



The Power to Transform Is Within

Uniquely Unifying Body Mind and Spirit Energies is the

Heart of Atusa®

We provide you with the Knowledge and Tools to have a profound effect on Your Longevity and Freedom Atusa® will give you the Power to realise your Intrinsic Potential from the Inside Out

Atusa® signifies a Beautiful Body
An Empress of her own Being
She carries a Strong Feminine Intuition
Great Inner Strength and Personal Power
Atusa® is the Feminine Spirit and her Intrinsic Potential

8 BE-ATTITUDES TO BEING INTRINSICALLY YOU

Strength • Power • Wisdom • Beauty Vitality • Youth • Health • Healing

Elemental - Movement

Create the greatest opportunity to enhance your
Physical Being
Be Guided and Learn Techniques to Address How
You Move and Function with the Systematic
approach and Principals of Functional
Movement Systems
Take the Journey

Powerful - Personal Training

Learn the Art of Resistance Training gifting a myriad of whole health benefits to every cell in your Body Temple

We move through Elemental on our way to Strength Performance Skill Conditioning and Enliven for a total Body Mind Experience Presence-to-Presence Real Dedication Real

Personal Engagement

Beautiful Body - Symmetry

Beautiful Body evokes a Feeling within like no other

Learn how to Sculpture and Obtain A Beautiful
Symmetrical Body and ultimately transform
your Being from the Inside Out
We merge Elemental Powerful and Lifestyle
Intrinsic with Beautiful Body to enhance the
Feeling within
Immerse Yourself

Lifestyle Intrinsic - VISTAS

Enrich your ability to Harness Your Personal Power to Transformation by Remembering Who You Are

More than Change - Change is Self Improvement but to TRANSFORM - is to leave the old behind and become something more beautiful than you can ever imagine

Lifestyle You - ESSENCE

Essence of Health - The Seven Pillars of
Wellbeing is a Comprehensive and Holistic
Approach to Health
A Simple and Powerful Program for Lifelong
Wellness developed at Monash University's
Medical School by Dr Craig Hassed
Unify your Life Holistically with ESSENCE

Nurture Me – Mindfulness-Based Stillness Meditation and Imagery and Contemplation

Learn to BE and Embrace The Now With Mindfulness-Based Stillness Meditation Be more Aware and Awake in every moment of your Life

Nurture even deeper with Imagery and Contemplation to-capture your Inner Being

Boundlessness - Reiki

Move Beyond Physicality and Experience
Boundlessness
Feel the Universal Life Love Energy of Pure 'Soul
Power' with Reiki
Feel a deeper connection to Life itself bringing
Peace Release and Wholeness
Imagine Being in Perfect Harmony with Oneself

Boundlessness - Reiki Distant Healing

Feel the Universal Life Love Energy of Pure 'Soul Power' with Reiki Distant Healing One's Higher Self connecting to the Inner Being Miracles Supported By Love

Boundlessness - Energy Healing Intuitive

Experience the Deep Healing of Energy Therapies and Deep Relaxation

Harmonise the Chakra centres and Subtle Energy Bodies to bring Balance Healing and Release

Open Your Heart to Healing Resonance

Intrinsic Atusa• Body Mind Spirit

Enhance the Power of your Intrinsic Potential from
the Inside Out
Experience All Aspects of Your Being by Combining
the 5 Transformational Service Offerings of:
Elemental Powerful Lifestyle Intrinsic Nurture Me.
and Boundlessness
Hoper Yourself as an Empowered Empirine

Bespoke - Self Design

Personalise Your Commitment to Design the New You

Create Select and Combine Any or All Service Offerings

Who do You Choose to Be?

Reinvigorate - Home Visit

Reinvigorate your Lifestyle and Refresh Anew
The Home Visit will set you on the Path to an
Empowered Healthy Lifestyle
Learn Simple Effective Strategies so You Can
Enjoy the Freedom Your Positive Health Changes
will inspire

Angel Assist - Mentorship

Share What's Holding You Back from Your
Ultimate Health Vision
We Journey Together to Formulate a Plan in
Measurable Sustainable Steps
Guidance Motivation Support

Gifting - Community

Make the World of Difference with One Caring
Action

Transforming the Life of One can affect the Whole

Unique - Aftercare

Unique Aftercare is a one of a kind Support included in all Service Offerings

Your Commitment to You is to Transform

Our Commitment to You is you

5 Rites - Rejuvenation

Ask us about the 5 RITES Effective Simple Transformative Complimentary

Dive Deeper into Service Offerings @ atusa.com.au

Gift Offerings also Available

CREATOR - LINDA GRECH holistic · collaborative · transformative

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