

Wednesdays, April 7, 14, 21 and 28, 7:00 – 8:30PM (English) & Sundays, April 11, 18, and 25, 6:00 – 7:30PM (Polish)
Introduction to Meditation

Join us for this introductory course in how to meditate and how to begin a lifelong practice of creating your life. In this course you will learn 1) the basics of mindfulness awareness practice, 2) gentleness, patience and humor – key ingredients for a well-balanced practice, 3) calm abiding, the art of stabilizing the mind to remain present with whatever arises, 4) thoughts and emotions as “delight” instead of obstacles in meditation, and 5) visioning – the process of creating your life. With Maria Lezniak. Free.

Sunday, April 11, 11:00AM – 1:00PM
Matrix Energetics Study Group

In this group we study and explore the wonders of Matrix Energetics, the Art and Science of Transformation. Participation in this group expands your mind, body and spirit allowing positive shifts in wellness and the ability to feel uplifted and happy. This group is for ME participants only. You must have already attended a Matrix Energetics seminar prior to joining this group. With Lana Pritzker. \$20.

Wednesday, April 14, 7:00 – 9:00PM
New Moon Circle for Women

In the lunar cycle, the new moon is a time for looking inward, nurturing yourself, planting seeds and setting intentions. Each month, we explore the energy of that particular new moon as it relates to the natural and spiritual messages of the seasons. This circle provides a loving space for the sharing of personal experiences, ritual, journeying and setting intentions. Reconnect with your inner wisdom and to the collective feminine. With Kathleen Rude. \$20.

Wednesday April 14, 7:30 – 9:00PM
Life Purpose Activation and Crystal Bowls Healing

Encoded in your genes is your personal Life mission, life lessons and personal contracts that help you move forward on your evolutionary path. This session will help you recognize the most common blocks on your way and release unnecessary struggles in your relationships, financial efforts and life in general. Supported by the pure tones of the Crystal and Tibetan bowls as well as the Matrix Energetics grid set by Yury and Svetlana, you will spiritually expand while deepening your experience within the realm of healing, balancing and relaxation. With Lana Pritzker. \$15.

Friday, April 16, 7:00 – 9:00PM, The Energy of Performance Anxiety In this workshop we will take a look at the energy behind performance anxiety and the fear of making mistakes. Join us as we learn about and explore the nature of this energy. With Richard Popp. \$40.

Sunday, April 18, 1:30 – 4:00PM, You Are The Light: Thai Experience of Merging This workshop incorporates Thai Yoga and Meditation as well as group and partner body-work to explore and expand your spiritual power. Join us for an experience of loving kindness, gentle touch and integration of healthy energy flow using the ancient wisdom of I-Ching, your body wisdom and the wisdom of your Soul connecting to Matrix Energetics. With Lana Pritzker. \$25.

Monday, April 19, 10:30AM – 12:00PM
Managing Stress: An Integrative Approach

Defuse the negative impact of stress and learn how to use stress as a motivator towards positive change. Topics include: An overview of integrative medicine and holistic approaches to health and well-being; sources of stress and its impact on health; and methods of balancing stress. W/Katie Oberlin. \$20.

Monday, April 19, 7:00 – 9:00PM

Cord Cutting Workshop Clear and remove the unhealthy energetic connections you may have to certain people in your life. Uncording – the cutting of cords that no longer serve – is a powerful healing experience that can free you from unhealthy patterns, behaviors and relationships. Learn how to work with the uncording process in a safe, effective and loving way. Explore ways to ground and protect yourself and to connect with helping spirits. Learn how to cut cords, heal the wounds and embrace the blessings. Bring a rattle (preferred) or a drum, as well as a notebook and pen. With Kathleen Rude. \$25. Registration requested.

Tuesday, April 20, 6:30 – 9:00PM

Healing Touch Book Club Monthly meeting for those interested in studying and discussing energy healing and Healing Touch. Directed at practitioners and others serious about Healing Touch, and who are working towards certification. April selection: *A Path With Heart* by Jack Kornfield. With Katie Oberlin. \$5.

Wednesday, April 28, 7:30 – 9:00PM, Matrix Energetics Practice Sessions

This group is open to both current Matrix students and anyone who is looking for light and love connection. Matrix is a morphic field that is all there is. Connecting to Matrix Energetics helps you celebrate your dreams, enjoy vibrant health, and create loving relationships. Join us as we practice connecting to the Matrix and relaxing into the state of all possibilities. With Lana Pritzker. Free. \$10 - \$15 donations welcome. The location for this month's meeting is to be announced (either at the centre in Glenview or in Chicago) – please see the website for further details.

April 2010

**CLASSES,
WORKSHOPS AND
SEMINARS**
for Holistic Healthcare
and a Balanced Lifestyle



222 Waukegan Road, Glenview, IL 60025
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ONGOING CLASSES APRIL 2010

Register Online at www.nshealing.com or call 847.657.1600	Yang Sword 6 - 7 PM Louis Ucha Hatha Yoga 7 - 8:30 PM Agnieszka Miskiewicz	Healing Yoga 9 - 10:15 AM David Wallin Meditative Yoga 6:30 - 8 PM Laura Eisenberg Jachim	Kuang-Ping Tai Chi 6:30 - 7:30 PM Louis Ucha Beginning Tai Chi 7:30 - 8:30 PM Louis Ucha	Open Level Yoga 9-10:15AM D.Wallin Tai Chi Double Sword(1), S. Garske 6:30-7:30PM Yin Yoga, C. Frenkel 6:30-8:00PM Five Thunder Palm Qi Qong, S. Garske 7:30-8:30PM	Register Online at www.nshealing.com or call 847.657.1600	PPP Yoga (Power, Presence & Prana) 8:30 - 10 AM Polly Lontis
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(1) New class, Tai Chi Double Sword. Costs of Classes: All yoga classes are \$17 (\$112 for 8-week package). Qi Gong and Tai Chi are \$15 (\$96 for 8-week package). **Advance registration is strongly encouraged. A class or seminar may be cancelled due to unforeseen circumstances.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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WORKSHOPS AND SEMINARS - APRIL 2010

	Pre-registration is strongly recommended! Register Online at www.nshealing.com or call 847.657.1600	1	2	3		
The centre will be closed for Easter 4	5	6	Introduction to Meditation (Eng.) 7:00 PM – 8:30 PM 7	8	9	10
Matrix Study Group 11:00 AM – 1:00 PM 11 Introduction to Meditation (Pol.) 6:00 PM – 7:30 PM	12	13	Introduction to Meditation (Eng.) 7:00 – 8:30 PM 14 New Moon Circle for Women 7:00 – 9:00 PM Life Purpose Activation & Crystal Bowls Healing 7:30 – 9:00 PM	15	The Energy of Performance Anxiety 7:00 PM – 9:00 PM 16	17
You Are The Light: Thai Experience of Merging 1:30 PM – 4:00 PM 18 Introduction to Meditation (Pol.) 6:00 PM – 7:30 PM	Managing Stress: An Integrative Approach 10:30 AM – 12:00 PM 19 Cord Cutting Workshop 7:00 PM – 9:00 PM	Healing Touch Book Club 6:30 PM – 9:00 PM 20	Introduction to Meditation (Eng.) 7:00 PM – 8:30 PM 21	22	23	24
Introduction to Meditation (Pol.) 6:00 PM – 7:30 PM 25	26	27	Introduction to Meditation (Eng.) 7:00 PM – 8:30 PM 28 Matrix Energetics Practice Sessions 7:30 PM – 9:00 PM	29	30	Pre-registration is strongly recommended! Register Online at www.nshealing.com or call 847.657.1600