



WELLPARK

Leading Natural Therapies

Welcome to the Wellpark Newsletter 2011

Inside you'll discover stories about our students' success, graduate opportunities, Wellpark and wellbeing in the media, recent CAM research, support for your natural health career and how to win tickets to see Deepak Chopra, acknowledged as one of the world's greatest leaders in the field of mind body medicine.

As the first semester ends for our current and graduating students, a new beginning dawns for students joining our college programs to develop their physical health, mental wellbeing and spiritual awareness.

"These are exciting times, but they are also challenging ones. Health care is critical. We have the ability to shape the future

of health care, which is exciting, but involves real responsibilities. Undergoing courses at the College will allow you to become part of a greater vision of healing the nation."

Phillip Cottingham, Principal Wellpark College

Did you know that complimentary medicine and therapy use has nearly doubled in a decade?

Recent research has revealed CAM (such as probiotics, herbal treatments and osteopathy) had been suggested in 45% of cases involving children on the advice of friends and family, doctors or other health professionals.

Professor Andrew Day, (University of Otago), discovered 67% of child patients had been given alternative medicines during 2011, with the use of probiotics among patients of a pae-

diatric outpatient service in Sydney at almost double the number of patients using it in a similar study in 2002.

These findings compare favourably with NZ consumption of CAM therapies and products according to President of The NZ Ayurvedic Association Inc, Executive Board Member of Natural Health Council and Wellpark College Ayurveda tutor, Gerald Lopez.

Interviewed by breakfast television, Gerald discussed a report released by the Acting Chair of the Coroner's Council showing the efficacy of natural medicines which have the lowest fatality rate of all medical treatments in New Zealand.

You can see the interview at www.tvnz.co.nz (search 'alternative therapists').

"The art of medicine consists in amusing the patient while nature cures the disease."

MOU between Wellpark and NorphCAM

NorphCAM (Network of Researchers in the Public Health of CAM) is an international collaborative network dedicated to promoting and advancing the public health and health services research of Complementary and Alternative Medicine (CAM) and Integrative Health Care (IHC).

Wellpark College is immensely proud to have signed a 5 year MOU (Memorandum of Understanding) with NorphCAM to develop collaborative research opportunities, assist in advancing nationwide CAM recognition and to provide research support and expertise to Wellpark faculty staff and students.

The May MOU signing provides the beginnings of an exciting international partnership that will develop activities to build research capacity. It will also lend further legitimacy to CAM practices that foster the Prema Trust vision of providing meaningful involvement in the shaping of our health care system.

What's Really In Our Food?



Melanie Webster formed part of a vegetarian household of primarily Wellpark students that recently participated in the TV3 hit series 'What's Really In Our Food?'. The group of students were asked by TV3's Carolyn Robinson to complete a regular weekly shop, and compare their selection of foods with another household who considered themselves as primarily meat eaters.

Soy is contained in the most unexpected foodstuffs and more than 200 million tonnes of soybeans are grown worldwide every year. So just which household consumed the most soy products per week? Go to www.tv3.co.nz/Shows/ and search the term 'WhatsReallyInOur' to view the surprising outcome or to download the free factsheets.

6th International Congress on Complementary Medicine Research: Chengdu, Sichuan, China

The 6th International Congress on Complementary Medicine Research was held in Chengdu, Sichuan, China 7 - 9 May 2011, with Wellpark College represented by Phil Cottingham and Vijay Murthy. Both offered oral and poster presentations on patient centred research models, and Ayurveda in health care assessments respectively.

The Congress is an annual event held to strengthen the communication and information exchange between researchers, clinicians, experts and health policy makers worldwide, and promotes evidence-based research and decision making for Complementary and Integrative Medicine.

Both Phil and Vijay received positive feedback from attendees for their poster and oral presentations, and identified an overarching theme of the congress to be recognising the real need for new, revised and relevant methodologies for Complementary and Alternative Medicine (CAM)/Integrative Health Care.



Wellpark College
Leading Natural Therapies

Wellpark College is **New Zealand's largest natural therapy training institute** that offers courses in **naturopathy, massage, aromatherapy, herbal medicine, nutrition, ayurveda and yoga** at certificate, diploma and bachelor level.



"We know a great deal more about the causes of disease than we do about the causes of health."

Using Food As Therapy - Franklin Health Expo June 25-26

Wellpark College Academic Leader and Head of Ayurvedic faculty Dr Vijayendra Murthy (B.A.M.S, M.S, M.P.H) spoke at the Franklin Health Expo, Saturday June 25.

The internationally respected speaker and educator held a mini-seminar: *'Using Food As Therapy to explore the links between your own unique metabolism and ill health' - Understanding the function of one's own metabolism, and how to foresee and prevent the onset of chronic illness.*

Vijay spoke on how food and spices can play the role of prevention and maintenance of our health, in addition to identifying plants and spices that are useful in achieving optimal health and vitality.

The annual Franklin Health Expo brings together 50 Allopathic Medicine and Holistic exhibitors and presenters at no cost to the people of Franklin, affording the attendees an insight into the diversity of Health Therapies and Services that are available within the Franklin Community.



Memorandum of Understanding between Wellpark College and Middlesex University, UK

Vijay Murthy and Thomas Mueller met with the president of 'The European Academy of Ayurveda', Mark Rosenburg. In an eight hour discussion they explored a curriculum comparison between the Diploma of Ayurvedic Medicine at Wellpark College, and the Master of Sciences in Ayurveda delivered by the Middlesex University.

It emerged that the graduates of the Diploma of Ayurvedic Medicine now have the opportunity to continue their education, and by doing an additional 20 credit course work and a 60 credit dissertation may become eligible to graduate with a Master of Science degree in Ayurveda.

This will be very helpful for European students who choose to study at Wellpark college. The MOU is still under discussion and Wellpark principal Phillip Cottingham met with Mark Rosenburg in December in India and to finalise the MOU.

Ayurveda Representation at Yoge Expo: London UK

Thomas Mueller and Sue Clark (Thomas held the position of assistant head of faculty, and Sue is a Wellpark Ayurveda graduate and former staff member of the Ayurveda faculty) participated in a Yoga Expo in London. They represented the APA (Ayurvedic Practitioners Association of the UK) and were able to promote the Wellpark Ayurveda programme.

Through attending presentations and workshops, including follow up discussions with other academics, Phil and Vijay were able to identify research commonalities and opportunities to exchange, develop and collaborate on prospective information systems or methodologies to best serve CAM and IHC practice, education and policy here in New Zealand.

Following initial on-site exchanges and meetings, Phil and Vijay expect to form partnerships, share methodologies, research outcomes and develop international Complementary and Alternative Medicine (CAM)/Integrative Health Care (IHC) opportunities for their own research projects, Wellpark College and New Zealand CAM and IHC communities.

First World Congress of Ayurveda: Klagenfurt, Austria

Head of Faculty Vijay Murthy was invited to speak on the 'Positionality of Ayurvedic Medicine in New Zealand' at the First World Congress of Ayurveda in Klagenfurt, Austria. He represented Wellpark College and NorphCAM (Network of Researchers in Public Health for Complementary and Alternative Medicine).

Presenting with Vijay was Jon Adams, the director of NorphCAM and the associate Professor at the University of Queensland, School of Population Health.

They both represented Australasia and spread the word on 'our research interest and activities in CAM'. The congress was attended by approximately 200 delegates mostly from Europe.

Wellpark College continues to reach out globally, developing relationships with education provider's from around the world.

Why? Creating partnerships with international tertiary provider's enables the college to develop academic opportunities for our graduates and international students alike.

The College is immensely proud of Wellpark Principal Phillip Cottingham who will be presenting the short course:

Sustainable Health Care: The Challenges and Opportunities

26-30 September, at **Schumacher College** in the **United Kingdom**, with acclaimed



Phil Cottingham



Simon Mills

herbalist **SIMON MILLS**.

Simon Mills is the Cambridge-educated, past President of the British Herbal Medicine Association. He is recognised by both British and European governments as an essential advisor on Complementary and Alternative Medicine, while also having established and lead the first accredited Masters of Science Degree Program in herbal medicine in the USA. Simon is the author or co-author of a number of required reading books on phytotherapy and herbal medicine for Wellpark students, most recently: **The Essential Guide to Herbal Safety**.

The College was named after author E.F. Schumacher of 'Small is Beautiful' which has become one of the most well respected texts on economics and ecological concerns, and coincided with the birth of environmentalism. Schumacher College courses reflect the vast range of approaches to education and global issues and its international cross-section of students are encouraged to develop ideas and solutions which serve the short and long term wellbeing of the planet, its people and its ecology.

To learn more about the course and the college visit – www.schumachercollege.org.uk and search 'courses'.

Helping You As A Practitioner

As a (qualified) practitioner, would you like to learn more about online marketing to support your developing business?

The online Wellness Directory and The NZ Charter of Health Practitioners (NZCHP) have no-cost workshops on throughout the year where you'll learn how to make your business visible and more successful with search engines like Google, Yahoo and Bing, together with an opportunity to network with like-minded local practitioners.

To find out about the next scheduled event just email info@thewellnessdirectory.co.nz or go to their website where you can include your business in their directory for no-cost if you are a registered practitioner and fully certified.

As a graduate would you like access to useful no-cost tools and templates to assist you in your job search even if you're currently completing your studies? Just search 'graduate resources' to find links for skills analysis, interview preparation, understanding and integrating transferable skills into your CV, CV and cover letter templates and defining CV styles.



"The volume of education continues to increase, yet so do pollution, exhaustion of resources, and the dangers of ecological catastrophe. If still more education is to save us, it would have to be education of a different kind: an education that takes us into the depth of things."



Nicky O'Connor

Congratulations to our newly appointed Massage and Integrative Body Therapies Head of Faculty: Nicky O'Connor (Dip RM/BA Reg/ RMT Massage NZ).

Currently specialising in therapeutic massage and remedial body therapies, Nicky was initially inspired to pursue her passions from a series of workshops that began more than ten years ago.

Graduate Profile:

We are all proud of our faculty programs which provide relevant, respected work ready graduates, enabling them to readily secure local or international roles as health and wellbeing practitioners. Our aromatherapy and massage programs also enable graduates the confidence to choose independence offered through self-employment.

William Taylor is a graduate of the Certificate of Relaxation Massage and Specialised Therapies in addition to the Diploma of Therapeutic Massage and Remedial Therapies in 2010.

During his studies William was also employed as a Student Tutor, where he assisted in teaching Musculoskeletal Anatomy.

William has since successfully developed his own thriving practice, WT Body Therapy (www.wtbodytherapy.co.nz) in Ponsonby Road, offering personalised remedial massage therapy and was recently featured in the April edition of NZ Beauty and Health Magazine.

“I would thoroughly recommend to any like-minded individual looking to expand into the Natural Health Industry, to choose Wellpark College of Natural Therapies.

I enjoyed my time of study at the college tremendously, learning many life skills and meeting some really great people. I can easily say that Wellpark exceeded my expectations as an NZQA accredited learning institute.”

William Taylor

For graduates looking to remain competitive and gain national support, William also recommends becoming a Registered RMT with Massage New Zealand.

“By becoming a member it indicates you’ve had the the highest standards of massage training and practice, and provide protection for the public. Membership is recognised by NZ Sports Academy as an accredited provider, you’re also recognised by Southern Cross Medical Insurance as a complementary therapy provider (enabling clients to claim refunds) and membership fee is a business expense, so it’s tax deductible!”

Why Wellpark?

“Growth, discovery, support and transformation are key aspects which were shared between students and Tutors alike and entered my life as a student at Wellpark. If you have a passion for Natural Health then Wellpark is a great place to start, to learn and be guided to expand your dream.

Wellpark has been a wonderful journey, a transforming time where many personal changes were supported by the things I was learning and the wonderful Wellpark family of both fellow students and Tutors.

I totally recommend the safe, nurturing and inquisitive environment that Wellpark offers to students of any age to discover, explore and find themselves and their purpose in life. Thank you for your peaceful yet stimulating state of being Wellpark.”

Maria Gold

Dip Aroma / Dip RM / Grad Cert (CT)

Onsite corporate and event massage
www.energizenz.co.nz

At Wellpark we are proud of our academic standards, tutors who are leaders in field and successful graduate practitioners and industry representatives.

Phil Dowling



Phillip Dowling, Head of Faculty Nutrition, Naturopathy, Herbal Medicine (BHSc, Ma, ND)

was a recent presenter at the International Conference on the Science of Nutrition in Medicine and Healthcare, held in Sydney Australia. The May weekend-event was a sell-out success with more than 440 attendees, bringing together international clinicians, scientists, researchers and public health professionals, as both presenters and delegates.

Investigating what, if any, dietary changes naturopathy students make following nutrition education, Phillips' successful qualitative research presentation examined the role education plays in influencing dietary habits and what motivates change.

Naturopathic lifestyle students were engaged in feedback questionnaires and group interviews, and the results indicated permanent positive changes in nutrition, which is encouraging for adapting to public health education. Congratulations to Phillip for another international speaking engagement, and thanks to all the students involved.

Vitamin C – Facts and Fiction

The role of vitamin C in health and wellbeing has been controversial, with media, the medical community, CAM practitioners and the public often in disagreement. What there is agreement on though, is that Vitamin C is a water soluble antioxidant and is needed for normal growth and repair of tissues throughout the body. The body is not able to make Vitamin C on its own, and it does not store Vitamin C. It is therefore important to include plenty of vitamin C-containing foods in your daily diet.

Recent reports have claimed that the antioxidant can extend life, prevent disease, and even save lives. Join Phil Dowling and industry guests to learn more about the Vitamin C controversy at our no-cost open evening September 6th, 6:30-8:00pm in the Kowhai Room at Wellpark College.



Out of Darkness

Stefano Levi is an international humanitarian documentary maker who's work supports the efforts of NGO's and companies dedicated to conservation of the environment.

Out Of Darkness is now touring the world at film festivals and is being screened here in New Zealand to raise funds to support a rural eye clinic in Nepal. Share this with those who may wish to support this worth project.

(Please see more information overleaf).

Tutor Profile:

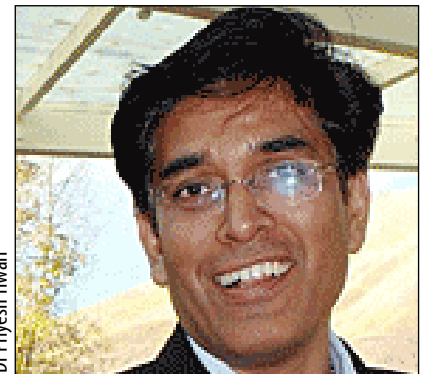
Dr. Priyesh Tiwari (MBBS, MD, MPhil)

Priyesh is a keen researcher and established practitioner of holistic medicine, managing wellbeing centres and international integrative hospitals (which combine mainstream medicine with complementary therapies).

His primary interest is in developing information technology, evidence based practice of CAM and formulation of guidelines to bring about a shared understanding of integrative care.

In addition to teaching clinical subjects at the college, Priyesh is currently completing his PHD at the University of Auckland and tutoring at the school of population health.

Dr Priyesh Tiwari



“For every effect there is a root cause. Find and address the root cause rather than try to fix the effect, as there is no end to the latter.”

BUY A TICKET TO GIVE A STRANGER THE GIFT OF SIGHT



ROSE CHARITIES INVITES YOU TO A SCREENING OF
"OUT OF THE DARKNESS" AN INSPIRING DOCUMENTARY BY STEFANO LEVI ABOUT TWO
DOCTORS WHO TREK FOR DAYS TO TAKE EYE SURGERY TO PEOPLE IN REMOTE NEPAL
WHERE BLINDNESS IS NOT ONLY A PERSONAL TRAGEDY BUT A DEVASTATION TO THE
ECONOMY OF WHOLE FAMILIES AND COMMUNITIES.

TOGETHER, WE WILL RAISE FUNDS TO EQUIP A RURAL OUTPOST EYE CLINIC AT
KAPILAVASTU IN NEPAL, WHICH WILL SERVE A CATCHMENT OF 20 MILLION POOR PEOPLE.

PLEASE JOIN US FOR THE FILM (73 MINUTES), WINE AND NIBBLES
AND THE LAUNCH OF A NEW HAND CREAM MADE EXCLUSIVELY
FOR ROSE CHARITIES NZ BY NELLIE TIER NEW ZEALAND.

DATE SUNDAY, AUGUST 14, 2011

TIME 5.30 FOR 6 P.M. SCREENING

PLACE HOPETOUN ALPHA, 19 BERESFORD SQUARE, AUCKLAND

(PARKING AVAILABLE ADJOINING THE VENUE)

COST \$35 PER TICKET

TO BUY TICKETS...



BOOK AT www.iticketexpress.co.nz OR

PLEASE SEND NUMBERS, YOUR ADDRESS AND A CHEQUE MADE OUT TO
'ROSE CHARITIES NZ' TO TRISH GRIBBEN, P. O. BOX 42 063, ORAKEI, AUCKLAND, 1745.

FOR FURTHER INFORMATION trishgribben@xtra.co.nz OR pnevillebarton@hotmail.com

ROSE CHARITIES NEW ZEALAND WOULD LIKE TO THANK SPONSORS:

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PERCEPTUAL ENGINEERING

www.rose-charities.org

The Rugby World Cup is coming to New Zealand very SOON. Considered the third-largest sporting event in the world, the Rugby World Cup begins on 9 September, with an anticipated 85,000 visitors and 48 matches and festivities to be held throughout New Zealand.

To celebrate this once in a lifetime event, Auckland communities are adopting national teams to plan events and welcome our visitors - including Wellparks' home base of Grey Lynn which will be celebrating the rich heritage shared with Samoa.

From the 1950s, Grey Lynn attracted immigrant workers from Samoa and its smaller Pacific Island neighbours, with a multi-cultural community, colourful churches and weekend congregations a remaining legacy today.

Just some of the highlights of the events planned to support Manu Samoa for the WRC, are street parties held on 22 Thursday September, Grey Lynn and Thursday 29 September with no-cost historical walks, which will be led by Samoan Grey Lynne resident Reverend Mua Strickson-Pua.

“We are thrilled to have Reverend Mua Strickson-Pua as the guide for these walks, which will highlight the diverse history of the area. The Reverend grew up in Grey Lynn and is a well-known figure in our community both as a minister and as an artist, poet and social activist.”

Soala Wilson - Grey Lynn Business Association

Be on the lookout for more announcements of exciting community events planned to celebrate our adopted team and nation of Manu Samoa.



Kawai Purapura

Rangimarie Holistic Village

Kawai Purapura offers a unique opportunity to live in an environmentally sustainable way within a like-minded community on a stunning 19-acre property of native forest, criss-crossed with meandering streams.

Only 15 minutes from Auckland City and a stroll to Westfield Albany and Massey University, Kawai Purapura is a holistic residential village and retreat centre for those who wish to make a real commitment to natural health and healing, sustainable living, spirituality, service and education. Many of the residents also have an interest in the creative arts (music, painting and poetry).



There are a variety of accommodation options available to choose from such as houses, cottages, secluded sleep-outs and double and single rooms, using shared kitchen and shower facilities.

Rooms and suites are available from an affordable \$135 per week plus \$33 expenses per person (covers power, phone, internet, pool, gas and general household expenses. excludes heating)

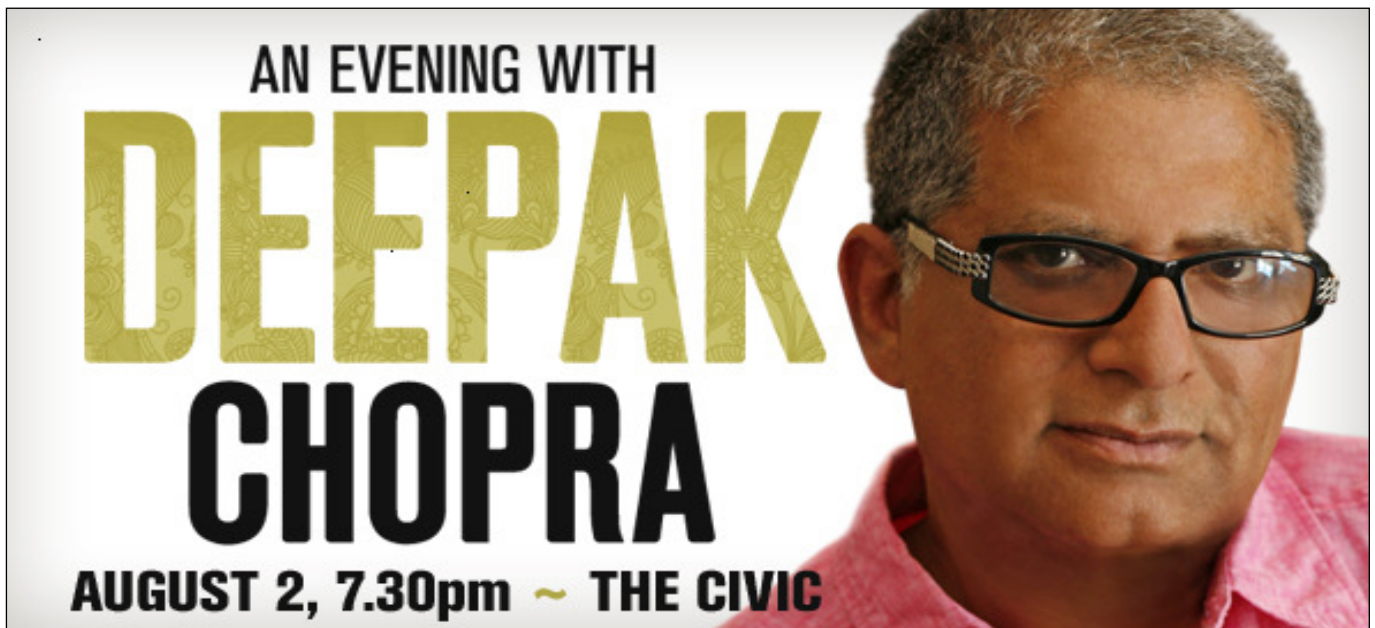
Rents start from \$135 per week
+ expenses



14 Mills Lane, Albany 0632, Auckland, New Zealand, (09) 415 9468, www.kwaipurapura.co.nz, administration@kwaipurapura.co.nz

“Most diseases are the result of medication which has been prescribed to relieve and take away a beneficent and warning symptom on the part of Nature.”

Elbert Hubbard



Join Deepak in his first visit to New Zealand in 4 years to share his latest teachings in a very special evening of enlightenment.

‘HEALING AND TRANSFORMATION’

“Everything we fear in the world and want to change can be transformed through happiness, the simplest desire we have, and also the most profound.”

We live in a world where change, trauma, crisis and uncertainty play a key role in the way we see ourselves and the world around us. Deepak will explain how we can enhance our capacity for intuition, creativity, conscious choice making, healing and transformation - leading to total wellbeing and happiness.

Acknowledged as one of the world's greatest leaders in the field of mind body medicine, Deepak Chopra continues to transform our understanding of the meaning of health.

Tickets available from **\$75***

VIP Tickets **\$250***

A special VIP evening will take place in the Wintergarden between 6.00 – 7.00pm. Drink and canapés will be served on arrival and will be followed with an intimate Q&A with Deepak Chopra and a book signing. VIP Tickets strictly limited.

Book at www.buytickets.co.nz or call 0800 BUY TICKETS (0800 289 842)

Or visit www.aneveningwithdeepakchopra.co.nz

* Service fees will apply. A Credit Card Surcharge applies on purchases made using a credit card

Don't miss this rare opportunity to be guided by the incomparable Deepak Chopra “the poet-prophet of alternative medicine”. Your life will never be the same.

“To eat is a necessity, but to eat intelligently is an art.”

To celebrate the Deepak Chopra evening we have 2 double tickets available for you to win. And it's very easy to win ... here's how :

We want the Wellpark e-newsletters to be as useful and valuable to our readers as possible. So just email us with your suggestions about what you'd like to see more or less of in the newsletter. Or maybe there is something you'd like included we don't already have?

Send an email to marketingassistant@wellpark.co.nz with your ideas and we'll select two lucky double ticket winners within five days of you receiving this e-newsletter. We'll contact the winners by email so get creative, get constructive. **Get emailing!** There are very limited tickets re-released at a special wellpark student price of just \$75.00. **Get to www.buytickets.co.nz NOW!**

Yoga Open Evening

As evidenced based research continues to support CAM efficacy and practices, at Wellpark we will continue to provide opportunities for the community to discover more about natural therapies, health and wellbeing.



Join Dr. Sridhar Maddela at Kawai Purapura (Wellpark Wellness Retreat Centre) for two no-cost open evenings to learn more about the benefits of yoga.

Dr Maddela, Head of Faculty for Yoga and Medical Sciences (BNat and Yogic Science/Post Graduate Dip Naturopathy and Yoga/Dip of Physiotherapy) will conduct open evenings in September and November to examine postural problems, back pain and the mind-body connection.

Banishing Back Pain With Yoga: How Asanas or Postures can Contribute to Correcting your Postural Dysfunction

**Tuesday 13 September
7:00pm - 8:30pm**

As a society, we tend to hold a lot of tension in our shoulders, lower back and hips which ultimately affects the entire body. Yoga can be very helpful for correcting upper or lower back pain, and in this workshop we will look at how a yoga practice can address these areas and important modifications to make. We will look at the physical and mental practice of shedding the layers that inhibit us, to empower you to approach the world with a fresh perspective.

Balancing Your Mood and Mind - The Yoga Connection

**Tuesday 8 November
7:00pm - 8:30pm**

Yoga has been shown to increase the level of gamma-aminobutyric acid, or GABA, a chemical in the brain that helps to regulate nerve activity. GABA activity is reduced in people with mood and anxiety disorders, and drugs that increase GABA activity are commonly prescribed to improve mood and decrease anxiety.

Yoga has a greater positive effect on a person's mood and anxiety levels than walking and other forms of exercise, which may be due to higher levels of the brain chemical GABA, according to an article in The Journal of Alternative and Complementary Medicine, a peer-reviewed journal published by Mary Ann Liebert, Inc.

Researchers from Boston University School of Medicine (BUSM) have found that yoga may be superior to other forms of exercise in its positive effect on mood and anxiety. The findings, which currently appear on-line at Journal of Alternative and Complementary Medicine, are the first to demonstrate an association between yoga postures, increased GABA levels and decreased anxiety.



Dr Sridhar Maddela

"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; for it becomes your destiny."

Mammoth Turnout In Aid Of Christchurch

On a sunny Saturday afternoon in mid May, more than 100 people came to the Grey Lynn Community Centre to participate in a unique yoga class in aid of the Christchurch recovery.

Open to all levels of experience, the MAMMOTH YOGA Class for the NZ Red Cross, was conducted by some of New Zealand's best yoga teachers from a variety of different yoga traditions.

Dr Pooja Maddella, from Wellpark College of Natural Therapies, opened the class by leading the group in a series of Sanskrit chants calling for blessing, healing and transformation for the people of Christchurch.

Vinyoga instructor, Vincent Bolletta, Vicki Lewis of the Astanga Centre, Iyengar teacher, Stephanie Hall, Yoga Vinyasa instructor, Bernadette Rae and Satyananda teacher, Roselle Gould of Yoga Joy each then took a part of the class and instructed in the style of their yoga tradition.

"We have done four of these events in the past, but this MAMMOTH YOGA Class was by far and away the biggest and best," said Susie Lever, MAMMOTH YOGA coordinator, "People just kept arriving, it was amazing! The energy and goodwill from the teachers and participants was truly inspirational."

MAMMOTH YOGA raised nearly \$3,000 for the NZ Red Cross through the \$20 class donation and a raffle sponsored by Sabato Gourmet Food Store, Evolu Botanical Skincare and Hard Tail Yoga Clothing.

"We will definitely do this again," said Susie, "Bringing so many people from the yoga community together in such a positive uplifting way is a powerful thing."

Many Wellpark graduates are considered leaders in their modalities as both practitioners and spokespeople. Our students often are inspired to use their faculty programs learning's to support their own communities during their studies. Yoga student, Diya Welland recently returned to teach throughout Rarotonga and was profiled by the Cook Islands News. Here is the story as it appeared in the national newspaper.



During her break from a year-long Yoga Programme at Wellpark College in Auckland, Diya Welland returned to her home of Rarotonga to teach throughout the islands. Welland has 25 years' experience as a Bodywork Practitioner and 15 as a Therapeutic Life Coach. She aims to teach people that yoga is much more than twisting the body into difficult poses - rather, it is one of the oldest extant sciences in the world that has a unique healing power.

Welland says she will be aiming her classes at 'people who wish to ground themselves in self healing and/or deepen their already active yoga practice'.

'From strength to structural alignment, from suppleness to serenity, yoga offers a path of enhancing your own great awareness with achieving balance between body and mind through a combination of physical poses, breathing and relaxation,' she said.

Welland will lead classes through poses, teaching breathing techniques and the art of relaxation. Her objective is to teach those who attend to 'enable the body to do what it has always done - to repair and regenerate'.

Her personal practice for the last five years has been Astanga yoga but for the last six months she has been studying the entire discipline of yoga at Wellpark College.

Welland said she has been learning the history of yoga - which spans 5000 years - and the practices employed by some of the most renowned teachers in the world. She's been learning about the function of yoga - to calm the mind and block consciousness so as to be fully present on the mat - and the anatomy and physiology of the human body.

Welland said that she's been doing private classes around Rarotonga and has had positive feedback from all of her students - they appreciate that she focuses on breathing and meditation and not just the physical fitness aspect of yoga.

'It's to get people to understand there's more to yoga than the physical aspects of going through the hour long class and running out the door and getting back into life,' she said. 'There's a whole lot about yoga that we can incorporate into our daily life.'

John Woods
Managing Editor
Cook Islands News



Diya Welland welcoming the dawn outside her Muri home

"You cannot 'do' yoga. Yoga is your natural state. What you can do are yoga exercises, which may reveal to you where you are resisting your natural state."

The Wellpark Online Marketplace

Would you like to advertise your products or practitioner services for no-cost, or just browse through what's available on the Wellpark website pages that receive thousands of views each month?

The Wellpark Online marketplace pages advertise accommodation, business opportunities, items for sale, job vacancies, practitioner premises and service offers.

To feature in our online marketplace, just email your advertisement to marketingassistant@wellpark.co.nz and be sure to contain the following details:

- product or service title
- Short description of your offering,
- Location, (for education and training,
- Include exact dates and times),
- Contact details
- Selling price.

Go to <http://www.wellpark.co.nz/community/wellpark-marketplace> to see what's already there.

Publishing to the [wellpark.co.nz](http://www.wellpark.co.nz) website is at the discretion of Wellpark College, so please ensure your advert is of relevance and benefits prospective, current or graduate students and practitioners.



Would You Like A Plan To Support And Ensure You Have Optimal Health And Wellbeing?

Perhaps you don't eat well. Or you find yourself often tired or stressed? Or you have sprains, strains, muscle or soft tissue injuries? There are many approaches you can take when your health and energy levels are not at optimum, but would you like a more natural solution?

Naturopaths, nutritionists and body therapists take a preventative and supportive approach to ensure you successfully remain or return to optimal health and wellbeing. Our students achieve this through identifying diet and lifestyle deficiencies or offering relaxation and remedial body therapy treatments to provide cost effective, achievable personalised treatment solutions for you and your loved ones.

As Wellpark College students prepare for their future as health-care practitioners, we can offer you the opportunity to receive high quality treatments with the case management overseen by nationally qualified tutors at a fraction of the industry prices. We offer consultations, wellbeing plans, relaxation or remedial massages and follow ups to ensure you're supported in your goal of optimal health and wellbeing.

With limited bookings available throughout the week, call Wellpark reception for more details, call Shelley at the Prema Clinic (09) 376 0617 or email premaclinic@wellpark.co.nz including your full contact details to discuss student clinicals offering naturopathy, nutrition and massage or aromatherapy.

Visit www.wellpark.co.nz and search 'prema clinic' to discover more.

"He that takes medicine and neglects diet wastes the skills of the physician."

Chinese proverb

Graduation

Congratulations to all of you who have successfully completed your studies. Don't forget however your qualification is not automatically awarded on successful completion of your programme.

All students are required to supply an up to date First Aid Certificate covering the unit standards 6400 and 6401 in addition to applying formally to graduate.

We've yet to set a formal date in September for the graduation ceremony, but it's important you submit your application form before Friday 12th August as late applications will be considered on a case by case basis only (some applications take longer to process!).

Approximately 2 weeks prior to graduation, all applicants will receive a letter confirming that they have satisfied all the requirements to graduate and inviting them to attend the Ceremony. Detailed instructions about the evening are included in that letter.

For further information regarding the upcoming Graduation Ceremony, please contact Katie Hayward (Student Liaison) on (09) 360 0560 x 723 or email studentadmin@wellpark.co.nz.

You can also go to www.wellpark.co.nz graduation page to download the graduation form or Wellpark reception.

"So many come to the sickroom thinking of themselves as men of science fighting disease and not as healers with a little knowledge helping nature to get a sick man well."