

**Saturday May 8, 2:00PM**

**Acupuncture as a Tool for Stress Relief (In Polish)**

In this workshop we will discuss: what stress is, what causes stress, as well as how stress can interfere with our ability to function in our family and professional lives. We'll also look at what acupuncture is and how it can be used to help with stress relief. As part of this workshop, you'll also learn some simple techniques you can use at home to help manage and control the stress in your life. With Iwona Derlich. \$25. (Complementary treatment could be available).

**Monday, May 10, 7:00 – 9:00PM**

**Advanced Cord Cutting Workshop**

This class will build on the Cord Cutting Workshop, which is a prerequisite for this advanced study. We will meet additional compassionate spirits to deepen the cord cutting experience for yourself and others and we will explore more ways to apply this technique. We will also learn how to unravel negative thought forms. Any belief or persistent thought that no longer serves you can be dissolved energetically, and the energy that you invested in this thought form can be freed up and returned to you. Bring a rattle (preferred) or drum, as well as a notebook and pen. With Kathleen Rude. \$25

**Wednesday, May 12, 7:30 – 9:00PM**

**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, May 12, 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.

**Sunday, May 16, 1:30 – 4:00PM**

**Light Body and Thai Experience – Opening Your Body, Mind and Spirit Potential with Gene Keys**

Every one of us has had moments when we have felt small, unsafe and unworthy. These moments have

become encoded within our cells in an effort to remind us of the need to protect ourselves from future occurrences. Regrettably, these states often rule our lives today, even though the original events may have been in the distant past. This workshop will help you experience the vast Matrix of energy and light within yourself and give you the opportunity to shake life long tensions and open new doors towards happiness and a new feeling of wholeness. With Lana Pritzker and Corey Nau. \$25.

**Tuesday, May 18, 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. May selection: *Light Emerging* by Barbara Brennan. With Katie Oberlin. \$5.

**Friday, May 21, 7:30 – 9:00PM**

**Light Body 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 workshop will help you recognize and appreciate your potential and help you move forward with ease and grace. 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.

**Sunday, May 23, 12:45 – 5:00PM**

**Stone People's Sweat Lodge Ceremony for Women**

This ceremony provides you with an opportunity to sit on the earth and pray in community with All Our Relations. The ceremony is held in Deerfield. See [www.nshealing.com](http://www.nshealing.com) for more details. With Kathleen Rude. \$20 donation suggested.

**Tuesday, May 25, 7:00 – 9:00PM**

**Understanding Male and Female Energy**

This workshop explores the differences between male and female energy. We'll also be doing energy healing during our time together. With Richard Popp. \$40.

**Wednesday, May 26, 7:30 – 9:00PM**

**Matrix Energetics Practice Sessions**

This workshop is a playground for new people and a practice session for all those who have attended a Matrix Energetics seminar led by Master Practitioner, Svetlana (Lana) Pritzker. Each session involves a short forum, practice opportunities for seminar participants, as well as mini ME sessions to help new people feel how the Matrix energy moves through their body and their lives. This month's focus is Matrix Energetics in Relationships (How to Experience ME Magic Every Day). With Lana Pritzker. Free. \$10 - \$15 donations welcome.

# May 2010

## CLASSES, WORKSHOPS AND SEMINARS

### for Holistic Healthcare and a Balanced Lifestyle



222 Waukegan Road, Glenview, IL 60025

847.657.1600 [www.nshealing.com](http://www.nshealing.com)

## ONGOING CLASSES MAY 2010

|   |   |  |   |   |   |  |
|---|---|--|---|---|---|--|
| Register Online at<br><a href="http://www.nshealing.com">www.nshealing.com</a><br>or call<br>847.657.1600 | Yang Sword<br>6 - 7 PM<br>Louis Ucha<br>Hatha Yoga<br>7 - 8:30 PM<br>Agnieszka Miskiewicz | Healing Yoga<br>9 - 10:15 AM<br>David Wallin | Kuang-Ping Tai Chi<br>6:30 - 7:30 PM<br>Louis Ucha<br>Beginning Tai Chi<br>7:30 - 8:30 PM<br>Louis Ucha | Open Level Yoga<br>9-10:15AM D.Wallin<br>Tai Chi Double<br>Sword, S. Garske<br>6:30-7:30PM<br>Yin Yoga, C. Frenkel<br>6:30-8:00PM<br>Five Thunder Palm<br>Qi Qong, S. Garske<br>7:30-8:30PM | Register Online at<br><a href="http://www.nshealing.com">www.nshealing.com</a><br>or call<br>847.657.1600 | PPP Yoga<br>(Power, Presence<br>& Prana)<br>8:30 - 10 AM<br>Polly Lontis |
|---|---|--|---|---|---|--|

**Note:** The Meditative Yoga class on Tuesday nights has been discontinued. **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 - MAY 2010

|  |   |    |   |    |  |   |  |    |    |
|--|---|----|---|----|--|---|--|----|----|
|                               |   |    | <b>Pre-registration is strongly recommended!</b><br>Register Online at <a href="http://www.nshealing.com">www.nshealing.com</a><br>or call 847.657.1600 |    |  | 1   |  |    |    |
| 2  | 3   | 4  | 5   | 6  | 7  | 8<br>Acupuncture as a Tool for Stress Relief (In Polish)<br>2:00 PM |  |    |    |
| 9  | Advanced Cord Cutting Workshop<br>7:00 PM – 9:00 PM | 10 | Matrix Energetics Study Group<br>7:30 PM – 9:00 PM<br>New Moon Circle for Women<br>7:00 PM – 9:00 PM  | 11 | 12   | 13  | 14   | 15 |    |
| Light Body and Thai Experience – Opening Your Body, Mind and Spirit Potential with Gene Keys 1:30 PM – 4:00 PM | 16  | 17 | Healing Touch Book Club<br>6:30 PM – 9:00 PM  | 18 | 19   | 20  | Light Body Activation and Crystal Bowls Healing<br>7:30 PM – 9:00 PM | 21 | 22 |
| Stone People's Sweat Lodge Ceremony for Women<br>12:45 PM – 5:00 PM  | 23  | 24 | Understanding Male and Female Energy<br>7:00 PM – 9:00 PM   | 25 | Matrix Energetics Practice Sessions<br>7:30 PM – 9:00 PM | 26  | 27   | 28 | 29 |
| 30   | The centre will be closed for Memorial Day          |    | 31  |    |  |   |  |    |    |