









Holistic Education Center Workshops for March 2010










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603-883-1490


www.thehscenter.com

Pre-registration required for workshops

<p>Monday's beginning March 1st 3:30 to 4:30 pm</p>		<p>Teen After School Program Law of Attraction</p>	<p>Each week there will be a discussion on topics such as positive self talk, how to stay happy and confident, staying calm even in stressful situation, visualization and how to make and plan for success. Other topics that assist in gaining self confidence and self esteem will also be discussed. Fee is \$12 or \$10 with class card.</p>
<p>Tuesday's beginning March 2nd 3:30 - 4:30 pm</p>		<p>Psychic Teens Network with Donna Murphy</p>	<p>Have you ever had paranormal experience or fell you might have special gifts that you are not sure how to explain or what to with? Do you think you might be on or all of the following: An Empath, Psychic, Clairvoyant, Clairsensory, Clairaudio or a Medium. Join us in learning tools and techniques that will help you to engage in a more explained and purposeful life. You will also have many opportunities to test your abilities in and outside our facility. Fee is \$12 or \$10 with class card.</p>
<p>Tuesday's 7:00-8:00 pm</p>		<p>Group Meditation</p>	<p>Meditation is known to have many health benefits. It lowers blood pressure, decreases anxiety, relieves muscle tension, rejuvenates the organs and much more. Meditation is a mental vacation that provides you with an oasis of silent, inner peace and an over all sense of well-being. Please join us this evening as Lee teaches you the fine art of meditation. Class fee \$12, GM or SHP fee is \$10.</p>
<p>Wednesday's beginning March 3rd 3:30 - 4:30 pm</p>		<p>Teen After School Program Yoga Class</p>	<p>The Hatha Teen Yoga class tries to achieve balance between body and mind. You will move through physical poses, breathing techniques and meditation. The practice of Hatha Yoga can help you recognize your hidden physical and mental potentials. Hatha Yoga can also help you cope with stress, relieve tension, and deal with anxiety and depression. More importantly, it will help you put your mind in a focused state to prepare for meditation and eventually the search for enlightenment. Fee is \$12 or \$10 with class card.</p>
<p>Wednesday's beginning March 3rd 5:00 - 6:00 pm</p>		<p>Psychic Network with Donna Murphy</p>	<p>Have you or your teen ever had a paranormal experience or do you feel you may be a gifted empath, clairvoyant, psychic or medium. Please join us for a 5 week course to learn tools and techniques that will help you and your teen to engage in a more explained and purposeful life. Your gifts will be explored inside and outside the class room setting. Please call the center for more information. Class fee \$12, GM or SHP fee is \$10.</p>
<p>Wednesday March 3rd 6:00 - 7:00 pm</p>		<p>Living with Authenticity: A Men's work program</p>	<p>What does it mean to be a Man today? Things are changing and we need to be aware of those changes and the effect on us that they have. Creating wholeness in all things you do, learning to love who you are, gaining a self of true SELF so you can give that gift every day. THAT is being a man. Challenge yourself to put it all on the table. Are you "manning up" or copping out? Join us in building the masculine back into society the way the Universe sees you. Fee \$15.00 per person.</p>
<p>Thursday's beginning March 4th 3:30 - 4:30 pm</p>		<p>Teen After School Program Hip Hop Zumba</p>	<p>Our special Teen ZUMBA program is designed for middle school and high school students. It features Latin and international music mixed in with familiar hip hop and pop artists. It is a great way to improve agility , coordination, flexibility, strength/core, self confidence and social skills. Join our Teen Zumba Party!! Fee is \$12.00 per class or \$10.00 with class card.</p>
<p>Thursday March 4th 6:00 - 7:00 pm</p>		<p>Herbs for Sexual Health with Sean Donahue</p>	<p>Are you looking for a safe , natural ways to improve your sexual performance. Sean will talk about ways to improve your sexual health and vitality through herbs and nutrition. Topics to be covered are; why Viagra masks the symptoms of ED, how stress and cardiac health can impact your sexual performance and what you can do about it, myths and facts about herbal aphrodisiacs and how diet and nutrition affect your sex life. Class fee \$12, GM or SHP fee is \$10. \$20 for both workshops this evening.</p>
<p>Thursday March 4th 7:00 - 8:00 pm</p>		<p>Sexual Communication Rebuilding Broken Bridges with Darcy Donahue</p>	<p>This workshop is for men who have struggled with sexual intimacy concerns due to erectile dysfunction. It will clarify misperceptions in partner communication, rebuild sexual confidence, learn new ways to love, help you understand normal and abnormal changes with aging and how to help your partner understand. And how your brain can impact your love life and what to do about it. Class fee \$12, GM or SHP fee is \$10. \$20 for both workshops this evening.</p>

<p>Friday's beginning March 5th</p> <p>3:30 - 4:30 pm</p>		<p>Teen After School Program Teens Art</p>	<p>Learn how to create and manifest abundance in many forms through art. This Class will teach you the skills and techniques used to express your creativity while working as a team to craft vision boards designed around positive affirmations which will be transformed into a powerful mural for all to experience. Fee is \$12.00 per class or \$10.00 with class card.</p>
<p>Monday March 8th</p> <p>7:00 - 8:00 pm</p>		<p>Bone Health Lecture with Gary Domurad</p>	<p>How are your bones? Do you know anyone who is concerned about bone health such as: a bad back ... Arthritic joints ... Osteoporosis ... Osteopenia ... bone density loss Learn about the different Alternatives from a Study in Osteoporosis International Magazine vs. drugs that are found on the market today. No Cost.</p>
<p>Wednesday March 10th</p> <p>6:00 - 7:00 pm</p>		<p>Flower and Gem</p>	<p>You will learn how to make essences and elixirs, their healing abilities on a mental, emotional and spiritual level, how they can be used, and how to choose essences and elixirs. We will go through the process of making a mother tincture, then stock and dosage tinctures. You will then use various methods to choose and create your own personal tincture to take home. The cost of the workshop is \$35 plus a \$10 material fee.</p>
<p>Wednesday March 10th</p> <p>7:00 - 8:30 pm</p>		<p>Planning a Healthy Garden with Michelle Provencher</p>	<p>Good organic vegetables are expensive, but one way to avoid this cost is to grown your own. This is the time to start putting the dream of your very own vegetable garden into a working plan. Learn what is involved in starting a garden, how to choose which vegetables to plant, and even pick up some tips from experienced organic gardeners in this area. Even if you cannot have your own garden, co-op gardening will be discussed, as well as container planting.</p>
<p>Thursday March 11th</p> <p>6:45 - 9:00 pm</p>		<p>Creating the Perfect Partner or Clients</p> <p>with Barb Tremlett</p>	<p>Where are you right now? Romantically speaking, do you have all you desire in life? If the answer is anything less than a resounding YES!!, then you may want to take a look at your though patterns. This short, direct, to the point program will give you a plan in your hand when you leave at the end of the night. We will go over some past choices, find a few things you really want in your relationship, decide what you are willing to do to have the perfect partner then we create the plan to achieve it! Fee is \$12.00 per class, GM or SHP \$10. Meetup participants \$10.</p>
<p>Monday March 15th</p> <p>6:45 - 9:00 pm</p>		<p>Back to Basics - Law of Attraction with Barb Tremlett</p>	<p>The Law of Attraction... Many of us have been talking about it and many have searching and finding new and meaningful ways to use it. I think that every once in a while we need to know about the success of the others around us. Back in 2007 when we started the Positive Thinkers League at one of our meetings we had 65 people. I wonder what happened to many of them. Bring your stories, share how you have used the Law of Attraction to make changes in your life. If you have suggested readings or movies please share them with us. Sharing resources helps us all grow! Sometimes we are the teacher and sometimes we are the student. Fee is \$12.00 per class, GM or SHP \$10. Meetup participants \$10.</p>
<p>Beginning Tuesday March 16th</p> <p>6:00 - 7:00 pm</p>		<p>Chakra Clearing with Linda Johnson</p>	<p>The seven major chakras are situated along the etheric spine. These force centers are both the transformers and transmitters of energy for the physical body. In appearance they resemble a wheel (aka chakra). The energies rhythmically circulate through the core of the chakra and they are never still. Over this eight week course you will come to understand the correct function of these centers by learning about them and activating each chakra individually. Class fee \$12, GM or SHP fee is \$10.</p>
<p>Beginning Tuesday March 16th</p> <p>7:00 - 8:00 pm</p>		<p>Crystal Healing with Linda Johnson</p>	<p>Crystal healing is a form of healing that uses crystals or gemstones. The crystals are mainly placed on specific areas of the body chakras' Chakra is a Hindu term meaning spiritual energy. The crystals are placed on each corresponding chakra on the person to enhance the flow of energy. These crystals can be of any color or the same as the colors of the chakras. Crystals are used to direct the flow of energy to the person in a particular part of the body and bring balance to a person's energy. Ultimately, they are used for cleansing and for physical, mental, emotional and spiritual healing. Class fee \$10, GM or SHP fee is \$8.</p>
<p>Friday March 19th</p> <p>6:00 - 9:00 pm</p>		<p>Lyme Awareness Movie: Under Our Skin</p>	<p>This film is about the medical system failing to address the seriousness of Lyme Disease. The film tells the untold story of Lyme disease, and how it is emerging as an epidemic larger than AIDS. Each year thousands of individuals go undiagnosed or even misdiagnosed. They are told that their symptoms are "all in their head." This film follows the stories of patients and physicians as they battle for their lives and livelihoods. The film brings into focus the inability of the health care system to cope with the silent terror that is under our skin.</p>

<p>Sunday March 21st 3:30 - 4:30 pm</p>		<p>Rhythm, Songs & Dances of the Mother Drum</p>	<p>Come to experience the joy and delight of encircling the scared 3 ft "Mother Drum" in a community way, as we drum, chant and dance to many earth based traditions. Reconnect with your expressive spirit in a safe container of community, and share in the power of the drum, the circle and the concept of oneness. Bring your willing spirit and open hearts. Bring shaker, rattles, dancing scarves and any drums you may have. Some drums and percussions will be provided. This event will be facilitated by Julie Corey, DCF of The Village Drum. Class fee \$12, GM or SHP fee is \$10.</p>
<p>Sunday March 21st Doors Open 4:30 pm (close at 5:15) Program 5:00 - 6:30 pm</p>		<p>Oneness Blessing</p>	<p>Share in a group meditation of Chakra Dhyana with the Oneness Blessing, which is the transfer of intelligent sacred energy which causes the heart to flower, heals relationships, quiets the constant chatter of the mind, opens the door to higher states of awareness and initiates a process of permanent awakening into Oneness where there is no longer a sense of separation and personal suffering. All that remains is causeless love, joy and peace in the present moment. Donation of \$7.00 is requested.</p>
<p>Monday March 22nd 6:00 - 7:00 pm</p>		<p>Reiki Circle with Barb Tremlett</p>	<p>Have you even wanted to know more about Reiki or know about it but do not have a place to practice it? Well here is your chance. Reiki providers of all levels and beginners will play together in Reiki in this evening event. Hands on work and discussion. Class cost is a donation of \$5.00</p>
<p>Wednesday March 24th 6:30 - 8:30 pm</p>		<p>Natural Remedies with Essential Oils with Yvonne Fulciniti</p>	<p>Please join us for an informative class on how to green your home and medicine cabinet. Learn the art of natural remedies and how to create a healthy non-toxic, non-chemical based medicine cabinet using nature's first medicine – essential oils. You will learn how you can support your health and that of those you love. We will discuss using essential oils for personal and household uses such as air purification, first aid, neutralizing odors, pest control, cleaning, aromatherapy and much more. Workshop includes a brief description of the history of essential oils, their medicinal and therapeutic properties, hands-on experience with several oils, how to use them and a handout with 101 ways you can use essential oils in your home. The class fee \$12, GM or SHP fee is \$10.</p>
<p>Thursday March 25th 6:30 - 8:00 pm</p>		<p>Vaccine Truths & Myths with Dr. Lynn Sandom</p>	<p>Learn more about vaccines and their effects on children and society. Dr. Lynn Sandom will be presenting research-based information surrounding decisions parents need to make regarding risks and potential side effects of current vaccines. This class keeps parents in touch with what is happening in the work of health care and the impact that vaccines have on a child's health. Class Fees \$12, HFCC practice members, GH & SHP fee is \$10.00 per person.</p>
<p>Saturday March 27th 2:00 - 4:00 pm</p>		<p>Women's Self-Defense & Empowerment Seminar with Terri Bielby</p>	<p>This is a class for Students, Mothers, Daughters, Wife's, Sisters, and Working Woman. The goal of the Women's Self-Defense Seminar is simple - empowering you to fight back against crime. By providing you training and education in awareness, prevention, risk reduction, risk avoidance and self-realization of your own physical power. These tools greatly increase your personal protection options to combat crime. The paradox of self-defense is that the more prepared you are, the less likely you are to need it. When you can recognize and respond effectively to potentially dangerous situations, you are more confident in your everyday activities. You are also less likely to become a target of crime. This will be an exciting & fun class for all. Please wear sneakers and loose clothing. Class Fee is \$25 per person – (Mothers/Daughter \$40)</p>
<p>Saturday March 27th 10 am - 6 pm</p>		<p>Tarot Card Readings with Linda Johnson</p>	<p>Linda is a gifted Oracle reader who has been working with Tarot Cards for more than 20 years. She believes that Universal Truth is offered to us in every moment and that a Tarot spread can provide a communication medium between you and your spiritual guidance. Her unique style offers you an opportunity to receive that guidance. Linda is not a fortune teller but an interpreter. The message comes to you from Spirit, she merely interprets it for you. \$50 for a 50 minute session. No discounts.</p>
<p>Saturday March 27th 10 am - 6 pm</p>		<p>Full Circle Aura Photography</p>	<p>Full Circle Aura uses the latest in bio-feedback imaging system that displays the Aura and Chakras live on screen and shows the subtle changes that take place in real time. In addition showing the aura surrounding the head area, the bio-feedback system is able to display the full body aura with the 7 Chakras. At the same time the system measures and presents a bi-data analysis, stress reduction graph, energy level, aura size and color analysis. Each person is give a print out of the information. Fee is \$50 per person.</p>

<p>Wednesday March 31st</p> <p>7:00 - 8:00</p>	<p>Living Green</p> 	<p>Live a Greener Life with Tina Sullivan</p>	<p>Going green doesn't have to be hard. Small actions can result in big change -- especially when it comes to preserving our world for future generations. Join Tina Sullivan, Integrative Health Coach, AADP and learn how can we live a little lighter on the Earth and save money at the same time. Easy tips to implement today! Cost for investing in yourself \$10.00.</p>
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