

Holistic Health

HOLISTIC HEALTH INSTITUTE

Join us and enroll in any of the following holistic health classes which are designed to provide information on techniques and methods of promoting wellness in your life. All classes are offered on the Blackwood Campus.

Tai Chi

Tai Chi is a Chinese martial and healing art designed to develop "chi" or energy within the body. It is characterized by slow, gentle movements. It can be used to rejuvenate, heal, and prevent illness and is especially good for cardiovascular health and stress reduction. Students learn a basic form or sequence of movements. Each week will provide repetition of what was learned previously as well as an introduction and practice of new movements. Tai Chi can be practiced as a moving meditation. Wear loose comfortable clothes and soft soled shoes. .6 CEU Instructor: Karen Schlachter

Cost: \$95
CE.HOH 027-51
8 sessions
Blackwood Location
9/10 – 11/5
R, 6:30-7:30 p.m.

Reiki - Level I Certification Program**

The Japanese word "Reiki" means universal life force energy and also refers to the technique of hands-on healing that uses this energy to restore physical, emotional, and mental balance. Reiki can be used whenever touch is used to provide caring to others. It can be used by healthcare staff with their patients, parents with their children, and by pet owners with their pets. Reiki is supportive of psychological as well as physical healing. Hands-on energy work enhances the body's natural restorative abilities and supports conscious work in changing unhealthful patterns over time. A gentle, non-invasive, highly complementary holistic health practice, Reiki must be experienced to be appreciated. The class consists of lecture, demonstration, "empowerment" or transfer of energy, and practice in giving and receiving Reiki. Please dress comfortably and bring a pillow, blanket, and bottled water to class. Comprehensive manual included with the course. Certification is provided upon successful completion of this level. .7 CEU

Cost: \$125 (includes manual)
CE.HOH 005-01
1 session
CE.HOH 005-02
1 session
CE.HOH 005-03
1 session
9/12
S, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)
10/17
S, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)
11/14
S, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)

Reiki – Level II Certification Program**

For those who have completed Reiki I, Reiki II provides further enhancement of mental, emotional, and spiritual healing processes for individuals. Reiki II provides an explanation of symbols, demonstration of mental and emotional balancing techniques, and the use of Reiki for long distance healing. Class includes lecture, second degree "empowerment" or energy transfer, and full session for giving and receiving Reiki using all techniques and symbols learned.

Comprehensive manual is included. Please dress comfortably and bring a pillow and blanket to class. You may also bring bottled water to drink. Certification is provided upon successful completion of this level. Verification of completion of Reiki I is required. .7 CEU

Cost: \$190 (Manual from Reiki I will be used in class. If you do not have a manual, one may be purchased from the instructor.)

CE.HOH 006-01
1 session
CE.HOH 006-02
1 session
CE.HOH 006-03
1 session
9/13
U, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)
10/18
U, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)
11/15
U, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)

REGISTER FOR BOTH AND SAVE!!

NOTE: TOTAL REGISTRATION COST FOR REIKI I & II TOGETHER IS \$285.

** AHNA (American Holistic Nurses Association) and NCTMB (National Certification Board for Therapeutic Massage & Bodywork) contact hours are available.

An optional Reiki I & II class DVD is available for purchase from instructor.

Reiki III Certification Usui

(Prerequisite Certification to Reiki Second Degree, and at least six months experience as Reiki practitioner.)

Become a Reiki Master and receive the master attunements keys. Gain a deeper understanding of the "Way of Reiki" as Reiki practice becomes integrated more deeply into your everyday life. You will receive attunement to the Usui Master Symbol and learn how to incorporate into the attunement process to give energy effective attunements. Certification and comprehensive manual included. Reiki master teachers: Ann Marie McClintock & Elsie Kerns.

Blackwood Campus
CE.HOH 085-01
1 session
Cost: \$275
10/31
S, 9:30 a.m. – 4:30 p.m.

Reiki III Tibetan Master Certification & Teacher Training

Prerequisite: Reiki III Usui Master Class

In this class, you will be attuned to the powerful master Tibetan symbols and learn how to incorporate them into the attunement process for Reiki levels I, II & III. In addition, you will experience a specific healing attunement using both Usui and Tibetan master symbols for healing the chakra centers. Information on attuning clients, forming and teaching classes will also be presented. Reiki Master Teacher Elsie Kerns.

*NCTMB contact hours available for all Reiki I, II and III classes.
Note: Total Registration cost for Reiki III, Usui & Tibetan, if taken together, is \$495.*

Blackwood Campus
CE.HOH 092-01
1 session
Cost: \$250
11/1
U, 9:30 a.m. – 4 p.m.

Reiki Review

If you have been attuned and certified to Reiki I & II in the past, but have been out of practice, this class will review and refresh your skills as a Reiki practitioner. The class includes ghasso meditation, Dr. Usui's precepts, the use of Kanjis and the setting of intention, hand positions for level I and II, methods for mental and emotional balancing, and long distance healing. One attunement. Prerequisite: You must possess certificate showing you have completed requirements for both degrees. Instructors: Reiki Masters Elsie Kerns and Ann Marie McClintock.

Blackwood Campus Cost: \$125
CE.HOH 099-01 10/10
1 session S, 9 a.m. — 4:30 p.m.

CE.HOH 099-02 11/21
1 session S, 9 a.m. — 4:30 p.m.

The Healing Properties of Flower Essences

Flower essences are gentle homeopathic remedies which address emotional states, anxiety and stress. Safe and natural, the essences work by bringing negative attitudes and feelings into balance and perspective. They stimulate one's own potential for self-healing. They are particularly useful in times of difficulty and fatigue when negativity creeps in. Learn the healing effects of various flower remedies and how to choose individual essences based on your emotional needs. Prepare a flower essence to take home. Class includes handouts and a booklet about flower essences. An additional \$3 materials fee payable to instructor at class. Instructor Karen L. Bianco is a Bach® Flower Consultant.

Cost: \$35 **Blackwood Location**
CE.HOH 094-51 9/16
1 session W, 7-9 p.m.

The Five Element Qigong Set

The Five Element Medical Qigong Set is a series of movements that stimulate the major Chinese energy meridian systems in the human body. Qigong work opens the chi meridians to build and circulate Qi to all areas of the body. Qigong is a healthy lifestyle practice.

Benefits include stress reduction, improved circulation, a sense of balance, weight control and an overall increase in energy for everyday life. The Five Element set was developed by Sifu Xu Hung Tao in Beijing China in the Medicine-less Hospital. Qigong is used as part of daily treatment for patients with every kind of illness, often with remarkable results. Instructor: Sifu Karen Schlachter.

Optional: The Five Element Medical Qigong Set DVD/videotape for guidance and accompaniment for home practice is available for purchase from the instructor.

Cost: \$75 **Blackwood Location**
CE.HOH 046-51 9/10 — 10/22
6 sessions R, 8-9 p.m.

Emotional Freedom Technique™

The Emotional Freedom Technique™ uses the process of tapping key energy points to work with fears, phobias, body image, self-esteem, self-sabotage, depression, physical and emotional traumas, anxiety, weight loss, anger, addictions, school and sports performance and more. Learn the "EFT Basic Recipe" for personal empowerment and experience this effective practice to create healthy energy patterns for vitality and success. Step into the "EFT Zone" for fun and transformation! EFT was developed by Stanford trained Engineer, Gary Craig. His work is available to everyone who wants to learn self-empowering options for living healthier lives. Comprehensive handout is provided for follow-up practice with EFT. 3 NCTMB contact hours

Blackwood Campus Cost: \$25
CE.HOH 067-51 9/22
1 session T, 6:30-8:30 p.m.

Understanding and Strengthening Your Energy System

Learn how our emotions and thoughts affect our energy system and overall health and well-being. Learn ways to strengthen the energy system and keep it in balance. Experience ways to ward off disease in the body.

Blackwood Campus Cost: \$25
CE.HOH 091-51 9/29
1 session T, 7-9 p.m.

In Touch with Angels

Are angels real, or are they figments of our imagination, expressions of our creativity or manifestations of energy? Take a brief look at historical, literary and metaphysical references to angels. Learn about the different types of angels, including the archangels and their sphere of influence. Learn how to consciously work with angels to bring healing to oneself on all levels, to unlock creative energy, and bring abundance to our lives. Learn several techniques to connect with your angels and exercise your intuition. Instructor Karen L. Bianco is an Angel Therapy Practitioner®. Karen is also a contributing author to the newly released angel anthology, *Angel On My Shoulder*.

Blackwood Campus Cost: \$30
CE.HOH 019-51 9/9
1 session W, 7-9 p.m.

Integrated Energy Therapy – What Is It?

This introductory course will explore the basic concept of IET as an exciting hands-on healing energy that removes the negative energy embodied in our tissues and replaces that space with positive energy. You will learn how this process can remove limiting issues from your body and release you to follow your life's dream. This special work is centered around the concept of "heartlinking." .15 CEU

Instructor: Jayne Milak-Dempsey
Cost: \$30 **Blackwood Location**
CE.HOH 047-51 10/1
1 session R, 6:30-8 p.m.

Holistic Health

Basic Certification in Integrated Energy Therapy

In this one-day class in IET, we will focus on attunement to the basic IET energy ray that will activate the first and second DNA pairs and will empower you to energize and integrate cellular memory blocks. In addition, you will learn location and use of the IET power points and experience an introduction to energy anatomy and the cellular memory map. Come join us to increase your ability to be an energy intuitive and “read” energy. .7 CEU Instructor: Jayne Milak-Dempsey

Cost: \$160
CE.HOH 048-01
1 session
Blackwood Location
10/24
S, 9:30 a.m.-5 p.m.

Shiatsu Workshop for Neck & Shoulder Pain

Do you suffer from neck and shoulder pain, headaches, or stress? Learn some basic self-healing acupressure points to help release muscle soreness and tension in your neck and shoulders with an ancient Asian healing technique. You will be introduced to Shiatsu and work hands-on learning acupressure points specifically for releasing neck and shoulder pain. This is an ideal class for you and a spouse/friend to work together and learn how to help each other release neck and shoulder soreness and tension. Please wear comfortable clothing. Instructor: Jacklynn Milovsky, AOBTA Certified Practitioner

Blackwood Campus
CE.HOH 102-51
1 session
Cost: \$35
10/10
S, 9:30 a.m.-12:30 p.m.

The Sixth Sense: Increase Your Psychic Power

We all have the ability to sharpen our intuition and use this psychic sense to find solutions and enhance our creativity. Your sixth sense can guide you more accurately to make choices and decisions that have positive life outcomes. Learn how to increase your intuitive potential and learn how to use the sixth sense with more accuracy and ease than ever before. You'll take away intuitive tools to apply immediately to every facet of your life. With these techniques, you'll open up new worlds, heighten your psychic abilities and use them to your advantage. You will discover how to tap into your intuition easily and effectively, how to use your intuition to enrich your life, and gain intuitive tools to sharpen your psychic abilities. Instructor: Dr. Jo Anne White, certified hypnotherapist, energy intuitive, Reiki Master Teacher, life and career coach, therapist and author.

Blackwood Campus
CE.HOH 056-01
1 session
\$35
9/22
T, 7-9 p.m.

Psychic Power: Beyond the Basics Level 2

This class is designed for people who have a basic knowledge of intuition and psychic awareness and want to know more. Attend if you desire to take your psychic abilities to the next level. You will learn specific activities and insight to hone those abilities. You'll learn how to expand your psychic abilities and sharpen your psychic skills in

many areas. You will receive new tools to tap into your intuition more effectively; train your perceptive skills to receive psychic information; learn how to use and interpret imagery; train your projective skills to send out psychic information; find out how to use and interpret sensory information. Presenter: Jo Anne White, PhD, certified coach, certified hypnotherapist, energy intuitive and Reiki Master Teacher.

Blackwood Campus
CE.HOH 110-51
1 session
\$35
10/13
T, 7-9 p.m.

Psychic Power: Advanced Level III

This advanced class is for people who have a more than a basic knowledge of intuition and psychic awareness and want to expand their abilities even further. Attend if you desire to advance your psychic abilities. You'll use your psychic abilities and sharpen their accuracy and power. You'll gain more confidence in their messages and in creating the specific outcomes that you desire. You will also receive new tools to take your psychic abilities to new heights, train your telepathic skills to send and receive psychic information, learn the Language of Symbols and how to interpret your own, and learn about the 4 Psychic Archetypes and how to access them. Increase your Psychic Awareness and Accuracy.

Presenter: Dr. Jo Anne White, PhD
Blackwood Campus
CE.HOH 119-51
1 session
\$35
11/3
T, 7-9 p.m.

Yoga - A Lifestyle Practice

We will learn simple yet profoundly effective tools to flush emotional, mental, and physical toxins effortlessly from our systems. Bottom line: Learn how to feel good in the moment using a multifaceted yogic approach involving ~ breath, water, sound, humor, postures, knowledge, and group dynamics. We learn to access more energy and relax through all eight levels of human existence bringing us to a knowingness of who we really are. These techniques, as taught through the Art of Living Foundation, have empowered 55 million people in 150 countries world wide in the past 25 years with greater freedom, health, and well being. Instructor: Dr. David Hartman Turner has practiced and taught yoga and meditation for more than 38 years.

Blackwood Campus
CE.HOH 114-51
8 sessions
\$105
9/16 – 11/4
W, 7-8:30 p.m.

Meditation for Everyone I

In this workshop, you will learn that there are many forms of meditation. You will be introduced to a simple and brief explanation of how our brain waves function, which allows you to go deeper into a meditative state. Find out which of your five senses is most dominant for you. Learn a simple and powerful breathing technique and be led through some easy to follow guided meditations. No prior experience necessary.

Blackwood Campus
CE.HOH 115-51
1 session
\$25
9/8
T, 7-9 p.m.

No course discounts or waivers accepted for Holistic Health classes.

Meditation for Everyone II

If you are already familiar with meditation and want to learn more, this workshop is a continuation of the Meditation part 1 class being held on September 10th and delves deeper into the practice of meditation. Additional breathing techniques and meditative practices will be introduced including moving meditation. Guided imagery, mantras, and other tools are very effective. Instructor: Lisa O'Brien, RYT, CRM.

Blackwood Campus \$25
CE.HOH 116-51 9/15
1 session T, 7-9 p.m.

NEW

Crystals and Healing

Learn about crystals as vibrational healing tools and how they can be used in subtle energy work, such as reiki healing, chakras balancing and meditation. Crystals can be employed to enhance, amplify and direct the natural energies of healers. Among the many functions of crystals are ways to process energy, including receiving, reflecting, magnifying, transducing, storing, stabilizing, balancing and transmitting energy. Learn how crystals are formed from the mineral world they come from. Learn how to choose, cleanse and charge/ activate crystals. Learn how crystals can be used vibrationally with sound and color. Learn how healers use thought/ intention and visualization techniques with crystals to enhance their fields and direct and amplify healing energies. Become familiar with the metaphysical and healing properties of quartz and other stones. Learn how to select the right crystal to enhance and focus energies, for personal growth, for spiritual awareness, and for self-protection and for many healing purposes. Instructor: Anna Groves.

Blackwood Campus \$75
CE.HOH 034-51 9/16 – 9/30
3 sessions W, 7-9 p.m.

NEW

Chinese Yoga

This class is an enlightened fusion of Yoga and Qigong that generates healing chi. Gentle flowing movements for any body type or experience level. No mats needed. Suitable for people starting a weight loss program or recovering from physical limitation or injury. Instructor: Karen Schlachter is certified yoga instructor and qigong teacher.

Blackwood Campus \$95
CE.HOH 117-51 9/15 – 10/20
6 sessions T, 8-9 p.m.

NEW

Yin Yang Medical Qigong

This class introduces you to an innovative combo of visual props and qigong movements for beginners and intermediate practitioners. Each class builds on the last session. This new approach to an ancient healing modality is designed to be easy to remember and practice at home. This form sparks the imagination, stimulates all of the energy circuits, and finishes in a health affirming meditation. Instructor: Karen Schlachter

Blackwood Campus \$75
CE.HOH 118-51 9/8 – 10/27
8 sessions T, 6:30-7:30 p.m.

NEW

Wellness for Life! Level I Energy Medicine Stressbusters

Protect your energy with the Invisible Fence, Hook-Up and Zip-Up! Strengthen your immune system and restore vitality. Defuse stress and release anxiety with Four Directions Stretch, Healing Weave and Spleen Sweet Treat. Learn how to clear and balance your hormones so this vital life force system can nourish and support you. Enhance the natural healing capacity of the body for self and others with easy energy medicine stress solutions. No previous experience necessary. Please bring a pillow and blanket class. 6 NCTMB contact hrs. & 5.5 AHNA contact hrs. Instructor: Elsie Kerns, Energy Intuitive, Wellness Educator and graduate of the Barbara Brennan School of Healing and cofounder of Wellness Workers Holistic Health.

Blackwood Campus \$99
CE.HOH 043-01 10/3
1 session S, 9 a.m. – 4 p.m.

NEW

Introduction to Reflexology

Reflexology is one of the few things in life that feels good and is also good for you! Come and learn about this ancient, gentle, natural healing art that activates the healing powers of the body. Reflexology is based on the principle that there are reflex points in the ears, hands, and especially the feet that correspond to every organ, gland, and part of the body. You will learn, (by hands-on experience) when these reflexes are stimulated, how they reduce stress and induce a deep state of relaxation! The many other health benefits derived from reflexology will also be discussed, as well the history of reflexology, how it works, and why it works. You will learn the basic reflexology hand movements by a hands-on exchange with fellow classmates, and take home beneficial techniques to apply to yourself and/or others for a better state of wellness. Dress comfortably. Bring a beach/bath towel, and foot cream to class. Short fingernails are required for the proper practice of reflexology.

Cost: \$70
Blackwood Location
CE.HOH 001-51 10/21 – 11/4
3 sessions W, 7-9 p.m.

NEW

Your Life Purpose

There are two powerful questions most of us ask ourselves at some point in life. What is it that I should do with my life? What is my purpose in life? In this engaging seminar, you'll get tips to guide you on your own path of self-discovery. Learn how to be on track and stay on track with your life purpose and be in synch with what you've come here to do. Discover what stands in the way of getting what you want and how to break the cycle. With practical self-reflection exercises, you can work to discover what you're meant to do and have more meaning and richness in your life. Presenter: Jo Anne White, PhD, author, certified coach, certified hypnotherapist, energy intuitive, Reiki Master Teacher.

Blackwood Campus \$35
CE.HOH 120-51 12/1
1 session T, 7-9 p.m.

NEW