

About Us

Melanie Creek

After 17 years of classical ballet (Chechetti Syllabus), jazz, modern and contemporary dance, Melanie developed a keen interest into the movement of the body and decided to embark on a career focused on the anatomy and physiology of the human body. During the 2 ½ years studying the Advanced Diploma of Myotherapy at the Victorian College of Healthcare, she worked at the Diamond Creek Football Club, tending to an array of injuries. From dislocated fingers, torn hamstrings, sprained wrists, broken jaws and broken ankles, Melanie achieved and experienced much in the way of sports massage, corrective exercises and strapping. She then went on to work alongside two Myotherapists in a clinical setting, where myofascial acupuncture, therapeutic massage and biomechanics were the main modalities used.

Melanie decided early on that she would own her own practice and on October 7, 2003 she assumed ownership and responsibility of Synergy Myotherapy. During this time the practice has grown beyond her expectations resulting in a very exciting move to a new & bigger premise in Heidelberg Heights in June, 2006. This led to the vast expansion of the number of treatments and therapies offered and introduced complimentary classes in Yoga, Pilates and Meditation and internal health and wellbeing with Naturopathy and Homeopathy.

Welcome to... Synergy, *wellness for mind, body, soul & skin.*

Melanie has undergone intensive training in Manual Lymphatic Drainage Therapy and in 2005 completed a 12-month course in Advanced Facials at the Ella Baché College of Beauty. She has learned the art of Hawaiian Hot Stone Therapy and Echo₂ Oxygen Therapy. Her passion lies with Relaxation and Therapeutic Massage, Hawaiian Hot Stone Therapy, Facials and Oxygen Therapy. Melanie intends to pursue further study in the paramedical beauty field, working with the Oxygen Therapy, to assist in pre- and post-operative wound healing from laser resurfacing and other cosmetic procedures.

On Friday 10th February, 2006, Melanie married her gorgeous truckie, Darrin and have welcomed "Sarg", their playful, chocolate-Labrador!

Melanie has great pleasure in offering a complete approach to your therapeutic and aesthetic care, with a warm, honest and friendly nature.

Lynette Barnes

Lynette is an APMA Level One Pilates Instructor. The APMA Course is a fully accredited training programme involving, one year part time study of Anatomy, Human Movement Analysis, Pathologies and Postural assessment. The course focuses on rehabilitation and injury prevention. As well as the theoretical component each student is required to complete 200 supervised clinical teaching hours in an APMA studio to complete course requirements before sitting a written and practical exam.

Lynette completed the course in 2005 and for many years prior to this worked as a registered nurse and midwife working in numerous and varied areas of healthcare. As well as teaching Pilates, Lynette also works in the physiotherapy department of a local community rehab centre.

Lynette is very passionate about the benefits of the Pilates method training.

"After a workout you feel refreshed and alert with a feeling of physical and mental wellbeing"

Cale Blizzard

Country turned city boy Cale, has always been interested in the health industry and along with his love of sport, it was inevitable he would choose a career which he could pursue both interests. So when a sports injury forced him to seek treatment from a Myotherapist, he knew he had found the career for him.

Unusually preferring to give a massage rather than receive one, Cale found himself giving friends and family massages on a frequent basis which was also an indication that Myotherapy was the career for him.

During his study , Cale had a lot of experience with sports massage while working for football and netball clubs, as well as treating clients in his own home as a massage therapist . During this time he worked alongside many other health practitioners where he learnt a lot about other modalities and how each practitioner approached their treatments. He also completed a number of short courses including Gua Sha (Chinese Cupping) to broaden his scope of practice.

Finishing his Advanced Diploma of Myotherapy at the Australian College of Sports Therapy in 2007, Cale is currently working with Cricket Victoria and has been lucky to have the opportunity to work in both sport and in a clinic which he is equally passionate about.

Cale hopes to continue his work with sport and in a clinic in the future and plans to further his study as a health practitioner to broaden his knowledge of the Human Body.

Norma Budinski

Hello, my name is Norma Budinski and I have been consciously practicing a variety of meditation styles and techniques for approximately sixteen years. About this time, I cherished a wish to share this wisdom with others as I continued to experience the gifts of increased inner peace, intuition, creativity, empowerment and healing even in the face of life's challenges as a result of committing myself to this beautiful practice.

My wish manifested twelve years ago when a series of synchronistic events provided me with the opportunity to teach meditation in a secondary school where I witnessed positive changes in the behaviour, performance and

attitude of adolescents who meditated on a regular basis. This inevitably led to teaching staff the wisdom of meditation and eventually gaining an accreditation with "The Society of Natural Therapists and Researchers". Since that time I have had the honour to teach meditation to many diverse groups of people of all ages.

Continuous study and exploration has led me to explore various forms of healing such as art, journal writing and the magic of music, which I incorporate into my classes to promote a unique but highly effective experience of meditation.

Furthermore, I have observed that the addition of the Celtic harp as an instrument of healing really intensifies the meditative, healing and balancing process as each string carries a powerful healing vibration that resonates with the energy centres or chakras in the body promoting harmony.

If you would like to experience a truly beautiful and holistic approach to meditation that will immediately transform your life, I look forward to meeting you in my classes at Synergy to guide you towards a deeper sense of peace, joy, healing and empowerment.

With love and light,

Meghan Clift

Meghan has always had a keen interest in health and fitness since she was a teenager. This developed throughout the years into a fascination with the human body and how it works. She finished her four year degree, Bachelor of Health Science Myotherapy at the Southern School of Natural Therapies in 2007.

During her time as a student, Meghan has work with the Doncaster Sharks Football Club, dealing with a variety of sporting injuries. A multidisciplinary clinic in a health club in Fitzroy, with another Myotherapist, two Remedial Therapists and an Osteopath, and has also worked at a Chiropractic centre, which allowed her to work with clients with a variety of problems. From lifestyle and work related to sporting injuries and chronic pain. This was Meghan's first opportunity to work with children as well.

After graduating from Southern School of Natural Therapies, Meghan decided it was time to spread her wings and went exploring the UK and Europe. After a few months abroad full of amazing experiences, Meghan is excited to be back and is thrilled to have the opportunity to work in such a diverse clinic. The future holds more studying in the areas of pre and post-natal care and also pediatrics.

Meghan is looking forward to treating with a friendly holistic approach, using treatment modalities such as needling, electro-needling, cupping, joint mobilization, corrective exercises and pain management.

Linda Gold

Linda was introduced to yoga by her parents as a child and her passion for yoga has continued to grow. She has had experience with the Satyananda tradition for a numbers of years through pregnancies and raising three small children. To regain physical strength and peace of mind she spent the next ten years attending classes learning the Iyengar method of yoga.

With children growing up and becoming more independent, Linda was due for a career change and went back to study for the Advanced Diploma of Yoga Teaching at the Council of Adult Education in 2005. At the same time she was introduced to Shadow Yoga and has been attending classes with Peter Ujvári at City Yoga.

Linda has been teaching yoga for the past two years in small group sessions to people of various ages and backgrounds. Her enthusiasm for yoga is being passed on to her students. Her style of teaching is dynamic and strength building allowing students to gain an understanding of how their bodies work both physically and emotionally.

Zakia Hachem

In 1988 Zakia completed the Certificate of Applied Social Science – Pre-School Mothercraft Nursing. During her two years of study, she worked in a variety of areas including Maternity Hospitals, Child Care Centres and as a Private Nanny. On completing the course she worked as a Private Nanny for a variety of families in the Ivanhoe area, until she had her first child, Aleeya, a daughter who is now 16. Zakia also has two boys, Jadd, aged 13 and Tanner, aged 7.

In 2004, after suffering from lower back pain for almost 18 months, Zakia discovered that **massage** totally eliminated her pain. This began her interest in massage and the benefit it has on the body.

In 2005 she completed her course in **Massage Therapy** at the Melbourne Institute of Massage Therapy. Since that time she has worked as a Massage Therapist. In 2006, she developed an interest in Hot Stone Therapy and since has studied Hot Stone Therapy, Indian Head Massage, Spa Therapy and Pregnancy Massage at The Academy of Therapeutic Arts in Brisbane, QLD. Later that year, Zakia also completed a course in Ear Candling.

Zakia intends to pursue further study in Infant Massage and hopes to become an Infant Massage Instructor in 2008.

Her passion lies with Relaxation Massage, Pregnancy massage Hot Stone Therapy and Ear Candling. She also has a great interest in Spa Therapy which she can incorporate into her massage services.

Zakia is a member of the **Australian Association of Massage Therapists (AAMT)**

Zakia is very excited to be a member of the Synergy team and takes pleasure in providing clients with a high standard of care in a warm and friendly environment.

Anita Mikedis

“Yoga found its way into my life over 10 years ago; it has taught me much about myself, others and the world around me. I have come to realize that in order to help others, you must first help yourself..... Yoga is not just a sequence of physical postures; it is a way of life.”
Anita Mikedis

Anita’s Yoga teacher training was conducted at **Gita International, Melbourne**. The Gita style of Yoga is a traditional form, commonly known as **Hatha**.

Anita’s teaching experience includes classes with corporate organisations, school students and teachers, within fitness centres and community groups.

In January 2006, Anita was part of the team which launched the very successful first season of Yoga at the Park, and teaches the outdoor Sunday morning classes at Edinburgh gardens, Fitzroy North.

In February 2007, Anita and husband Adrian were blessed by the birth of their daughter Bessie Belle. Through the journey of pregnancy, birth and motherhood Anita has gained much knowledge and insight into the support of yoga on the body and mind.

As well as being a busy mum and yoga teacher, Anita works on designing & producing a range of botanically inspired, natural lifestyle accessories including aromatherapy wheat pillows, candles and soaps.

Wendy Mulgrave

After working in the corporate sector for many years, Wendy, finally in 2003, found her passion and purpose in Massage Therapy and Spiritual/Emotional Healing. She has been delivering her treatments to help heal her clients physically, mentally and emotionally ever since.

After the completion of the Certificate in Relaxation and Therapeutic Massage, Wendy has since become qualified in many other modalities, including Manual Lymphatic Therapy, Cranio Sacral Balancing, Reiki, Psych- K and Aromatherapy treatments such as Raindrop Technique and Emotional Clearing.

Wendy is also a qualified Meditation Instructor and Counsellor.

Wendy’s passion is Hawaiian Massage which combines physical and energetic work.

She performs all of her treatments with a focus on helping people to relax and assisting them on an emotional as well as a physical level.

Monique Prior

Growing up in areas within Nillumbik and Banyule, Monique developed a strong sense of community spirit, love for the creative arts and a healthy lifestyle.

More recently Monique spent an inspired journey travelling throughout Latin America and volunteering as an Arts Coordinator/Fundraiser within a small community in Guatemala, as well as studying natural medicine interstate and with Homeopathic doctors in India.

After such time abroad, Monique has recently returned to the place she regards as home and is looking forward to offering her services as a Classical Homeopath and Naturopath.

Monique holds Advanced Diplomas in Classical Homeopathy and Naturopathy and is an accredited practitioner with the Australian Natural Therapists Association (ANTA).

Maleea Smith

After overcoming some personal hurdles through the practice of Yoga, Maleea has continued to embrace the healing art for over 15 years. Becoming a fully qualified Gita Yoga Teacher, trained through **Gita International Yoga, Melbourne**, Maleea has taught the wonderful benefits of Yoga in many different environments; gymnasiums, schools, parks and corporate. She has also taught at fully equipped Yoga studios and wellness centres throughout Melbourne.

Maleea is fully qualified to teach Yoga to an array of people including adults, male and female, teens, children and even mothers with their babies. As Yoga works to unite all aspects of our being – physical, emotional, mental and spiritual, Maleea loves the way the benefits and principals of Yoga can translate into everyday life and everyday activities.