

Ananda Marga members

Members of Ananda Marga have for a long time been propagating the sentient diet, not only theoretically but also through regular (fundraising) vegetarian events. They will use their own experience derived from personal practice to prepare a number of simple vegetarian dishes for everyone's taste. Proper food is an important aspect of a healthy lifestyle, and in yoga the effects of food on both body and mind are taken into consideration. Yoga practices are designed to maximise one's personal development and are based on a practical approach and experience. Together with exercises and breath control, proper food and diet are all part of the yogic way.

Josette Attard



Josette is a Certified BodyTalk Practitioner and Instructor. She has been practicing the BodyTalk System for the past 12 years, and is a Member of the International BodyTalk Association of USA. She practices BodyTalk professionally in her clinic in St. Julian's, and also conducts training workshops for those who wish to learn BodyTalk. To find out more about the BodyTalk System:

www.bodytalksystem.com or www.awarenessworkshops.com

Email: bodytalk@maltanet.net Tel: 9983 6901



Adrian Axisa

Adrian has been training martial arts since 1980 and is the founder of spirit combat in Malta (which locally commenced in 1985) and is the founder of Kick Boxing (started in 1986). He holds qualifications in a range of disciplines including Kancho of Malta Spirit Combat, Zen Shin Do Kai - Karate - Black Belt, Zen-Shin Budo Kai as a Karate Instructor, Black Belt with UKF (Unified Kick Boxing Federation) (Italy) in Kick Boxing, Kick Boxing - 6th Dan Degree Black Belt, Spirit Combat - 5th Dan Degree Black Belt, Free Style Martial Arts - 6th Dan Degree Black Belt, Mediterranean and International Coach for Spirit Combat, Instructor International Linked TaeKwon – Do as well as qualified Massage Therapist and Gym Instructor.

Contacts: **TAO** NATURAL HEALTH CENTRE, Triq il-Qalb ta' Gesu, Bugibba,
Tel: 9925 6363 - 7925 8613 e-mail taonhc@maltanet.net



Rebecca Borg, FOE Malta

Rebecca is a Change Agent with Friends of the Earth Malta working on coordination and fundraising. She is a young parent of a 6 year old who believes that educating children on environmental issues from a very young age is a campaign in itself aimed at providing a healthier planet for us to live in. Friends of the Earth Malta strives to promote sustainable development and to ensure that human activities do not harm other living creatures.

Contacts: rebeccab@foemalta.org m: 79271544 Skype: rebecca.borg83

Website: <http://www.foemalta.org>

FoE Malta, P.O. Box 13, Valletta VLT1000

Karl Camenzuli

Karl Camenzuli started practicing meditation at the age of 14, he spent a number of years attending Zen retreats under Dennis Genpo Merzel Roshi before spending time at Eihei-ji in Japan. He has been living in Malta for 6 years and holds a small meditation group from home.

Noel Camilleri

Noel started practicing Ananda Marga meditation and yoga living from the age of 21 and has been an active member of Ananda Marga serving as president of the local branch for the last five years. He has travelled to India many times attending various training programmes in different countries. For many years he has been one of the foremost Ananda Marga yoga teachers in Malta.

Ananda Marga is a global spiritual and social service organization founded in 1955 by [Shrii Shrii Anandamurti](#) (Prabhat Ranjan Sarkar). The mission of Ananda Marga is self-realization (individual emancipation) and service to humanity (collective welfare): the fulfillment of the physical, mental and spiritual needs of all people. Through its meditation centres and service projects around the world, Ananda Marga offers instruction in meditation, yoga and other self-development practices on a non-commercial basis, and responds to social emergencies and long-term social needs.



SiFu Joe Debono

Bernardette Degaetano MARH

Bernadette has used Homeopathy for the past 23 years and has treated all her seven children using this method. 8 years ago she started training with the London College of Classical Homeopathy and received her first Diploma. She went on to do a further two years of practical work (running a clinic under supervision) in order to get a Licentiate from the South East College of Homeopathy. This was necessary in order to reach the high standards that were required by the Association of Registered Homeopaths in the UK of which she has been a member for the past four years. Graduated four years ago, she now runs her own practice.



Shidoshi Alfred Galea 8th Dan

Bujinkan Malta is led by Shidoshi Alfred Galea 8th Dan Black Belt and Intentional Law Enforcement Instructor. At **Bujinkan Malta** we teach the traditional and most efficient ways to **defend yourself**. We also train and organize outdoors activities such as, abseiling, scuba diving, climbing, and seminars for other martial arts and law enforcement personnel etc. Contacts: Bujinkan Dojo Malta 67, Triq il-Ballut, Mosta, Malta . www.bujinkanmalta.com e-mail:- alga@bujinkanmalta.com

Godwin Genovese

Godwin has been practicing Reiki for the past 8 yrs and has continued his formation up to the level of Reiki master. He has always been interested in meditation and have practiced many different and varied techniques especially visualization techniques and the other side of the spectrum, Zen and non-discursive types of meditation. Godwin has learnt the importance of discovering himself through the meditation he engages in.

Adrian Grima

Adrian Grima teaches Maltese literature at the University of Malta. He has published two collections of poetry in Maltese and his work has been read and published in the Mediterranean, Europe, and North America. www.adriangrima.com

Adrian Grima jgħallem il-Letteratura Maltija fl-Universita' ta' Malta. Ippubblika żewġ kotba tal-poeżija bil-Malti u x-xogħlijiet tiegħu nqraw jew ġew ippubblikati fil-Mediterran, l-Ewropa u l-Amerika ta' Fuq. www.adriangrima.com



Zoya Lu

Zoya Lu is a certified yoga instructor who teaches yoga in its ancient and traditional purity in a modern scientific framework. She studied different styles of yoga with various teachers around the world and did a number of teacher training courses both in the East and West which included hatha yoga, universal yoga, tantric yoga, yoga therapy, and yoga philosophy, courses of prenatal and postnatal yoga. Today Zoya is happy to share her passion of yoga here in Malta where she has been residing with her husband for the past four years. For more info please visit www.zoyalu.com or call 79 338 338.



Mike Micallef

Mike received his first Tai Chi lessons in 1989 under Mario Borg, a nationally famous Kung Fu expert who is also a Peking trained Tai Chi instructor. In 1991 he completed a four month course in the Tai Chi Chuan Long Form under Master Yang Chen Wei, then living in Malta. Since he organised a number of course and received a number of intensive trainings in the Tai Chi Sword Form and the National Standard Tai Chi Chuan, Acupuncture and Moxibustion. Mike was a TV host on a popular morning programme demonstrating Tai Chi moves and lecturing

on Traditional Chinese Medicine. He teaches Tai Chi regularly in classes organised periodically at the Malta Tai Chi Society School in Valletta.



David Millner

David gave up a successful career as a Chartered Accountant and corporate tax specialist to find freedom and take responsibility for his life.

Now he helps others to identify and achieve their dreams and goals, find natural solutions and take control of their lives. He is a Life Coach, Reiki Master, International Lifestyle Trainer and Communicator. www.earthenergiesnews.co.uk.



Joyce Muscat, Kyphi

Joyce is a familiar face in the local holistic therapies scene. She was one of the few therapists who introduced such therapies in Malta. During her long career as a therapist Joyce gave a very valid contribution both in her clinical work and as a TV personality to help achieve acceptance of the various alternative therapies. Numerous clients have benefited from the vast knowledge she possesses in her field. Today, the idea that the body should be treated holistically, that is as a whole, is being accepted even by the western orthodox medicine.

Joyce can be contacted at KYPHI on 21691192 and mobile 79691192.



Nermana Bulic and Desiree Attard, Nature Trust (Malta)

Nermana and Desiree Attard, Nature Trust (Malta) Klabb Ballottra Section

One of Nature Trust's main focuses is environmental education for all ages, but especially for young ones to help them become aware of their surroundings but also to learn in a creative and fun way. Klabb Ballottra is a kids' club set up for this purpose and activities are held regularly for children up to 12 years old. For more info email us on info@naturetrustmalta.org

Website: www.naturetrustmalta.org

Tel: 21313150

Millie Smith

Millie was born in Norwich England and moved to St.Pauls Bay, Malta in April 2008. After an illness in 1997 she made some life-changing decisions and changed her career. Millie gained qualifications in a variety of Holistic Therapies and studied Art & Design and Textiles at City College Norwich resulting in a covered place on Visual Studies BA(hons) at Norwich School of Art and Design. Since the age of 5 Millie has been aware of the spiritual realms, and for the past 10 years has studied spiritualism at the Arthur Findaly College U.K. by some of the best tutors in the world, covering and gaining experience in subjects such as Mediumship, Healing, Trance Mediumship, Psychic Art and Meditation skills. Millie works part time as an Artist, photographer and Interior Design Artist. She gives healing, Indian Head Massage and does private readings as a Medium, Millie also teaches and organises workshops on many subjects.

If you would like to be kept upto date on any forthcoming workshops e.g. Qi Kung, Meditation, Relaxation, Spiritual development, Chakra and Colour Healing Therapy, Psychic Art etc. then contact her on: Home: 27019950, Mob: 79801870, email: milliesmith52@hotmail.com (Website coming soon)



THE ASTRONOMICAL SOCIETY OF MALTA

Sammy Grech (PRO), **Antoinette Camilleri** (Secretary) and **Alex Pace** (committee member) will be on site on Friday and Sunday to set up their telescopes and help us learn more about the night skies.

The Astronomical Society (Malta) was established in 1984, with the merger between the Astronomical Association (set up in 1977) and the Students' Astronomical Circle (set up in 1978). The Astronomical Society has an average membership of hundred and holds regular activities throughout the year, both of a theoretical and historical nature as well as observational projects studying the sun, comets, variable stars, meteors, eclipses and other celestial phenomena of a regular or sporadic nature. Several of the meetings are open to the public, with whom it maintains contact via the media, its annual course in astronomy, public viewings and through its Internet website. The Society and its individual members have contributed observational as well as research work of high quality and published several articles in respectable foreign astronomical journals. The Light Pollution Awareness Group was formed in 2000 and aims to increase awareness of the problems of light pollution in the Maltese islands. Moreover, it aims to propose solutions in collaboration with local authorities, local council and the central government, by introducing regulations, guidelines and examples of good practice in exterior lighting.

Web site <http://www.maltastro.org>

Prof Frank Ventura

Prof Frank Ventura has been a pioneer in the studies of the possible astronomical alignments of Malta's prehistoric temples. His first publication (co-authored with George Agius), 'Investigation into the Possible Astronomical Alignments of the Copper Age Temples in Malta' (1980) has appeared in the journal *Archaeoastronomy* in 1981. Ventura has also researched the Grandmaster De Rohan's astronomical observatory and published a paper on the subject in *Melita Historica*, the journal of the Malta Historical Society, Volume X, Number 3, pages 245-255 (1990).



John Winfield

John Winfield also known as DR JUICE graduated in Marketing in 2001, after leaving his career and following his heart into Australia and south east Asia he was introduced to the juice bar concept. Following his departure from the southern hemisphere he relocated to Malta determined to bring share his love life, eat fresh philosophy with Maltese consumers through the concept of a juice bar. He pro- actively seeks to encourage consumers to enrich their own lives through provision of life nourishing facts and foods!



Elena Yasnetskaya

Elena has been practicing martial arts for many years focusing more on the Chen style of Tai-Chi for the last 2 years. She has been practicing in Malta with Yu Fei, a great tai-chi practitioner from China. He is leaving Malta but his students are going to keep up practicing and representing the International Wushu Association in Malta.