
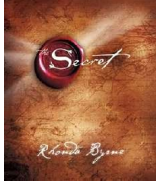












# Holistic Education Center Workshops for April 2010




12 Murphy Drive Nashua, NH 03062 603-883-1490 [www.thehsccenter.com](http://www.thehsccenter.com)  
Pre-registration required for workshops

<p>Thursday April 1st 6:30-8:30 pm</p>		<p>Health Seminar Detox Program with Kristen Robitaille</p>	<p>Is it time for that detox you have been wanting to do? Well then step into the Center tonight and learn what the benefits will be. You will be amazed at how well your body will run when it is properly taken care of...6:30-7:00 Check in, Seminar starts promptly at 7 to 8:15. Questions/ Detox Clinic Sign-ups 8:15-9:00. Speaker Kristen Robitaille will teach about the body and the way to maintain its health. Learn about detoxification and the many benefits. Charge \$5.00 per person.</p>
<p>Monday April 5th 7:00 - 9:00 pm (Doors open 6:30 pm)</p>		<p>Movie and Discussion The Secret</p>	<p>We all want to know the secret and we all have heard that it is magical. We call it Majestic! Lets sit and watch the movie and then talk about it and how it can change our lives. How do we use the power behind the Secret??? This discussion group will go further than just the basic teaching from the movie. We will take it to the next step. Class fee \$12, GM or SHP fee is \$10. Meet-up members fee is \$10.</p>
<p>Wednesday April 7th 6:30 - 8:30 pm</p>		<p>Solid as a Rock: Living with Authenticity. Men's program</p>	<p>What does it mean to be a Man today? To be a ROCK? Things are changing and we need to be aware of those changes and the effect on us that they have. Creating wholeness in all things you do, learning to love who you are, gaining a self of true SELF so you can give that gift every day. THAT is being a man. Challenge yourself to put it all on the table. Are you "manning up" or copping out? Join us in building the masculine back into society the way the Universe sees you. Fee: \$25.00</p>
<p>Tuesday's until May 11<sup>th</sup> 6:00 - 7:00 pm</p>		<p>Chakra Clearing with Linda Johnson</p>	<p>The seven major chakras are situated along the etheric spine. These force centers are both the transformers and transmitters of energy for the physical body. In appearance they resemble a wheel (aka chakra). The energies rhythmically circulate through the core of the chakra and they are never still. Over this eight week course you will come to understand the correct function of these centers by learning about them and activating each chakra individually. Class fee \$12, GM or SHP fee is \$10.</p>
<p>Beginning Monday April 12th 6:00 - 8:00 pm</p>		<p>Understanding Your Destiny - Life Journey Planning with Cornelia Eschborn</p>	<p>Are you currently asking life-discovering questions about your biography? Why did this happen to me? Why am I always? You may have many other questions about yourself. Then this workshop will help you find some answers. During this eight-week workshop you will bring with you: a challenge you face, a goal you want to achieve that you struggle with, and/or a question about your life. In the process of telling some of your life experiences and hearing supportive feedback from the group you will make plenty of discoveries. Cornelia uses a well-established developmental theory (Rudolf Steiner) with a spiritual value base. She is a certified facilitator with many year of experience as a Consultant and Coach. For additional information please contact the center. 1st class is free. \$160 for the eight sessions (\$135 for SHP or Gold Members).</p>
<p>Monday April 12th 6:30 - 8:30 pm</p>		<p>Southern NH Gluten Intolerance Association</p>	<p>Join the Southern New Hampshire Gluten Intolerance Association for a potluck supper! To ensure a variety of foods at the potluck, please bring a dish that falls under your last name as follows: A-I Appetizer/Salad, J-S Main Dish, T-Z Dessert. Please bring the recipe along with the dish. RSVP to 603-785-6287 with your name, phone number, and number of people attending or call the HSC Center for more details.</p>

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<p>Thursday April 15th 6:00 - 9:00 pm</p>		<p>Lyme Awareness Movie: Under Our Skin</p>	<p>This film is about the medical system failing to address the seriousness of Lyme Disease. The film tells the untold story of Lyme disease, and how it is emerging as an epidemic larger than AIDS. Each year thousands of individuals go undiagnosed or even misdiagnosed. They are told that their symptoms are "all in their head." This film follows the stories of patients and physicians as they battle for their lives and livelihoods. The film brings into focus the inability of the health care system to cope with the silent terror that is under our skin. No Cost.</p>
<p>Friday April 16th 6:30 - 8:00</p>		<p>Emergence: The Feminine Voice of Power</p>	<p>EMERGENCE is a way of connecting to our body through movement, breath, attention, sacred practices and shared visions. It is a contemporary process which applies ancient practices and initiation mysteries designed to increase awareness of the deepest relationship possible with your own true self! We will discover how the space we create together enhances our ability to connect to our deepest desires. No cost to attend this event. Starting in May, 2010 Emergence is a series of 4 successive events upon which we build community and relationship.</p>
<p>Sunday April 18th 12:30 - 2:30 pm</p>		<p>Women's Self- Defense &amp; Empowerment Seminar with Theresa Bielby</p>	<p>This is a class for Students, Mothers, Daughters, Wife's, Sisters, and Working Woman. The goal of the Women's Self-Defense Seminar is simple - empowering you to fight back against crime. By providing you training and education in awareness, prevention, risk reduction, risk avoidance and self-realization of your own physical power. These tools greatly increase your personal protection options to combat crime. The paradox of self-defense is that the more prepared you are, the less likely you are to need it. When you can recognize and respond effectively to potentially dangerous situations, you are more confident in your everyday activities. You are also less likely to become a target of crime. This will be an exciting &amp; fun class for all. Please wear sneakers and loose clothing. Fee is \$25 per person, \$10 for each additional family member.</p>
<p>Tuesday April 20th 6:45 - 9:00 pm</p>		<p>Positive Thinkers League - Journaling</p>	<p>This meetup will review the importance of journaling. We will discuss what needs to be tracked to make all your dreams come true. Class fee \$12, GM or SHP fee is \$10. Meetup members fee is \$10.</p>
<p>Wednesday April 21st 6:30 - 8:30 pm</p>		<p>Homeopathy First Aid Course with Anne Lynch</p>	<p>This Homeopathy First Aid Course will provide an insight into the philosophical background as well as the basic methodology of first-aid and acute prescribing in homeopathy, so that you can use it in everyday situations at home, on the sports field, at work and on vacation – for yourself, your family and friends. Homeopathic remedies are fast to act in these conditions. In serious conditions, if homeopathic remedies are used in conjunction with conventional first aid procedures, the risk of long-term damage from an injury can be significantly reduced and the healing process can be noticeably enhanced. Course fee: \$20.00</p>
<p>Thursday April 22nd 7:00 - 8:00 pm</p>		<p>Herbs for Sexual Health with Sean Donahue</p>	<p>Are you looking for a safe, natural ways to improve your sexual performance. Sean will talk about ways to improve your sexual health and vitality through herbs and nutrition. Topics to be covered are; why Viagra masks the symptoms of ED, how stress and cardiac health can impact your sexual performance and what you can do about it, myths and facts about herbal aphrodisiacs and how diet and nutrition affect your sex life. Class fee \$12, GM or SHP fee is \$10.</p>

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<p>Friday April 23rd 6:00 - 9:00 pm April 24th 10:00 - 6:00 pm</p>		<p>Reiki Level 1 Class with Barb Tremlett</p>	<p>Energy Medicine is being recognized as the fastest growing field for health care. Learn the first level of healing with uncomplicated but effective focused energy work. This simple but direct 2- day program will be broken into segments. Friday night will cover the history and basics of Usui Reiki, Level I. Day two will be spent in theory and practice. Many of the teachings will be presented in a relaxing playful learning style. After completion students will receive Reiki I certification. Students will also be provided space for practice if going on to the next level. Workshop fees: \$180 pp; GM and SHP \$150 pp.</p>
<p>Wednesday April 28th 7:00 - 8:30 pm</p>		<p>Didgeridoo Journey Circle</p>	<p>This harmonic healing workshop gives an introductory overview of Sound Therapy and the Didgeridoo as it relates to Meditation and Journeying for the purpose of Self-healing and how to use it in combination with the concept of intension. It will also include a brief history of the didgeridoo. This is followed by a 45 minute group journey/meditation, group processing and share. Workshop fee: \$45.00</p>
<p>Thursday April 29th 7:00 - 8:00 pm</p>		<p>Sexual Communication - Rebuilding Broken Bridges with Darcy Donahue</p>	<p>This workshop is for men who have struggled with sexual intimacy concerns due to erectile dysfunction. It will clarify mis-perceptions in partner communication, rebuild sexual confidence, learn new ways to love, help you understand normal and abnormal changes with aging and how to help your partner understand. And how your brain can impact your love life and what to do about it. Fee \$12, GM or SHP fee is \$10.</p>

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