

DREAM ANALYSIS

This course will give skills to read symbols and ways to understand dreams and the conscious connection of the day and night.

Date: Feb 11th, Sat. 9am – 5pm

MEDITATION, the Art of Listening

Students will be introduced to the variations of centering and focusing the mind. These meditation styles learn more self-awareness, intuition and control of the monkey mind and ways to help relax into healing states.

Date: Feb. 18th, Sat. 9am – 5pm

THE ART OF BREATHING

This class brings awareness to styles and techniques of breathing designed for deep healing practice. The breath, when used in different ways can control the mind and body into parasympathetic states where healing can be achieved on many levels.

Date: Feb. 25th, Sat. 9am – 5pm

CHAKRAS & MUDRAS

These ancient theories are very powerful to show that the energy of the mind and body can support states of energy centers. This class is

designed to bring the mind and body together with ancient techniques and symbols to empower health and states of healing.

Date: March 10, Sat. 9am – 5pm

COLOUR THERAPY

There is a vibrational charge in colours that correlate to the colour spectrum. Learn the basics of this science along with ways to use colour therapy techniques in the home or practice.

Date: March 17th, Sat. 9am – 5pm

AURAS

Learn the basic knowledge of auras, how to read auras and use auric vision techniques to expand the power and knowledge of the energetic body.

Date: March 24th, Sat. 9am – 5pm

TOUCHING THE AURIC FIELD/ BIO-ENERGY THERAPIES

This course is a nice follow-up to the aura class as it helps you to feel the energy you may see. This basic class will explore many styles of touching the auric field.

Date: April 7th, Sat. 9am – 5pm

VIBRATIONAL THERAPIES

This course will help the student learn therapy techniques that can be used in treatment using vibration therapy of crystals, bells, gongs and tuning forks.

Date: April 14th, Sat. 9am – 5pm

DIVINE INTUITIVE

This class helps to learn and explore the many ways to use pendulums, rods and other tools to help enhance the divine intuition in us all.

Date: April 21st, Sat. 9am – 5pm

AROMATHERAPY

Introducing the basic qualities of essential oils and how they can be used at home and in your practice.

Date: May 05th, Sat. 9am – 5pm

CRYSTAL THERAPIES

Learn the qualities of minerals in rocks and crystals that help to heal in subtle, but powerful ways.

Date: May 12th, Sat. 9am – 5pm

TRUE NURTITION

Science of nutrition and the PH connection to the body and food.

Date: May 19th, Sat. 9am – 5pm