

FALL WELLNESS CLASSES AT TRISKELE

LEARN SELF-HYPNOSIS

Do you suffer from regular headaches, back pain, lack of sleep, stress, or fears of public speaking or flying?

Learn how to control these symptoms and much more - through the use of a simple, safe and proven technique called self-hypnosis! Anyone can learn it!

Free pre-seminar session:

What is self-hypnosis and what are its benefits?

Date: Tuesday, October 21st, 2008

Time: 7 - 9pm

Fee: Free

Self- Hypnosis Seminar:

In this full day seminar, you will learn:

- How to hypnotize yourself
- A pain relief technique
- A 1-2-3 quick-fix technique
- An instant relaxation technique

You will also learn:

- The importance of positive thinking
- How to correct your frame of mind from negative and passive, to positive and active for life-long results
- How to create your own hypnosis sessions for years of benefits

You will need to bring:

Relaxed clothing, a mat to lie on, a pillow and a blanket (if you need one) to be comfortable during the hypnosis sessions. Handouts will be provided but you might want to bring extra paper if you take lots of notes, and a pen.

Date: Saturday, October 25th, 2008

Time: 10 am – 5 pm

Fee: \$250

Reserve your seat today! Call

Your Instructor: Dr. Christine Fernandes is a Clinical Hypnotherapist. She graduated in 1989 from the London College of Clinical Hypnotherapy in England, a full year comprehensive professional program that is recognized by the British Accreditation Council. She has been practicing Hypnotherapy in Calgary since 1995 and has been teaching Self-Hypnosis Seminars on a regular basis, through the Department of Continuing Education and privately since 1996.

Reiki Healing

Reiki First Degree

In this class you will learn about the history of Reiki, the fundamentals of Reiki, learn about your energy field and the hand positions for a self-healing session and receive the first Reiki initiation. Your instructors are Reiki Masters Norma Isaac or Stacey Kardash.

Dates:

Oct 5, 2008 with Norma Isaac

Oct 26, 2008 with Stacey Kardash

Nov 23, 2008 with Norma Isaac

Time: 10:00 am – 4:00 pm

Fee: \$175.00

Reiki Second Degree

Join Reiki Master Norma Isaac to further your understanding of energy healing with Reiki. Receive the Reiki Level II attunement, learn how to perform distance energy healing and discover the benefits of this gentle, healing practice. **Reiki First Degree is required for this class.**

Date: Sunday, Oct 19

Time: 10:00 am – 4:00 pm

Fee: \$175.00

ULTIMATE RELAX

Are you suffering from:

- Stiff and sore muscles?
- Stress?
- Lack of stretching?

If you answered yes – the Ultimate Relax class is for you!



You will Learn:

- **CHI ball and small ball self-massage techniques to release shortened, sore muscles**
- **Breathing techniques to increase body awareness**
- **Yoga postures to lengthen and open your body**
- **Meditation techniques for deep relaxation with sound shavasana**

Class Info

Dates: 10 Mondays, Oct 20 – Dec 22,2008

Time: 6:00 – 7:30 pm

Fee: \$192.000 (\$ 150.00 class + \$ 42.00 Ball package includes CHI Ball & Massage Ball)

Energy Clearing

Have you ever experienced someone's "bad vibes? Or feel "drained" by a "toxic" workplace? These expressions we use are describing the energy we send out and the field of energy we live in. Learn about the human body's energy field - what affects it, how energy fields interact and how to "clear" your energy field of energetic debris that can negatively impact your well being. This class is beneficial for everyone and a necessity for those working closely with others such as health care practitioners.

In this class you will:

- * Learn about the energy system and energy field of the human body
- * Experience what strengthens and weakens your energy field
- * Practice powerful and easy to use personal energy healing techniques
- * Practice powerful and easy to use personal energy clearing techniques for use anywhere, anytime
- * Discover practices to maximize your energy field

This class requires: a notebook, comfortable clothing, a yoga mat, pillow and a bottle of drinking water.

Date: Sunday, November 16, 2008

Class Time: 9:30 AM - 3:30 PM

Cost: \$115.00 includes Energy Clearing CD - Dr. Wright's Cleaning Out Technique

Partner Massage Basics

Massage feels good! It also reduces stress, eases pain, lifts depressions and boosts your immune system. Learn the healing power of touch in partner massage basics.

Stacey will teach you basic techniques to give a massage either seated or on a massage table – without wearing out your fingers!

Date: Sunday, December 7

Time: 10:00 – 5:00 pm

Fee: \$175.00

Required: Bathing suit/ shorts, pillow and a sense of fun!

Mantra Yoga Classes

Mantra yoga classes are both experiential and informational and do not require previous experience, just an open mind and heart. These classes DO NOT involve any physical yoga postures or movements.

Nada Yoga: The Healing Power of Sound with *Stacey Kardash*

This introductory course is a great opportunity to experience what Nada Yoga is all about.

Date: October 25, 2008

Class time: 7 - 9 PM

Cost: \$25.00

In this class you will learn:

- * What is Yoga?
- * What is Nada Yoga?
- * What are the benefits of Nada Yoga?
- * How does sound heal?
- * What is the energy body and chakras?
- * How does Nada Yoga work with the energy body?
- * How to use seed sounds, chakra mantras and foundation mantras as a meditation practice and tool for power in your life.

Mantra Manifesting Circle with *Stacey Kardash*

It's Manifesting Monday! Experience the power of group mantra yoga to manifest the changes you want to see in your life. This class blends traditional mantra yoga with leading edge techniques to implement and support you in reaching your goals.

Class time: 10 weeks

Mondays Oct 20 – Dec 22, 2008 from 7:45 - 9:15 PM

Cost: \$150.00

In this 10-week class you will:

- Learn powerful mantras to activate the law of attraction, increase prosperity, create healing, abundance and more!
- Develop mental and spiritual focus
- Benefit from group chanting
- Have fun in group activities that activate what you want to manifest

Ask about “bundling” your class with a CD to enhance your knowledge and practice!

Goddess Mantra Circle with *Stacey Kardash*

Explore the Eastern approach to the feminine nature of power: Kundalini Shakti. with a variety of mantras, pranayama and meditation.

Date: Friday, November 14 from 7:00 – 10:00 PM

Cost: \$40.00

- Learn and practice goddess mantras
- Learn and practice Shakti mantras
- Benefit from group chanting
- Learn how to bring harmony to the “masculine” and “feminine” aspects of your energy