



NEWSLETTER

The longest journey begins with the single step. - Lao Tzu

Welcome to the World of Crystals!!

Initiation in Crystal Healing

March 24th from 11 AM to 6:30

\$120, Space is limited to 10 people.

Veronica from Phoenix Crystal Healing is offering the Initiation in Crystal Healing workshop, a 6-hour lecture, presenting the fundamentals of Crystal Healing Therapy, Frequency and Resonance Theory, Crystal Meditations to awaken the Crystal Child in you, Healing Practice with Crystals, Reading Crystals for yourself and others, and more.

For more information please visit

www.phoenixhealingtouch.com

<http://campaign.vpweb.com/07ec3a52-3329-48b1-b450-4c0fc5629d65>

Yoga101

beginning Saturday, March 3rd, 2012 @ 11:00am

6 one hour Sessions

Basic Yoga for the beginner or for anyone who feels they could benefit from a refresher.

In this Series you will learn: how to "Breathe" and connect each movement with breath; stimulate and activate every part of your body; gain strength and flexibility - learn how to get the Most out of your Yoga Practice; by session 6 you will "flow" through your practice with ease and comfort

Free Introductory Workshop: Chi Kung for Weight Loss

Feb 12th, 1:30-3:00 PM with Irina Benoit

Lose weight and improve your health through the healing techniques as shared by Tai Chi/ Chi Kung Instructor and Russia Gold Medal Champion in Tai Chi, Irina Benoit, as we discover ways to; wake up and speed up metabolism, burn fat and improve blood circulation. Exercises are suitable for all ages & fitness levels.

For more information please visit: www.irinabenoit.com

Reiki Workshop – Reiki Level 1

We are offering Reiki Level 1 workshop. During the workshop, you will receive the basic tools needed to heal yourself and others, including plants and animals. Students will practice basic hand positions. This workshop commences with a centering and breathing meditation. At the end student will be attuned into Reiki 1 level.

You will learn: The history of Reiki, The principals of Reiki, Basic Hand Placement, How to give a Reiki treatment

A desire to learn, a promise to be committed to Reiki and an open mind are the only things you are required to bring. Please contact studio to schedule an appointment, 905-469-3309

WHAT'S NEW

FREE Family Yoga Class

Feb. 20th 11-12 PM

This is a free class for 1 parent and child ages 5 to 10 years old.

NEW CLASS!

Hatha Level I - 60 min

Mondays 6-7pm with Tina Baker

Vinyasa Flow II (Power Yoga)

Thursdays at 7:30 with Ashley

Teen Yoga Class (10+ Years old)

Fridays, 4:15 – 5:15 pm

Dates: Feb 3 – March 9, 2012

Fee: 6 classes, \$60

FREE Group Healing Crystal Meditations- 30 to 45 min; Veronica

Free meditations every Full and New Moon days!

Full Moon: Feb 7th at 6 PM

New Moon: Feb 21st at 6PM

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