

Meditation Teachers listed here have completed teacher training at the



Yarra Valley Living Centre

Live well.

Home of The Gawler Cancer Foundation

Suburb/Region	Business	Meditation Styles	Contact	Phone	Email	Website
Victoria						
Abbotsford		MBSM	Diana Morrison	0498 098 696	diana@balancedbehaviour.com.au	
Abbotsford		MBSM	Brigitte House	0418 587 779	brigitteh8@gmail.com	
Armadale		MBSM	Sallie Egglestone	0413 922 164	sallie@purelynaturalmedicine.com.au	
Ashburton	Gender Business	MBSM	Jennifer Arnold-Levy	03 9886 9216 or 0413 885 919	jarnoldlevy@me.com	www.linkedin.com/in/jenniferarnoldlevy
Bayside Melbourne	Wattleflower Holistic Health Care	MBSM	Ann Lazzaro	0407 333 558	ann.lazzaro@pureharvest.com.au	www.wattleflower.com.au
Castlemaine	Yoga Harmony	MBSM	Jacqui Bohuslav-Andrews	0417 307 332	jacqui@yogaharmony.com.au	www.yogaharmony.com.au
Elthan & Foster		MBSM	Marilyn Andrew	03 9431 0461 & 0409 705 075	m_andrew@optusnet.com.au	
Emerald, Belgrave and the Mountain District	Write Your Life	MBSM	Roger Bergner	03 5968 4542 or 0437 660 593	roger@writeyourlife.com.au	www.writeyourlife.com.au
Geelong, Bellarine area		MBSM	Janet Chalmers	0499 193 651	janet.chalmers123@gmail.com	
Melbourne city, inner south east Melbourne and Mornington Peninsula	Mindful Life Training	MBSM	Jennifer Bishop	0425 713 191	jen@mindfullife.com.au	www.mindfullife.com.au
Mildura	Massage & Relaxation Solutions	MBSM / Guided Imagery and	Freya Bennett-Overstall		freyanow2@gmail.com	
Shepparton Region	Radiance Meditation	MBSM	Lynne Morrison	0407 329 680	lynnemorrison12@bigpond.com	www.messageandrelaxation.com.au
Various locations including Carnegie and St Kilda Road	Get Zest For Life	MBSM	Kim Mitropoulos	0417 361 221	radiance meditation@gmail.com	
		MBSM	Annette Marlow	0414 277 342	annette@getzest.com.au	www.getzest.com.au

New South Wales

Albury/Wodonga		MBSM	Kaye Ellis	02 6021 3929 or 0412 878 912	kaye.ellis3@gmail.com	meditationbury.weebly.co
Charlestown (near Newcastle)		MBSM	Karen Fry	02 4944 7478 or 0411 271 221	info@nourishnutrition.net.au	http://nourishnutrition.net.au/
Jindabyne and Snowy Mountains Region	Shining Minds	MBSM / Guided Imagery and	Peta Truscott	0414 831 435	ourshiningminds@gmail.com	http://shiningminds.net.au/
Lane Cove	Healthful Awareness	MBSM	Grant Schalchlin	0417 040 068	bookings@healthfulawareness.com	www.healthfulawareness.com
Manly		MBSM	Jane Cox	0433 988 895	janefcox1@gmail.com	http://www.linkedin.com/profile/public-profile-settings?trk=prof-edit-
Maroubra	Pamela Azar Wellbeing Meditation	MBSM	Pamela Azar	0405 192 559	pamela@wellbeingmeditation.com.au	www.wellbeingmeditation.com.au
Mullumbimby		MBSM	Jane McLean	0410 494 933	jane.bird.mclean@gmail.com	
Port Macquarie	Mindfulness Massage & Meditation	MBSM	Claudia Richardson	0447 235 575	claudia.mayar@gmail.com	

Randwick	Evolve Pilates	MBSM	Scott Thomson	0410 542 079	scott@evolvepilates.com.au	www.evolvepilates.com.au
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Queensland

Bowen / Whitsunday, North Queensland		MBSM/Guided Imagery and Contemplation	Darryl Glazebrook	0407 161 737	dazglaz8@hotmail.com	
Brisbane North	Contented Wellbeing	MBSM	Hanna Pratt	0407 038 344	synchronicity@iinet.net.au	www.contentedwellbeing.com
Capricorn Coast and Rockhampton	Serenity Meditation and Yoga	MBSM	Liz Hansen	0448 822 277	liz@hansens.net.au	http://www.serenitymeditationandyoga.com
Everton Hills		MBSM	Linda Oram	07 3354 2496 or 0412 942 196	karloram@tph.com.au	
North Queensland	Tosca's Serenity	MBSM	Tosca Grainger-Dee	0408 260 636	toscasserenity@gmail.com	
Sunshine Coast and Hinterland	Melissa's Healing Space	MBSM/Guided Imagery and	Melissa Borich	0417 200 192	melissa@melissashealingspace.com	www.melissashealingspace.com
Sunshine Coast, Mackay, Townsville, Gladstone, Brisbane, Gold Coast		MBSM	Tammy Williams	0455 222 570	tammy@yoga-nrg.com	www.yoga-nrg.com
Townsville, North Queensland	The Mindfulness Link	MBSM	Jackie Cole	0447 770 880	info@themindfulnesslink.com.au	themindfulnesslink.com.au
Tweed Heads/Kingscliff		MBSM	Judith Finn	02 6677 7264 or 0407 677 374	judifinn@hotmail.com	
Underwood (Brisbane Southside)	The Nourished Soul	MBSM	Kimberley Gardiner	07 3341 2102 or 0408 736 401	emailkim72@optusnet.com.au	http://thenourishedsoul.com.au/

South Australia

Adelaide	Christina Ramo Counselling	MBSM	Christina Ramo	0423 941 994	christina@christinaramo.com.au	www.christinaramo.com.au
Adelaide Eastern Suburbs, Adelaide Hills	Ki 4 Life - Creating Harmony	MBSM	Dagmar Zobel	08 8339 6155 or 0411 236 900	dagmar@ki4life.com.au	www.ki4life.com.au
Mount Gambier		MBSM	Virginia Hill	0468 959 567	vahh@bigpond.com	
Salisbury Plain	Physiozone	MBSM	Marion Turner	08 8182 5138 or 0411 431 082	marion@physiozone.com.au	www.physiozone.com.au

Western Australia

Perth		MBSM	Edward Enever	0411 501 979	edwardenever@gmail.com	www.chronicdiseaseconsultant.com
Wangara	Soulbright	MBSM/Guided Imagery and Contemplation	Charmaine Thane	0400 027 944	soulbright@bigpond.com	www.soulbright.com.au

New Zealand

Hawkes Bay, Wellington, Auckland - other parts of NZ as required	Mindfulness New Zealand Ltd	MBSM	Tara Connell	+64 21 545333	tara@mindfulnessnewzealand.com	www.mindfulnessnewzealand.com
Wellington and Kapiti Coast	Hello Happiness Limited	MBSM	Brent Cherry	NZ (04) 2937355 or 0275 113 555	brent@hellohappiness.co.nz	www.hellohappiness.co.nz

International

Berlin, Germany	Miami Movies Pty Ltd	MBSM/Guided Imagery and Contemplation	Megan Spencer	+49 157 3275 5102	hello@themeganspencer.com	themeganspencer.com
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