

# 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

5/21 – 7/16

R, 8-9 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

6/6

S, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)

7/11

S, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)

8/1

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

6/7

U, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)

7/12

U, 9 a.m.-5 p.m. (arrive by 8:45 a.m.)

8/2

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

7/18

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

7/19

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** 6/13  
1 session S, 9 a.m.-4:30 p.m.

**CE.HOH 099-02** 8/8  
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** 6/10  
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** 5/21 – 6/25  
6 sessions R, 6:30-7:30 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** 6/17  
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** 4/30  
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** 5/16  
1 session S, 9:30 a.m.-5 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** 7/11  
1 session S, 9 a.m.-4 p.m.

# Holistic Health

## Breath Water Sound Yoga – A Lifestyle Practice

In this class, 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** Cost: \$95  
CE.HOH 111-51 5/20-7/8  
8 sessions W, 7-8:30 p.m.



## Deepening Your Yoga Practice

Yoga “asana” or posture, is just one of the eight limbs of yoga. Like an athlete without a “mental game,” yoga postures practiced without the other eight limbs becomes fitness instead of wellness. By learning the philosophy and practice behind the eight limbs of yoga, the transformative nature of yoga begins to occur on and off the mat. Each week a new “limb” will be presented as it applies to its history and application for daily life.

**Blackwood Campus** Cost: \$95  
CE.HOH 112-51 5/21 – 7/16 (no class 7/2)  
8 sessions R, 6:30-7:30 p.m.

## Yin Yoga

Yin yoga is a powerful practice that can be practiced by itself, or as a complement to a current yoga practice.

A more restorative practice, yin yoga is done sitting or lying down. It targets the connective tissue, ligaments, fascia, joints and bones. It was developed using the concept of Chinese medicine to clear blocks from “chi” and balance the physical and emotional body. This is a quiet practice. Beginners Welcome. Please bring a mat and block (optional) and/or towel (for a prop). Wear comfortable clothing.

**Blackwood Campus** Cost: \$95  
CE.HOH 113-51 6/9 – 7/28  
8 sessions T, 6:30-7:30 p.m.



**More yoga classes next page!**

# The Seniors Center

Camden County is pleased to offer the following courses to senior adults over the age of 55. Please join us for these special classes where learning never stops!

## Basic Computer Skills for Seniors

This course is designed for the mature adult who has had little or no experience with personal computers. In this class, individuals will become familiar with terminology, computer components, making a computer purchase, and hardware and software. Individuals will also develop their skills in keyboarding, mastering the mouse through point and click activities. This class is designed for the first-time user. .8 CEU

Cost: \$45 Heritage Square Bldg, Cherry Hill, Room 103  
CE.SEN 007-21 5/5 – 5/7  
2 sessions T, R, 9 a.m. - 1 p.m.

## Introduction to Windows for Seniors

This hands-on course will train you to use the exciting features found in Windows. You will learn how to use the desktop, manipulate files, control feature, and accessory features. Individuals must have completed the Introduction to Personal Computers class or have prior computer experience before registering for this class. A review of Introduction to Personal Computers is not included in this class. .8 CEU

Cost: \$45 Heritage Square Bldg, Cherry Hill, Room 103  
CE.SEN 002-21 5/12 – 5/14  
2 sessions T, R, 9 a.m. - 1 p.m.

## Introduction to the Internet for Seniors

Connect to the world wide web! This hands-on course will teach you how to navigate the internet, visit web sites, and understand how to use e-mail, mailing lists, and newsgroups. Cruise on the superhighway and learn how to communicate with your grandchildren and friends on the internet. Individuals must have completed the Introduction to Personal Computers and Windows courses or have a working knowledge of both prior to registering for this class. A review of these topics is not included in the class. .8 CEU

Cost: \$45 Heritage Square Bldg, Cherry Hill, Room 103  
CE.SEN 003-21 5/19 – 5/21  
2 sessions T, R, 9 a.m. - 1 p.m.

**Prices for the Senior Center courses are as stated; no further discounts apply.**

# The Seniors Center

## Introduction to eBay for Seniors

Over millions of people are using eBay each day buying and selling every type of product available. Come join us in the introductory seminar to learn the basics of manipulating eBay. Learn how to maneuver the site, research and list items, monitor listings, and complete transactions securely.

Cost: \$45      Heritage Square Bldg, Cherry Hill, Room 103  
CE.SEN 014-21    5/26 – 5/28  
2 sessions      T, R, 9 a.m. - 1 p.m.

## Introduction to E-mail Basics

This hands-on course will teach you to use the fundamental points of using e-mail. You will learn how to send, retrieve, and forward e-mails. In addition, you will learn how to use the address book and send and receive photographs and attachments. E-mail opens a whole new way to communicate fast with friends and family.

Cost: \$45      Heritage Square Bldg., Cherry Hill, Room 103  
CE.SEN 016-21    6/2 – 6/4  
2 sessions      T, R, 9 a.m.- 1 p.m.

**Prices for the Senior Center courses are as stated; no further discounts apply.**

# Sports, Health & Fitness

## Get Ready for Summer!

### Yoga Basics

This class will provide an introduction to the practice of yoga. Hatha yoga will help you to achieve complete mind and body relaxation. The class will consist of energy enhancing practice and a focus on breath work – pranayama, a workout for the mind, body, and soul that brings inner and outer balance. Some sessions will include a brief guided meditation followed by music. Wear loose clothing and bring a blanket or mat to class.

Cost: \$109      Blackwood Location  
CE.HPE 015-51    5/13 – 7/29  
12 sessions      M, 5:30-7 p.m.

### Yogic Healing for the Lower Back

This class is for anyone who suffers from low back pain and stiffness. In this class, you will learn various yoga postures to relax and strengthen tight painful muscles. You will experience the healing power of self massage and acupressure. You will explore breath techniques that unravel the stress mind that holds pain in the body.

Cost: \$35      Blackwood Location  
CE.HPE 104-51    7/8 – 7/29  
4 sessions      W, 7-8:30 p.m.

**NEW**

### Yogic Healing for the Upper Body

This class is for anyone who suffers from neck, shoulder, and upper back pain and stiffness. In this class, you will learn various yoga postures to relax and strengthen tight muscles. You will experience the healing power of self massage and acupressure. You will explore breath techniques that unravel the stress mind that holds pain in the body.

Cost: \$35      Blackwood Location  
CE.HPE 103-51    6/3 – 6/24  
4 sessions      W, 7-8:30 p.m.

**NEW**

### Healthy Living for the Aging Woman

This course is for women aged midlife through senior who wish to pursue a positive experience and healthy lifestyle while naturally undergoing the aging process. Topics will include nurturing your brain, personal empowerment, cultivating beauty, menopausal transition, basic life plan for health, and blazing a new trail for the future.

Cost: \$79      Cherry Hill Location  
CE.HPE 105-41    4/25 – 6/6  
6 sessions      S, 9 – 11 a.m.

**NEW**

### DAY ABBREVIATIONS

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F=Friday, S=Saturday, U=Sunday

# Sports, Health & Fitness

## Get Ready for Summer!

### Golf Skills for Adults

Now is the time to take professional golf lessons designed especially for the beginner. Learn the basics of golf including grip, stance, swing, and etiquette. The cost of the course includes the use of clubs and golf balls for indoor use. You will learn the proper techniques of the game in a relaxed learning environment and at an affordable price.

Cost: \$85

Blackwood Location  
Off Campus Range

CE.HPE 004-51  
5 sessions

5/7 – 6/4  
R, 6-8 p.m.

### Introduction to Pilates

Pilates (pronounced pu-LAH-teez) is a popular exercise regimen that uses special stretches and machines. Emphasizing flexibility and overall strength over body bulk, Pilates has quickly become popular. This floor workout is designed to tone your midsection through a series of exercises focusing on your core muscles. Participants should bring a mat or towel to class.

Cost: \$75

Blackwood Location  
5/4 – 7/13 (no class 5/25)  
M, 6-7 p.m.

CE.HPE 036-51  
10 sessions

### Belly Dance Basics

Discover this ancient art with a modern mission: to unify women with themselves and with those around them. This is a dance of diversity that not only exercises and tones the body, but calms the mind and frees the spirit! This is a non-competitive class that is respectful, informative and fun! All women of any size, shape or ability can learn to belly dance! This class is for you! Bring a bottle of water and wear socks or slippers as footwear.

Instructor: Christine Bozzuffi

Cost: \$75

Blackwood Location  
5/20 – 6/24  
W, 7-8 p.m.

CE.HPE 042-51  
6 sessions

### Belly Dance – Beyond Basics

This class builds on what was taught in the beginner's class. Movements are refined and layered with other movements to create a unique self-expression. Instructor: Christine Bozzuffi

Cost: \$85

Blackwood Location

CE.HPE 044-01

7/8 – 8/12

6 sessions

W, 7-8 p.m.

### ZUMBA

Let's face it, working out can be healthy, rewarding, and beneficial. . . working out can be lots of things, but it's never been known to be much fun. . . UNTIL NOW! Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do. The goal is simple: by integrating Zumba into everyday life, individuals may achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, body energizing movements meant to engage and captivate for life. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba. Zumba has been sweeping the country and has positioned itself as the single most influential movement in the industry of fitness. Come join us in the best party around!

Cost: \$90

Blackwood Campus, Lincoln 6

CE.ENR 140-51

4/7 – 5/26

8 sessions

T, 6:30-7:30 p.m.

or

CE.ENR 140-52

4/7 – 5/26

8 sessions

T, 7:30-8:30 p.m.

## CUSTOMIZED TRAINING

### Did you know?

- Any non-credit course can be delivered at your place of employment or our three campus locations. . . when you need it.
- Many companies do not realize they are eligible for public grants to pay for employee training.

For information call 856-874-6016 or e-mail [customizedtraining@camdenc.edu](mailto:customizedtraining@camdenc.edu).

## Need More Information?

Call us at 856-874-6004