

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

Cost: \$95
CE.HOH 027-51
8 sessions

Instructor: Karen Schlachter
Blackwood Location
1/15 – 3/5
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	1/24
1 session	S, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)
CE.HOH 005-02	2/28
1 session	S, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)
CE.HOH 005-03	4/25
1 session	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	1/25
1 session	U, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)
CE.HOH 006-02	3/1
1 session	U, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)
CE.HOH 006-03	4/26
1 session	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	Cost: \$275
CE.HOH 085-01	3/28
1 session	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	Cost: \$250
CE.HOH 092-01	3/29
1 session	U, 9:30 a.m. – 4 p.m.

DAY ABBREVIATIONS

M=Monday, T=Tuesday, W=Wednesday, R=Thursday, F=Friday, S=Saturday, U=Sunday

Holistic Health

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 5/2
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 4/22
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 1/22 – 2/26
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 hand-out is provided for follow-up practice with EFT.

Blackwood Campus Cost: \$25
CE.HOH 067-51 1/27
1 session T, 6:30-8:30 p.m.

Meditation and You – Perfect Together

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 Cost: \$25
CE.HOH 090-51 2/26
1 session R, 7-9 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 before it begins to manifest into a serious illness. Dress comfortably.

Blackwood Campus Cost: \$25
CE.HOH 091-51 3/12
1 session R, 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 3/19
1 session R, 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 3/5
1 session R, 6:30-8 p.m.

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 Blackwood Location
CE.HOH 048-01 3/28
1 session 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 Cost: \$35
CE.HOH 102-51 3/28
1 session S, 10 a.m.-12:30 p.m.

Jin Shin Jyutsu – Self Help Workshop

Jin Shin Jyutsu is a time honored healing art that uses a gentle application of the hands on a body to harmonize and balance vital energy in the whole person - mind, body and spirit. This class includes: a short history of Jin Shin Jyutsu, discussion of three main energy pathways within the body, the importance of breathing, and the role mental attitudes play in the health of our bodies. You will learn the position of 26 points (safety energy locks) where energy "locks up" when the body is abused through stressful living. Instructor will demonstrate how to monitor these points and dissolve

blocked energy when it is present; and will distribute the sequence of hand positions designed to drain accumulated tension from the body on a daily basis. Instructor: Judy Barnes

Blackwood Campus Cost: \$85
CE.HOH 100-01 4/25
1 session S, 9 a.m. – 4 p.m.

Alternative Medicine – What is It? What Can It Do for Me?



Everyone is curious why two-thirds of Americans are spending millions of dollars out of pocket every year for mind-body interventions, herbal and homeopathic therapies, acupuncture, body-based treatments and more. NCCAM (National Center for Complementary and Alternative Medicine) began researching the potential of complementary and alternative medicine in 1992 with 2 million dollars in funding. The current budget funding is over \$120,000,000! Learn what body-mind-spirit holistic practices reduce stress, promote wellness and are complementary and integrative with traditional medicine. Bring your questions about how alternative/complementary medicine can serve you. Instructor: Elsie Kerns

Blackwood Campus \$20
CE.HOH 104-51 1/15
1 session R, 7-9 p.m.

Introduction to Raindrop Technique



This technique using essential oils was inspired by a Native American legend. This is a highly effective method for balancing and rejuvenating the mind and body. This method uses essential oils that when properly applied to the neck, back, and feet, can bring about electrical alignment and help relieve a variety of discomforts caused by imbalances in the body, especially those found in the spine. This class will introduce you to the method and oils used in the raindrop technique. Instructor, Sydell Fries. An additional \$3.00 materials/oils fee will be payable to the instructor.

Blackwood Campus \$30
CE.HOH 055-51 1/21
1 session W, 7-9 p.m.

What's Going On?



The demands of time and energy are exhausting. Mother Nature continues to unleash natural forces of destruction. Healthcare is in crisis and a power struggle with the insurance companies. Abuse of power in government, business and religious organizations continues to surface. In the midst of this chaos, people are praying for peace and seeking inner peace. Oprah Winfrey began a webcast "Soul Series" attended by over 50,000 viewers. Join us to explore the reasons for these happenings, and share ways to anchor your own inner peace. Instructor Elsie Kerns

Blackwood Campus \$20
CE.HOH 105-51 2/10
1 session T, 7-9 p.m.

No course discounts or waivers accepted for Holistic Health classes.

Holistic Health

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 \$35
CE.HOH 056-01 3/17
1 session T, 7-9 p.m.

NEW

Creative Aging Seminar

The key to creative aging resides with you! The time to begin creative aging is right now, regardless of your age. Aging doesn't happen over night. It's a process of gradual change that has a lot to do with your habits and your beliefs about growing older. Gain tools of re-discovery and uplifting strategies to 'get over getting older' and get on with the recommended age enhancing activities that will empower and inspire you. You will learn: tenants of successful aging, age-enhancing activities, 6R's to reinvent and re-discover you, creative aging inventory, and strategies for healthy attitudes, perceptions and models for aging. Instructor: Dr. Jo Anne White, certified hypnotherapist, energy intuitive, Reiki Master Teacher, life and career coach, therapist and author.

Blackwood Campus \$35
CE.HOH 106-51 3/31
1 session T, 7-9 p.m.

NEW

Introduction to Massage

Massage is perhaps the oldest and simplest of all "touch therapies." Come and discover in this course the pleasure of giving and receiving massage in a comfortable, fun and relaxing environment. We will learn the basic strokes of Swedish massage. Please wear a bathing suit under comfortable, loose fitting clothes to this class and bring a regular set of sheets to class.

Blackwood Campus \$95
CE.HOH 008-51 4/2 – 4/23
4 sessions R, 7-9 p.m.

NEW

Empowered Living Seminar

One of the keys to Empowered Living is to create self mastery. It's not always easy to have control over your thoughts, actions, and feelings, while being motivated and inspired. We are pulled in so many directions that sometimes life feels like a seesaw. Presented in a fun yet deeply motivating way, this seminar gives tools that empower you to live your goals and realize your expectations: learn how to

NEW

"take back your life" and be and feel more in charge than ever before. You will also receive: motivation strategies, confidence boosters, keys to empowerment, self appreciation guide, and personal power visualization techniques. Instructor: Dr. Jo Anne White

Blackwood Campus \$35
CE.HOH 107-51 4/7
1 session T, 7-9 p.m.

Stressbusters for Everyday Living!

This workshop will show you how to keep your energies humming and maintain health and balance with the vibrational tools of energy medicine. Experience ways to charge your immune system, release destructive patterns, clear and protect your energy, manage stress and restore well-being. Practice the 5-minute Daily Energy Routine to maintain optimum health and vitality.

Energy medicine is a way to tap into your body's own innate healing abilities. Renew your energy, raise your vibration and bring these effective practices into your life. Instructor: Elsie Kerns

Blackwood Campus \$75
CE.HOH 108-01 3/7
1 session S, 10 a.m.- 4 p.m.

NEW

Intro to Ayurveda & Seasonal Cleanse

Ayurveda, native to India, is one of the oldest systems of healing in the world. Ayurveda means "Science of Life." Students will learn a pleasant natural way to take responsibility for their health and bring a sense of balance, harmony and well being into their lives. Handouts will be given for a daily routine that can easily be incorporated into their life style along with a timely seasonal cleanse to rid the system of accumulated toxins that build up through the winter months and cause disease. A recipe for an easy on the digestive system dish called Kichari will be included. Instructor: Nancy Wahl, 500hr. RYT, Ayurveda Consultant & Ayurveda Yoga Specialist

Blackwood Campus \$25
CE.HOH 109-51 3/18
1 session W, 7-9 p.m.

NEW

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 \$35
CE.HOH 110-51 2/24
1 session T, 7-9 p.m.

NEW