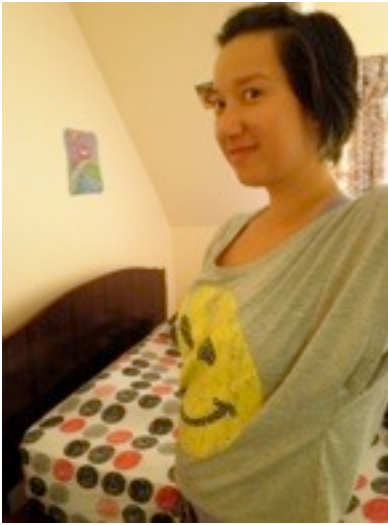
Tribal FyouSION Yoga Groove session at Evolve with Kathy.

COVER PHOTO: Tribal FyouSION Yoga Groove session at Evolve featuring Kathy onstage. Photo taken by **Marco Estrella** <http://www.marcoestrella.com>

To find out more about Evolve visit www.evolveyogafestival.com.au

Getting ready for **The Adventure...**

Prepping for the journey... A Self Retreat, Cleanse n Rejuvenate!



It's been a busy few months for me and there is much more to come as I'm moving out of the lovely little cabin that has been home since March this year in 3 weeks time and will be getting back into the gypsy life again as I tour the east coast with our Laughter Yoga Leadership Trainings around in lead up to this years Vibrance Women's Celebrating Womanhood 2011 event in December...

And then I'll be **touring around the WHOLE of Australia for 12 months** on my **Australian Laughter Tour** as I work towards my **Big Audacious Goal of training 1000 laughter yoga leaders by 21 December 2012!**

With all that coming up and with SPRING in the air (the jasmine in bloom outside my front porch smells soooo delicious every time I walk past) I new I wanted to have some good quality 'ME' time to rejuvenate, cleanse, rest etc while I still have a base before all the adventure of what's to come.

So I decided to do my own self retreat. The key to doing a retreat is to turn off and break free from all the outside stimulus that is constantly bombarding us nearly ALL THE TIME, get away from your distractions and let go of your day to day routine so you can connect deeper into yourself, rest, rejuvenate, reflect and allow your revelations to surface as you reconnect to yourself.

I was so glad to take that week out for me. I believe it's really important to take the rest time (guilt and shame FREE rest time!) in between all the business... I've heard a great quote before that says there is no such thing as over training, only under recovery. Many of us haven't learnt how to enjoy and embrace the recovery time as a vital and important part of the cycle.

On my self retreat (I did it the week leading up to my 32nd birthday and then started coming back out into contact with the world on my actual birthday) I started by clearing and tidying up my space, getting a few last minute jobs done and weening myself off the phone and computer (did you know how addicted we are to social media interaction, it's an interesting and enlightening process in itself)... The next day I got a home visit massage so I didn't have to go out, then I spent a couple of day in my pj's reading novels and eating simple nourishing foods, with the odd spot of laying in the sunshine in the backyard before I completed a DIY Gall Bladder Cleanse and flushed out my system followed by more rest and another home visit massage before slowly reconnecting with the world on my birthday (14th Sept) and getting back outdoors beautiful spring bush walk enjoying the bloom of australian bushflowers and sunshine the day after.

It was interesting the emotions that started surfacing after the cleanse and on my birthday, all of which also fell close to the full moon.... Yes, I was emotional... Everything was coming to the surface (*which it has to when being cleaned out*) but what was interesting was that once I acknowledged them and voiced the different emotions, and it didn't even have to be to anyone else... It was more about acknowledging them to myself... Then they shifted and were transformed into the next emotion to again be acknowledged, shifted and transformed until I got to that delicious place of love and gratitude once again... Yet along the way I also experienced anger, grief, sadness and peace before I got to that place and received my insights, lessons, transformations and revelations. Remember, e-motions are simple Energy in Motion.

I know it's really worth while and the change of seasons no matter what part of the world you live in is a perfect time to do a retreat, cleanse and have some inner connection time. So I hope you enjoy our Spring Edition and the tips on how to do your own Self Retreat too!

Upcoming Vibrance Events & Opportunities!

Upcoming 2 Day Certified Laughter Yoga Leadership Trainings with Australian Laughter Ambassador Kathy Popplewell.

EARLY BIRD SPECIALS AVAILABLE NOW!

- 15 & 16 October 2011. Melbourne, VIC.
- 5 & 6 November 2011. Port Macquarie, NSW.
- 26 & 27 November 2011. Gold Coast, QLD.
- 7 & 8 January 2012. Central Coast, NSW.
- 25 & 26 February 2012. Hobart, TAS.

Early Birds \$349 (or \$325 pp for two).

Standard Rego \$379 (or \$349pp for two).



This training is recognised and certified by Dr Kataria's School of Laughter Yoga and your training price **includes** the 2 day training, your training manual, workbook, certification and mentoring PLUS Vibrance Laughter Graduates get the exclusive opportunity to be a part of the crewing team at our Annual events including our new Vibrance Laughter's **Laughter, Health & Happiness Conference** and our Vibrance Women's Celebrating Womanhood Conference.

Our training comes with a 100% Money Back Vibrance Laughter Guarantee!



For details of upcoming Vibrance trainings and events visit vibrance.com.au.

Vibrance Laughter's 1st Annual **Laughter, Health & Happiness Conference**

1-3 June 2012, Gold Coast, QLD

Presenter Applications Open NOW

Presenter Applications
close midnight
September 30, 2011.

Visit
vibrance.com.au
NOW to submit
your session ideas
for your chance to
present at this
new exciting
event!



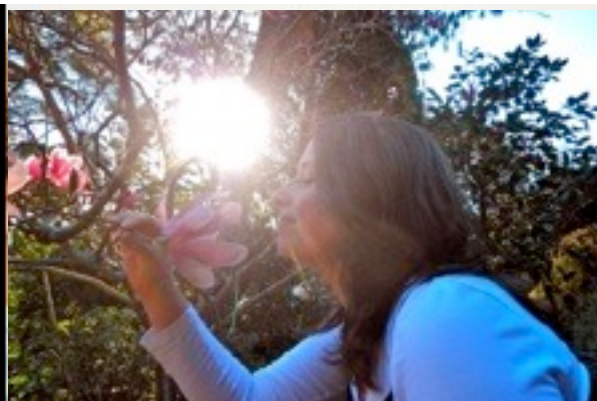
Celebrating Womanhood 2011 Program & Brochure has been revealed!

To see this years presenting team and the delicious array of sessions on offer visit www.vibrance.com.au

Vibrance Women's **Celebrating Womanhood 2011 2nd Annual event "Deeper"**

Enjoy a 3 day journey 'Deeper' into YOU!

2-4 December 2011, Gold Coast, QLD



Vibrance Health

Taking Time for YOU... Do you do it?

Have you ever felt it creeping up on you? A built up collection of stress and anxiety? A need to get away and escape from your daily activities or regular routine? I don't know about you but if not addresses in a timely fashion this can often transform itself into one of many ugly faces as it's pushed down and both suppressed and compressed which may result in frustration, resentment, anger, depression and or physical illness or injury (a state of disease).

It's like one aspect of us understands how important it is to take time out, renew, breathe, absorb, sit, heal, energise, move, be inspired and simply just live in the moment... **And then another aspect of us** has been conditioned to believe that we must be working, working, working... always doing 'something' or being 'busy' and often that something is not truly for us.... And **some of us** have even been **conditioned to feel guilty** when we do take that little moment or well deserved break for ourselves....

Have you ever stopped to think where does that come from? Surely it's not optimal for either our wellbeing (and thus the wellbeing of others) or our productivity... **How can anyone ever give from an empty cup?** The truth is, we can't....

This is definitely something I've learnt through personal experience... **For years** when I first entered the work force after school I'd **work, work, work** (and being a typical teen and twenty something I'd go out and play just as hard) until I'd absolutely **burnt my candle to the ground** and would take a several weeks or even months to recover where I basically couldn't do much at all because I was so exhausted, empty, numb or sick...

By the time I was ready to get back into it again I'd realise with the money I'd spent on just living whilst recovering I could have gone on an amazing island holiday or backpacked my way around the world... Hmmmm, not optimal!

After running this pattern way too many times and coming to the realisation that I was doing it to myself (thus if I wanted to stop feeling yucky and getting sick or injured I was the one who had to make changes and find my own answers) I finally got the message and took action to start reconditioning my beliefs and values so that I made the quality time for 'ME'.

I'm now at a point where self care is my number ONE and highest value... And I'm constantly getting better at taking time out for me as I realise how very important it is to renew, re-energise, clear the mind and spend time with myself.

QUESTION: Where do you have it setting on your list? And if you don't look after you, or make yourself a priority... Who will?

I hear so many people (especially women) say "I never have time for that"... Well, you have to make time... It's my belief that we can't afford not too. It's time we started realising that our health is one of our greatest assets if not THE most important one of all! Is it time you took some time out for you? Don't wait til your candle is burnt out, start listening to your body and taking a moment, a day, a weekend, a week or a month if you need to and get out of your normal routine.... There are so many ways to do this but **make sure you choose something that is for YOU!**



Vibrance Inspirations

Quotes and giggles to inspire your life.



Vibrance Giggles...

Human Body

Three engineering students gather to discuss the possible designers of the human body.

One says, "It was a mechanical engineer. Just look at all the joints".

Another says, "No, it was an electrical engineer. The nervous system has many thousands of electrical connections".

The last says, "Actually it was a civil engineer. Who else would run a toxic waste pipe through a recreational area?"

"You cannot
discover new oceans
until you have the
courage to take your
eyes off the shore".

Unknown

"The future depends on
what we do in
the present"

Mahatma Gandhi

15 Feel Good movies for when you need some warm fuzzies for comfort, want to shift your mood or just to have a feel good n heart warming giggle (some of Kathy's favourites from her Romantic Comedy Collection;)

1. **Ever After (a cinderella story)**. Drew Barrymore.
2. **The Holiday**. All star cast including Kate Winslet, Cameron Diaz and Jack Black.
3. **It's Complicated**. Meryl Streep, Steve Martin.
4. **27 Dresses**. Katherine Heigl.
5. **Maid in Manhattan**. Jennifer Lopez.
6. **The Wedding Planner**. Jennifer Lopez and Matthew McConaughey.
7. **Failure to Launch**. Matthew McConaughey and Sarah Jessica Parker.
8. **Hitch**. Will Smith.
9. **2 Weeks Notice**. Hugh Grant and Sandra Bullock.
10. **Love Actually**. All star cast including Colin Firth, Emma Thompson, Joan Cusack and Hugh Grant.
11. **Serendipity**. John Cusack and Kate Beckinsale.
12. **Maid of Honour**. Patrick Dempsey.
13. **Love Happens**. Jennifer Aniston & Aaron Eckhart.
14. **Suddenly 30**. Jennifer Garner.
15. **The Mirror has two Faces**. Barbara Streisand and Jeff Bridges.

"If the sky is the limit
then how come there are
footprints on the moon!"

Unknown.

HOW TO do your own **Self Retreat...**

Make it a priority and set an amount of time that feels right for you and what you can manage. It may be a few hours while the kids are at school or it may be 1, 2, 5, 7 or 10+ days. Remember you are worth it and it's very important to make time to pour love and energy into you.

Set your dates and let people know you'll be unavailable via phone, email or in person. Give it the same priority as if you were spending big \$\$ and going away on a retreat where you would be unreachable except for emergencies. You may decide that you will check your messages on a certain day or every day at a certain time. If so, let people know by setting up a message with this information on your voicemail or email auto-responder and by letting your regular contacts know in advance.

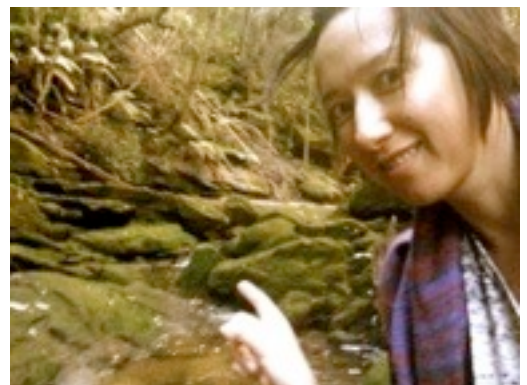
Set your Intention of why you are doing a retreat (for example; Mental relaxation, Spiritual growth, Vision building Emotional healing, Physical wellbeing, Personal development, Cleansing, Resting and relaxation). By defining your intention you will be closer to reaching your desired outcome.

Set up your space by doing a physical and energetic clean to prepare yourself for this special time for you. Pack away anything you can that you don't need and is cluttering up your space. I recommend you turn off, unplug and even cover up or pack away the TV, phone and computer.

Get yourself ready and prepped as much as you can (for example do all your shopping for groceries etc before you start) so that you won't need to go to supermarkets or make any other unnecessary trips out to places that are busy and that would interrupt your self retreat time.

Now Begin and Enjoy Your YOU and Self Retreat!

I also recommended during your retreat time to avoid caffeine, sugar, wheat, dairy and alcohol and to drink plenty of water (great to add a pinch of celtic sea salt or himalaya rock salt to your drinking water as it helps absorption and adds minerals).



Photos taken on one of Kathy's self adventure/retreat days in 2010 exploring the bush and being with nature up at Summerbsy Falls on the Central Coast of NSW, Australia.

Enjoy NOURISHing YOU!

Things you could do during your Self Retreat experience....

Walk barefoot on the grass... Stop and smell the flowers...

Go on a bush walk... Hug a tree... Listen to the birds sing...

Sit on a big beautiful rock... Dip your feet into the ocean...

Lay your body on the earth, soak up the sunshine and breathe...

Have a bath by candle light... Write a poem... Journal...

Have a massage or give yourself one... Read a novel...

Find somewhere beautiful to explore where you can't see or hear anything man-made and where you can just be in amongst nature!

Vibrance Laughter Graduate Profile: *Meet Jayne Meldrum*

Spreading the physical and mental benefits of laughter through the community...

By Jayne Meldrum. **Photo:** Jayne (front, right in the blue 'Laugh' singlet) and her Coffs Harbour laughter class!



My name is **Jayne Meldrum** I live in Sandy Beach, New South Wales, Australia.

First time I heard about laughter yoga was in 2009. I had just turned 52 and was feeling old so I decided to get health & became a fitness instructor.

I saw an article by Kathy Popplewell in the Australian Fitness Network e-news about her Vibrance Laughter Tour; she talked about the health benefit of laughter & child like play and it included information about becoming a Laughter Yoga Leader.

This sounded great as I had done some inner child workshops in the past that had helped me with my own personal journey. So I decided to sign up for the 2 day **Laughter Yoga Leader training** course with **Kathy**.

The course was wonderful!

I came home and threw myself into Laughter Yoga starting with 5 of my friends in the park at Sandy Beach (just like Dr Kataria).

Now I run fortnightly Laughter Yoga classes in Coffs Harbour in a hall and have over 20 people attending. I also run sit down Laughter Yoga classes in a day care centre for frail aged & young people with disabilities.

Laughter Yoga has changed my life. It has increased my lung capacity; I also have a heartier laugh. I don't take life so seriously and can now see the lighter side of life.

The breathing exercises energise me. I rarely get sick. I feel mentally and physical healthier. I can tap into my endorphins easier. It has improved my sense of humour and is also a great cardio workout!

People who come to my Laughter Yoga classes tell me how laughter has changed their lives. It has helped people with depression, others with arthritis. One lady whom was over weight and hadn't exercised for years, stated that she was having so much fun, it didn't feel like exercise. People tell me how they feel great for the whole week, improved posture, sleeping better & one couple whom come to laughter, stated their sex life had improved.

In 2011 I attended the 5 day Laughter Yoga Teacher training course with the master himself, Dr Kataria.

This was an amazing experience which I will never forget. Because of this experience I want to teach others to become Laughter Yoga Leaders and show people how they can laugh alone for no reason.

Furthermore, spread the word about the benefits of laughter and world peace through laughter.

What's really amazing is it's free!

Ha! Ha! Ha...!

Jayne runs a laughter class in **Coffs Harbour** at the Scout Hall on Saturdays at 11am each fortnight.

To find out more or to request to receive her laughter class reminders contact her via jaynemeldrum11@hotmail.com

Spring Clean your Body!

Cleansing your internal organs in a natural, healthy way...

DIY (do it yourself) GALL BLADDER CLEANSE

Did you know that people have their Gall Bladders removed due to gall stones? You may be surprised to learn that there is an ancient, natural and easy way to cleanse stones from your body. I first was given this technique to use by an Ayurvedic doctor just after I completed my Yoga teacher training. It took me a while to work up the courage to finally do it the first time but since then I now do the cleanse at least once or twice a year because it's so easy, natural, simple and non-invasive. Plus the results I find are fantastic! I just did it again during my self retreat and I passed about 30-40 dried pea size stones plus a bunch more tiny ones. The first time you do it you may pass 100's of stones. Better out than in I say! If you'd like to give it a go or look into completing one yourself here is the recipe I use

What you need:

4 tablespoons Epsom Salt
3 cups of Water
1/2 cup of Olive Oil
1/2 to 3/4 cup of freshly squeezed grapefruit juice
Vitamin C powder or chewable tablets (for taste)

- Choose a day to start the cleanse when you have no commitments and can rest that afternoon and the following day. Set this time aside for your cleansing and make any necessary arrangements to ensure you won't be distracted.
- In the days leading up to the cleanse I recommend eliminating dairy, wheat, caffeine, sugar and alcohol from your diet and increasing your intake of fresh fruits, vegetables and water (with a pinch of good quality Celtic sea salt or Himalayan crystal salt).
- In the morning you start your cleanse avoid eating fats (butter, oil etc) or other dairy products (milk, yoghurt). Eat simple foods like stewed apples, avocado, eggs, steamed greens, rice, vegetables in the morning and then stop eating or drinking from 2pm (otherwise you may feel nauseous later).

Method:

- At **2pm** mix your Epsom salt with water to make a solution in a jar and place it in the fridge.
- At **6pm** drink a 1/4 of the mixture followed by a small dose of Vitamin C to cover the taste.
- At **8pm** repeat the procedure. You may find that your bowel starts to flush out in the evening before you go to bed. If so allow your bowel to empty before.
- At **9.45pm** mix the olive oil with freshly squeezed grapefruit juice (recommend squeezing by hand and then scrape out the pulp and mix it in too) in a large glass or jar. Get ready for bed making sure you go to the toilet before you drink your mix.
- **10pm** Shake/mix up the mixture and drink it down standing next to bed then lie straight down in bed on your back and don't move for at least 20 minutes, ideally you'll go straight to sleep.
- **When you wake up in the morning** take 1/4 of the Epsom salt solution and Vitamin C, but not before 6am.
- **2 hours later** take your final dose.

Make sure you have the toilet close at hand. This cleanse not only helps to flush out gall stones (they look like little green stones and may appear the colour of peas or some may be more of a sandy colour) but also flushes out the bowel. You'll be AMAZED at what comes out of your body so make sure you look into the toilet and see what is coming out. I'm sure you'll agree it's better to get them out now you can see what your body has been storing inside! A what a simple, easy and natural way to clear them out.

You can start eating again when you feel ready, I recommend starting with a simple meal of plain white rice and some softly cooked vegetables with a little lemon and salt or spices. It is a good idea to keep your diet simple for a few days at least if not longer as the body is still cleaning itself out. Stick to alkaline foods and avoid sugars, preservatives or processed foods.

For more information about the cleanse, additional advice, pro's and con's and contraindications please visit http://curezone.com/clark/liver_original.asp *Note this recipe also has other additions that I do not include myself.

Disclaimer:

This cleanse is not recommended to be used during acute situations or as a replacement for medical advice or treatment. Kathy recommends you seek the professional guidance of a certified yoga teacher, qualified health practitioner or doctor when considering or completing this powerful cleanse.