

"All healing is essentially the release from fear...Healing is always certain."

Patricia Robinett, CHT
686-LOVE



Body/Mind/Spirit
Anger/Grief
Anxiety/Trauma
Men's issues

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- Prepare for Surgery
- Impotence
- Release Trauma
- Allergies
- Phobias & Fears

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Shamanic Healing addresses the spiritual aspects of physical, mental and emotional illness. Possible symptoms calling for Shamanic Intervention are:

- not feeling whole
- "part of me left" or "I haven't been the same since"
- chronic illness, depression or fatigue
- addictions
- feelings of possession, darkness, or alienation

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Karuna Gatton
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- Explore

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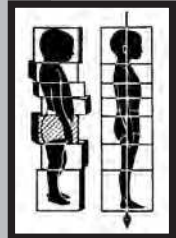
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Sat. April 23 9:30-11:00am
Flower Essences: Nature's Liquid Healers
Claudia Lapp \$10/adv. \$13/door
Learn how you can easily add flower essences to your home medical kit for first aid, and to provide emotional support in times of trauma, distress and transitions.

Tue. April 26 7:00-8:30pm Cost: Free
The Work of Byron Katie
Sue Sherman
Come try out the revolutionary process called **The Work**. "The Work acts like a razor-sharp sword that cuts through the illusion and enables you to know for yourself the timeless essence of your being" --- Eckhart Tolle

Sat. April 30 9:30-11:30am
Come and Play! Introduction to Interplay
Kristin Funk \$15/adv. \$18/door
Interplay helps adults to re-embodiment the spirit of play through movement, voice, stillness & story making. Both the self-consciously shy & the wildly-outgoing can have fun, be refreshed, & find a deeper connection to ourselves & each other.

Tue. May 3 7:00-8:30pm
Sacred Contracts, Discovering Your Life's Purpose
Midge Murphy \$10/adv. \$13/door
Learning **Sacred Contracts** (based on the book by Caroline Myss, Ph.D.) can help you awaken your divine potential, harness your personal power, heal and transform your life.

Tue. May 3, 10, 17 7:30-9:00pm
Watsu for Two \$45/all 3 classes adv. \$20/each drop-in
Anne Cole
at **Stewart Aquatic Center Pool**
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