Ayus is founded on the belief that our lives should be about the enjoyment in who we are and what we do.

As with any healing and personal development, it is essential to appreciate that each of us always know more about ourselves than anyone else, and we alone are capable of healing ourselves. Sometimes however, your body and mind may need to be coached into a better position to achieve this healing and personal development.

Ayus offers our clients a customised blend of gentle yet profoundly powerful therapies to help detect and correct various imbalances that may occur within the physical body, the way we think and our emotional sense of wellbeing.

Some areas where we can help:

**Growth & Personal Development**
- Improve Sporting ability and performance
- Improve focus, attention and concentration
- Strengthen Relationships at work and in personal life
- Building Self Confidence & Self-esteem
- Assist in achieving Career Goals
- Improve self expression & communicate powerfully
- Increase Brain Integration and function

**Life Changes & Transitions**
- Hypnobirthing and calm birthing process
- Finding new direction and supporting Life choices and transitions
- Balance Family members (existing & new) into a harmonious family unit
- Life-Work Balance strategy and techniques
- Clarifying direction in your career and life choices

**Healing & Well-being**
- Increase energy levels & overall vitality
- Manage anxiety & reduce stress
- Approach Weight Management differently
- Address digestive disorders including irritable bowel syndrome
- Gentle Seasonal/Spring body cleanse
- Address fears and phobias such as flying, spiders, closed spaces, heights, etc
- Change cigarette, alcohol and other substance addiction
- Address sexual problems
- Learn Pain management techniques
- Help sleeping disorders & insomnia

‘Use what talent you possess. The woods would be very silent if no birds sang except those that sang best.’

Henry Van Dyke

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‘We make a living by what we get, but we make a life by what we give.’

Winston Churchill
Your Ayus Consultants
With a Bachelor of Business and over 16 years management consulting experience within the corporate and legal professions, Karen Dickson founder of Ayus, embarked on a career transition in 2003. She offers personal coaching to individuals while utilising the tools of Kinesiology, Clinical Hypnotherapy and Meditation. Karen is joined by a number of experienced complementary and allied health professional, in addition to business consultants and coaches providing the Ayus group of lifestyle support. Your Ayus consultant understands at the heart of every living thing is the drive to grow and flourish, working from the perspective that your life is about the enjoyment in who you are and what you do.

To enable this you need to access 100% of your potential energy and your purpose is to focus that energy into creating a healthy and successful life. At times however, this potential can become lost in pain, health concerns, mental confusion or emotional lows.

Your Ayus consultant can help you navigate the path to a balanced life through regained wellbeing and vitality.

‘There is nothing in a caterpillar that tells you it’s going to be a butterfly.’

Buckminster Fuller

Ayus uses an holistic approach to happiness and well-being addressing the physical, mental, emotional, spiritual and energetic levels of an individual.

Our consultants take an integrative approach to helping you as an individual assess and upgrade your performance in all areas of life.

Some of the tools we use include:

Kinesiology
Kinesiology is a communication tool that helps you as an individual to assess and upgrade performance in many areas of life.

The science of human movement and energy healing (chinese medicine and chiropractic techniques), Kinesiology centres on how the body operates.

The therapy applies scientific and evidence based medical principals towards the preservation and enhancement of general well being.

Adults and children use Kinesiology to improve performance in many areas. People labelled ‘slow learners’ or ‘dyslexic’ make dramatic positive changes with Kinesiology, in addition to those wanting to work on their career, business or relationships have often found a new world appear after working with a Kinesiologist.

Clinical Hypnotherapy
Clinical Hypnotherapy is powerful, lasting and can achieve rapid results through reaching and assisting changes in the subconscious mind.

The subconscious houses the emotions, imagination, memory, habits, intuition, and is the pathway to the super-conscious. It also regulates our autonomic body functions. It is the very core or essence of how we experience ourselves and the world.

Clinical Hypnotherapy can assist with:
- Manifest Your Success - Confidence Therapy, Anxiety Therapy, Growth Therapy, Wealthy Mind
- Hypno-birthing supporting a relaxed pregnancy and birthing experience
- Weight loss, Pain Management, Stop Smoking
- Relaxation therapy
- Relationship counselling

Personal Energy Coaching
Optimum health and well-being naturally result when we make life-enhancing choices. Everything we do is either life-enhancing (energising) or life-depleting (draining).

Energy coaching works with you in a thought provoking and creative way, inspiring you to maximise your personal and professional potential.

The Ayus Energy Coach will blend a unique background in corporate management consulting, positive psychology and energy medicine to offer an integrative approach to helping you make changes and accomplish goals that really matter.

Empowered with the knowledge and determination required to make changes, your Energy Coach can help you quickly free yourself from challenges and develop greater well-being, inner peace and energy.

LEAP Brain Integration at Ayus
The brain is an amazing tool. It is said that we use a mere 10% of our brain to process and work through problems and come up with solutions. However, our busy and chaotic lives are often moving faster than our physical, emotional and mental states can adapt.

Our Ayus LEAP (Learning Enhanced Advancement Program) practitioners have been trained under the guidance of Dr Charles Krebs in this specialised technique for correcting learning difficulties in addition to improving performance in both Adults and Children.

Students, Professionals and Athletes can benefit from Brain Integration, an approach to performance improvement where advanced kinesiology techniques and applied physiology assist in diffusing and balancing the body’s reaction to mental or emotional stress, physical problems or nutritional deficiencies.

Mindfulness-Based Stillness Meditation & Imagery
Meditation can transform ordinary, everyday existence and survival into something truly meaningful and wonderful

Our 8 week meditation program has been established and endorsed by The Gawler Foundation, recognise for over 25 years as one of the most reliable and experienced providers of meditation and wellbeing programs for stress management and integrated health.

The program is primarily experiential and is an excellent opportunity to learn or deepen your meditation and relaxation skills in a small group atmosphere.

Participants in the Ayus Mindfulness-Based Stillness Meditation programs will:
- Learn a range of tools to create peace and clarity of mind
- Understand the nature of the thinking mind - its strengths and limitations.
- Understand how “excessive thinking” leads to stress affecting your health and wellbeing.
- Learn to relax physically, unwind emotionally and calm a busy mind.
- Acquire skills for dealing with anger and frustration
- Develop Self-awareness, self-knowledge and self-esteem

‘Your treasure house is within; it contains all you’ll ever need.’

Hui-Hai

General enquiries and bookings:

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