

GLENWOOD Y HOLISTIC CENTER PUBLIC EVENTS

September, October and November 2013

+ indicates new class ** indicates change of date/time
\$ indicates donation at the door \$\$ indicates fee required

MONDAY

INJURY PREVENTION FOR THE ATHLETE: First Monday, 7:00 - 8:15 pm. Topic varies by month. Rita Capaccio D.C. Cost: Free.

+ **WCCM MEDITATION:** Second Monday, 7:00 - 8:15 pm. Learn and experience the prayer of silent meditation as practiced by the World Community of Christian Meditation. Meditators of all lineages and levels are welcome. Cost: Free. Info: Victoria @490-5340.

PEACEFUL LIVING SERIES: Third Monday, 7:00 - 8:15 pm. Learn how to express inner peace, well-being, love and health. Based on Attitudinal Healing. Cost: Free.

****\$ REIKI CLINIC:** FOURTH MONDAY, 7:15 -8:45. Receive a 15-minute hands-on energy healing mini-treatment by certified Reiki practitioners. Relax body, mind and spirit. Signups begin at 7:00 at the Holistic Center. \$5 donation. Info: Jeanette, chatoiseau@yahoo.com.

TUESDAY

****\$\$ PRENATAL YOGA:** Weekly Sept. 3 - Oct. 15, 5:46 - 7:00 pm; Cost: Members, \$21 for the series; non-members, \$42. **Pre-register at the desk.** Info: Ledys @868-0867, x271.

\$ ENTERING STILLNESS: Weekly, 7:15 - 8:45 pm; Meditation; energy healing; discussion on living "A Course In Miracles." Cost: Free; donations appreciated. Info: Josh @ 572-3801 or Jamie @ 504-7194

WEDNESDAY

\$ PRANIC HEALING CLINIC: First and third Wednesday, 4:00 -5:30 pm. 20-min.Heart Meditation, then receive a 20-minute no-touch energy healing mini-treatment. Cost: Free, donations appreciated. Info: Pam at pamerwin@aol.com.

SACRED CHANTING: Second and fourth Wednesday, 4:00-5:30 pm. Use the power of your own voice for relaxation and self-healing. Cost: Free. Info: Pam at pamerwin@aol.com.

THURSDAY

EXTENDING PRESENCE AND PURPOSE: Weekly 10:45 - noon. A soulful fusion of Eden Energy Medicine, sound healing and visualization. Cost: Free. Info: Jennifer @ 602-3301

\$\$ CHRONIC ILLNESS SUPPORT GROUP: Weekly Sept. 5 - Oct. 17; 12:15 - 2:15.

Facilitated by Licensed Psychologist Barbara Edwards. Includes restorative yoga by Ledys and Erin. Cost: Free for members; non-members \$42 for the series. **Pre-register at the desk.**

+\$ CRYSTALS, CHAKRAS AND COLORS: Weekly Sept. 12 - Oct. 31; 3:30-5:00. Intro to crystal energy healing by Marge Mechlenberg. Cost: Members, \$20 for the series; non-members \$35. **Pre-register at the desk.**

FRIDAY

QIGONG: Weekly, 12:15: Gentle movement, meditation and breathing exercises done standing or sitting. Like tai chi, only easier! Cost: Free. Info: Jeanette, chatoiseau@yahoo.com

****\$ INTRODUCTION TO MEDITATION:** FIRST and third Fridays, 6:45 to 8:45 pm. Come and find that peace and joy are within you. For beginners and meditators of all levels. Cost: Free, donations appreciated. Info: Robert Brandt @504-5910.

+\$ HANDS CLINIC: Second Friday, 3:30 - 5:00. Natural Alternatives 15-minute mini treatments for pain management, stress reduction, and the stimulation of body's immune system. Cost: \$5 donation. Info: Ledys @868-0867, x271.

****\$ REIKI GROUP HEALING CIRCLE:** SECOND Friday, 6:45-8:45; Participate in energy healing under the supervision of a Reiki Master. **(Please note, this is not a Reiki training. For that, please contact Jeanette.)** Cost: \$5 donation. Info: Jeanette, chatoiseau@yahoo.com

+\$ LEARNING ABOUT HERBAL MEDICINE: Fourth Friday, 6:00 -7:30. Explore the properties of medicinal plants with herbalist Leah Wolfe, MPH. **An herbal remedy to take home is included in the fee. Preregister at the desk.** Cost: Members \$10; non-members \$15. Info: Leah at leah.wolfe5@gmail.com.

SATURDAY

+\$ QIGONG WORKSHOP: Sept 28 and Oct. 5, 10:30 - 12:30. Standing, sitting and lying down qigong, presented by Ed Matthews. Agility training and meditation from Dr. Yang's EBT (Evidence Based Taiji.) Mats are available, or bring your own. Cost: Members, \$15 per session or \$25 for both; non-members, \$20 per session or \$35 for both. **Pre-register at the desk.** At the door, \$25 per session if space is available. Info: Ed at aedmatt@icloud.com.

*~ for further information, please contact Ledys @868-0867, x271 ~
~ for schedule updates, visit ymcaerie.org ~*