



Beginner? Or just new to Summer Healing Society

You have taken the first step by showing interest and we know you will absolutely love the journey ahead.

Whether your new to yoga or just new to Summer Healing it can feel a little daunting entering into a new space but we aim at creating a Society feel that will make you at feel at home as soon as you walk through the Temple.

www.summerhealing.org



PCA PMA

What to bring

Bring a yoga mat (or borrow one)

Bring a small towel

Bring some water if you need

- The Summer Healing Private Membership Association “(PMA)” is a ministry, ekklesiastical Court and Private Society protected and ruled under International Law, (summerhealingsociety.org) it is a Society of like-minded Beings who are dedicated to creating, manifesting, living and sharing a healthy and peaceful lifestyle. We wish to participate in alternative healing modalities that are offered by members of the PMA. Our members also offer healings, meditation, breathwork, aerial yoga, healthy nutrition, infra red sauna, wellness such as massage, reiki, chakra healing, trauma release, energy work ecstatic dance, sound healings, conscious events. Our weekly timetable is consistent week to week, to become a member you simply need to agree by autographing our declaration agreement and align in good standing with the running of the PMA Members Offerings

We have a small group of members that provide offerings, and we have a larger group of members that receive offerings, but all members have the right to offer offerings to all members, as long as they are in agreement with the ethics to heal one another, defend each other’s rights, and enhance the sustainability of the earth, mankind and co-create together as a mutual benefit society.

If you have something to offer our members we would love to hear from you, please write a one-page article about how we can support your offerings and what you would like to offer.

The Summer Healing Private Contract Association (“PCA”) is a private membership organization nestled within larger associations similarly established. By definition, a PCA is private, it is established by contract, and it is a free association of like-minded, like-spirited beings with a shared purpose, intentions, and aspirations. Summer Healing is a private society established within the jurisdiction of the Kingdom of David, a sovereign ecclesiastical global society, within which is the Summer Healing Society. Summer Healing is an ecclesiastical body politic made up of living men, women, and children, We are established on the principles of international law and equity. On that basis, the Summer Healing Society and PCA is a mutual benefit society wherein we exchange our energies, our creations, our dreams, and our inherent value and principles in Life. In law, a private contract stands superior to all public jurisdictions and legal systems, which is why we work within a Private Contract Association structure.

www.proclamationofpeace.org

www.kingdomofdavid.org

www.summerhealing.org

Summer Healing Ministry

Summer Healing Ministry Prayer Room

A Sacred and Safe Space to put in the circle anything you may need a blessing on in your life for clarity and healing. Our Minister will assist in the healing through prayer/ mantra/ affirmation

A minister is an ordained spiritual leader, who holds prayer services, preaches to people in the Temple, leads worship services teaches spirituality classes, and meets with those seeking personal or spiritual direction.

Ministry implies a sense of being duty-bound to work under God's (the universe's) authority as His/Her loyal servant.

The founding members have faith in the way certain things work in the universe.

The founding members understand that the universe is composed primarily of energy, matter, and consciousness the interactions of these three principles produce an infinite array of states and interactions the founding members have faith that exploring these interactions is guided by faith intuition and awakened consciousness will have beneficial effects, remedies and results for themselves and members of the PMA.

“Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it to you.”

King James Version (KJV) John15:16

Dissolving membership

If you wish to no longer be a member of the PMA after your visit you simply just need to email us and we can dissolve your membership, being a member doesn't mean you will need to offer a regular contribution it just means you will be part of this as above a PMA of like-minded beings who are dedicated to creating, manifesting, living and sharing a healthy and peaceful lifestyle. Who wish to participate in alternative healing modalities that are offered by members of the PMA. 2 Week's notice is required to cancel memberships.

Contributions

We exchange energy with one another, sometimes the energy exchange is in the energy of assisting in cleaning or offering service to help around the temple for your contribution to the programs, the energy exchange may be in gold or silver, the energy exchange may be in more common exchanges for services such as crypto or fiat currency.

Your contribution may be:

A single-class membership (once-off)

A month's membership (once off)

A regular contribution every two weeks (reoccurring)

Or you may be contributing to an event (once off)

www.summerhealing.org



Members Offerings

We have a small group of members that provide services, and we have a larger group of members that receive services, but all members have the right to offer services to all members if they agree with the ethics to heal one another, defend each other's rights and better the sustainability of the earth, mankind and co-create together as a mutual benefit society.

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Our Mission

- Summer Healing Society/ Ministry is an integral Holistic Remembering of education, tools, and resources for the members of the Society to access true freedom and Health throughout every aspect of their lives. It is the Mission and Invocation of SUMMERHEALING Association to integrate and present a comprehensive understanding of How All The Parts of Life sometimes called the Matrix or duality all Fits Together, all of the elements, form, a matter of creation that create our world: history, law, money, jurisdiction, who we truly are, and how our mind and body work and are influenced out and into homeostasis. We offer an accessible and comprehensive system of different courses. Online or at our Temple. Our Society is an unprejudiced Temple, that embraces all. Our Association is built from the timeless fundamental integral science of the mathematical ancient language of Sanskrit and the application of the ancient methods of Sage Patanjali's 8 limb path to Bliss and Enlightenment.

Everyone shall have the right to freedom of thought, conscience, and religion. This right shall include freedom to have or to adopt a religion or belief of his choice, freedom, either individually or in community with others and in public or private.

Owe no man anything but to love one another for he that loveth another hath fulfilled the law . Romans 13:8



Yoga Program

Our weekly timetable is consistent week to week, to become a member you simply need to agree by autographing our declaration agreement and align in good standing with the running of the PMA.

The easiest way to book classes is by downloading the GLOFOX app and choosing Summer Healing



Yoga

Is a science to awaken your inner potential energy. Physical health of body postures is also yoga but they are alone not yoga. The mind is trained through liberated thinking, your breathing structure is trained through pranayama. The various steps are used in yoga ultimately to awaken your spiritual energy so your consciousness can never be controlled by another. Yoga is meant to awaken your mystical powers and spiritual realisation. Recognising your spiritual realisation is the ultimate goal of yoga. Once your kundalini is awakened you will experience extraordinary health, physical, mental, and extraordinary powers and abilities. Everything is aimed at awakening the extraordinary possibilities in you. Yoga is one of the greatest gifts given to the world. In a world where some people are trying to technologically advance and contain consciousness, Yoga gives the ability for you to do what technology is trying to do externally with your own inner consciousness of potential potentially existentially. We are also about building these resilient communities with one another sharing gifts and offerings. Building communities that are about health as health is the energy passing through it all. It's in the images we see, and what we are listening to. Are we listening to the spells of the dark overloads, or are we listening to the sounds of the birds and the sounds of the tree and guided by that? As long as we respect each other as members we are free to collectively decide the path of health, wealth, and knowledge of self.

www.summerhealing.org





Yoga Styles

Beginners Or just new to Summer Healing Yoga

You have taken the first step by showing interest and we know will you absolutely love the journey ahead.

Weather your new to yoga or just new to Summer Healing Yoga it can feel a little daunting entering into a new space but we aim at creating a community feel that will make you at home as soon as you walk through the doors.

It all begins with an idea. Maybe you want to launch a business. Maybe you want to turn a hobby into something more.

Hatha Yoga

This is generally a slower practice with longer holds and less sun salutations.

Hatha simply refers to the practice of physical yoga postures, meaning your Ashtanga, vinyasa, Iyengar and Power Yoga classes are all Hatha Yoga. Hatha practices are designed to align and calm your body, mind, and spirit in preparation for meditation.

It all begins with an idea. Maybe you want to launch a business. Maybe you want to turn a hobby into something more.





Hot Yoga Training Courses at Summer Healing Yoga

For hot yoga and surrounds, you can't beat our hot yoga training courses that teach you everything you need for a deep and enriching hot yoga experience. If you're not sure why you should try hot yoga, we'll explain. Many yogis find that the heat in the room during one of our hot yoga training courses allows them to stretch their bodies out more fully than in a normal room temperature. It's like being in a sauna, so your muscles are relaxed, supple and able to work harder without strain.

Kirtan

With roots in the Vedic anukirtana tradition, a kirtan is a call-and-response style song or chant, set to music, wherein multiple singers recite or describe a legend, or express loving devotion to a deity, or discuss spiritual ideas. ... Kirtan is sometimes accompanied by story-telling and acting.



Kundalini Yoga

If you'd like to develop or further your Kundalini yoga practice, the talented and knowledgeable teachers at Summer Healing Yoga can help. We offer classes at our Kundalini yoga, with locations in Brunswick. When you come to summer healing society, you can receive expert guidance to improve your Kundalini yoga practice.



Vinyasa Yoga

This Vinyasa class links the body movement with breath to strengthen, tone and stretch the body and detox. Everyone welcome. Sequential movement that interlinks postures to form a continuous flow. It creates a moving meditation that reveals all forms as being impermanent and for this reason are not held on to. Its a flowing, dynamic form of yoga, connecting to breath or pranayama in which yoga and mudra transitions are embodied as linkages within and between asana. Vinyasa usually employs the sequence of poses that are performed between Adho Mukha Svanasanas or Downward Facing Dog as part of a Surya Namaskara or Sun Salutation



Power Yoga

Power yoga incorporates the athleticism of Ashtanga, including lots of vinyasas (series of poses done in sequence) but gives each teacher the flexibility to teach any poses in any order, making every class different.

Boosts Your Immune System. ...

Helps You Bend So You Don't Break! ...

Makes You Sleep Better. ...

Reduces IBS & Improves Other Digestive Disorders. ...

Builds Muscle. ...

Eliminates Toxins. ...

Helps To Regulate Hormones. ...

Increases Bone Strength.

Yin Yoga

Yin Yoga has the same goals and objectives as any other school of yoga; however, it directs the stimulation normally created in the asana portion of the practice deeper than the superficial or muscular tissues (which we are calling the yang tissues). Yin Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice.

Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine.

This practice is a wonderful way to develop a meditation practice or continue one, learning to bring awareness into the sensations is the entry point to concentration and then meditation.

All levels welcome great style of yoga for seniors, or those that have injuries or find standing postures are a challenge.



Sound Healing Meditation Class

What is sound healing? In short, it's **a practice that uses vibrations (vocal or instrumental-like gongs, Tibetan singing bowls and tuning forks) in order to relax your mind and body.** Some proponents also believe it can relieve certain ailments, including anxiety and insomnia.

Yoga nidra

Improved thought patterns and reduced stress

During Yoga Nidra, you will enter a calming state for the mind and body through guided meditation. The practice creates physical and mental activities that change brain waves to release emotional tension, slow down the nervous system, and allow muscles to relax.



Other classes

Boxing and meditation



Reiki and yin



Osho Active Meditation



Weights workout classes



Yoga Teacher Training

Summer Healing Private Education Society



Yin yoga

Please join Summer Healing PMA for a 3-day, 50 hour Yin Yoga Teacher Training certified by Yoga Alliance, with Teacher Trainer Mickey Space.

This 50-hour detailed programme has been created for certified and aspiring yoga teachers, as well as dedicated yoga students who simply wish to delve more into the world of yin yoga for their own practice.

For more information, please enter your details on our website page to download an information pack on the course. A Summer Healer will be in touch to discuss the course with you, and to help with any questions you may have.



www.summerhealing.org

Rebirthing Breathwork

Based on the teachings of Jahn Hooks and Babajis, Conscious Connected Breathing at Summer Healing Yoga in Melbourne introduces you to the power of intentional breath. It is also known as Intuitive Energy Breathing, rebirthing breathwork or Conscious Energy Breathing.



If you want to learn about rebirthing and breathwork, Summer Healing Yoga is the best destination. Our current offerings include:

- Private Sessions (we recommend 10)
- 10 sessions in a group environment
- 6 weeks program for 3 day retreat to gain Rebirthing Breathwork Certificate

Yoga Teacher Training

If you're seeking a 200 hr yoga certification that covers all the essentials of teaching yoga, we offer:

- A 5 month course taught in ongoing sessions twice a week
- A 10-month course taught in ongoing sessions once a week

Our 200hr yoga course is internationally accredited, providing you with more options when it comes to where you teach and allowing you to live a nomadic lifestyle if you choose.

The course has been intelligently designed to give you all the skills and experience you need to be a leading Yoga Asana Teacher.

The course specializes in the methodology of asana bringing ancient teachings into an easy-to-understand format and integrating it into your yoga classes. We teach the pure science of yoga, not just standard exercise



Summer Healing Wellness Centre

Step into Summer Healing Wellness Centre and leave feeling refreshed, healed, and radiating in a whole new way.

We offer many forms of Healings, Personal Training, Massage, Sound Healing, Chakra Alignment, and Rebirthing Breathwork Sessions.

Infra Red Sauna

An infrared sauna is a type of sauna that uses light to create heat. This type of sauna is sometimes called a far-infrared sauna - "far" describes where the infrared waves fall on the light spectrum. A traditional sauna uses heat to warm the air, which in turn warms your body. An infrared sauna heats your body directly without warming the air around you.

The appeal of saunas, in general is that they cause reactions similar to those elicited by moderate exercise, such as vigorous sweating and in



Remedial Massage and Relaxation Massage

Conscious Energy Breathing is the most natural healing ability of all.

Most Rebirthing Breathwork sessions are physical, emotional, and spiritual.

We can relax out of any kind of intense emotion or physical sensation when we have this simple powerful skill of Conscious Breathing.





Ice Bath

When you finish working out, your body pumps oxygen and detoxes. Specifically, it flushes out compounds such as lactic acid, which causes fatigue and soreness. Lactic acid is created when glucose is broken down in the body. The more intense the exercise, the more lactic acid is created.

Ice baths cause your blood vessels to tighten and thus help the body drain lactic acid. They also reduce swelling. Once you've left the bath, the blood vessels widen again and let through a stream of "fresh" blood. This blood is packed with oxygen, and so it can quickly set to work reinvigorating the muscles.



Private Rebirthing Sessions

Conscious Energy Breathing is the most natural healing ability of all.

Most Rebirthing Breathwork sessions are physical, emotional, and spiritual.

We can relax out of any kind of intense emotion or physical sensation

when we have this simple powerful skill of Conscious Breathing.

Events



Summer Healing has regular events and our temple
is available for event hire



www.summerhealing.org

Public Disclaimer

The information contained on this site and the supporting attachments provided by Summer Healing are for educational purposes only.

Summer Healing is a private membership association. Our trained Yoga Teachers are not doctors, and we do not diagnose or prescribe. We work with the innate intelligence and design of the body, to identify and provide access to the resources that your body needs to heal itself whenever possible. We believe there is a time and a place for all methods of medicine. Our study of the Science of Yoga is based on sustainable, integrative, intelligent, and effective ancient methods and includes empowering 'you' to make conscious choices that really aim to serve and improve your life.

The website and Private Temple provide general information and discussions about health and related subjects. The information and other content provided by us or any linked materials, are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment.

If you or any other person has a medical concern, you should consult with your healthcare provider or seek other professional medical treatment. Never disregard professional medical advice or delay in seeking it because of something that has been read on this blog or in any linked materials. If you think you may have a medical emergency, call your doctor or emergency services immediately. By using this website or attending the Temple, you understand you are responsible for conducting your own health affairs, due to the epidemic currently internationally.

All Members are responsible for their own health. Due to the epidemic around the world, as international affairs, you understand you must be vigilant, and responsible, for your own health directives. All volunteers and members acknowledge if you encounter any symptoms you must notify them in writing and take measures for your own health and your family before attending the studio. You understand you must get professional advice and clearance before resuming your membership. You understand we have our health procedure rules we instigate after each session. This Website does not guarantee the accuracy nor completeness of the information and content on it, and as a result, such information does not encompass all conditions, disorders, health-related issues, or respective treatments. You understand that you should always consult your physician or other qualified healthcare providers to determine the appropriateness of this information for your own situation or if you have any questions regarding a medical condition, disorder, treatment plan, or other health-related issues.

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Memberships



● Gold intro

- Yoga classes
- \$5 extra for premium classes



👑 Crown intro

- Yoga
- Aerial yoga
- 1x infra red sauna per week
- Reiki and yoga
- Free dining
- Sound healing
- Rebirthing breathwork

Direct debit memberships

Crown Membership 40 Contribution per week

MINIMUM 2 MONTHS

UNLIMITED YOGA, REIKI CLASSES REBIRTHING BREATHWORK
,AERIAL YOGA,SOUND BATHS,SHAMANIC ENERGY HEALING
CLASSES , 1x INFRA-RED SAUNAS PER WEEK

WELLNESS PROGRAM 50% OFF - massage, chakra bed, one on
one yoga, rebirthing breathwork

CONCESSION YOGI MEMBERSHIP Contribution 25 per week

MINIMUM 2 MONTHS

UNLIMITED YOGA CLASSES

WELLNESS PROGRAM 20% OFF

www.summerhealing.org



Refer a friend for \$1
for a month simply text
refer a friend to
0432293294



Overseer Scribe Board of Trustees



SUMMER HEALING



04 3229 3294



www.summerhealing.org



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