



Newsletter May 2023

Much has happened in the three months since PHA had its beginnings. For those of you who would like to find out more about The People's Health Alliance, please check out the [website](https://phabunbury.proton.com) or email us at phabunbury@proton.com

Boranup

With a generous invitation by Anatole Hudson to use the Boranup Forest Retreat, we had a fantastic weekend of meeting and networking with other like- minded people.



One of the participants Steve Hawkins wrote:-

Just writing to say a huge thanks to Anatole, Linda and Janis, and all concerned, with putting the event together. It was my first meet and greet and I loved every minute of it; and the Boranup Forest Retreat was a magic venue for it. Over thirty people in attendance with some great speakers. Firstly, sharing their stories of why they see the benefits of the PHA, and also sharing their alternative skill sets; and I'm sure we'd all agree the mainstream systems need to change or, at the very least get some serious attention, so as to not stifle the important health of us all.

A truly Magic weekend for me and I wish you all well moving forward, and can't wait to get involved in some way, shape or form.

Cheers Steve Hawkins (Bridgetown Shire)

We at PHA Bunbury would personally like to thank those who attended and our fantastic speakers: - Joyce Van Duyn - PHA - Origin and Application in the Community; Petra White - Social Work, Wellness and PHA; Karen Mazzella – Kinesiology, Anatole Hudson - Anti aging, Regenerative Treatments; Sarah Collin – Yoga Therapy; and Nick Keown – The use of Heart Rate Variability (HRV) and Brain Wave Entrainment (BWE) to help heal the body and mind naturally. A special thanks to Petra who came from Perth to support us and for showing us how to belly dance.



Albany

On the 13th May, Joyce met with about 30 people in Albany to talk about The People's Health Alliance and starting their own hub. She spoke about the history of PHA, its presence in Australia, and how we hope it can keep developing in communities, particularly Albany. The interest was very present in the room, and a number of people put up their hands to form a group/committee. They have a community room that they already access, they have practitioners aligned in community that many know about and make use of. She saw a positive uptake of creating a hub there and hopes that having another hub will help us and others develop further. Plus, we hope to share our collective human/practitioner's resources.

What's Next????

Due to the kind donations of some great people, we have the website up and running, a mobile, a tear drop banner and enough money to print some flyers.....thank you, thank you!! We have also started up a practitioner's data base on Discord and of course **OUR FIRST NEWSLETTER**. We will be at the Bunbury Markets on the 3rd June, so come and say hi!! Also we are looking into doing health information talks at the Bunbury Library.

Fundraising

To move forward we do need money. If anyone has any great ideas about how we can make this happen. Any and all ideas will be gratefully received.

Practitioners and Volunteers

If you are a practitioner or would like to volunteer, please [email us](#). Practitioners that would like to be advertised on the PHA website please email a photo and bio. We can send you the link to Discord also as we are starting up a database of practitioners who align with PHA's ethos.

Venue

We are looking for a stand alone building which we could use as a base. Perhaps a room somewhere to start off with, which could be used on a regular basis. If anyone knows of anywhere or could help with this, please let us know.

Meetings

Our meetings are held once a month. The next meeting will be Saturday the 10th of June. The meeting is from 10 SHARP, till 12.

Donations

At present we are only taking cash donations, so if you you would like to donate, please contact us.

Meditate Now

Five easy steps

You can meditate right now in this moment. There is nothing you need, no fancy gear or tranquil environment required. Follow these five steps and let this be the beginning of a journey inward.

1. STOP what you are doing and sit down in a chair.
2. BREATHE, take a breath in through your nose and sigh it out through your mouth. Now do that again taking a longer in breath and letting your whole body sigh the breath out, let yourself slump in the chair. One more time take a longer breath in and imagine you are breathing out through a straw as you let your out breath be long and slow as your whole body lets go. Now let your breath flow naturally
3. FEEL the contact of your body on the chair. The feel of your buttocks, the feel of your feet in your shoes on the floor. Let your spine lengthen as you breathe in next and let your shoulders relax as you breathe out but stay sitting tall. Let your hands rest in your lap or on your thighs, wherever they feel comfortable. Let your eyes close or look down towards the ground.
4. NOTICE the coolness of your breath as it enters through your nose and feel the warmth as it leaves through your nose. Let your breathe flow naturally, no force. Be present to it and notice the coolness as it enters and the warmth as it leaves - let this consume your awareness for a minute or more.
5. SMILE as you gently open your eyes or lift your gaze having taken a mini break from the business of your day. That is all it takes to stop and reset.

You might like to set an alarm on your mobile phone to go off on the hour or three or four times a day and let this be your cue to repeat the above steps. This will make a difference to your state of being.

Sarah Collin



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