

Atusa®

INTRINSICALLY YOU



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

Atusa®

Service Offerings

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

Revitalise the Vision of Yourself

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

Atusa[®]

Service Offerings

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

Atusa®

Service Offerings

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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