







Holistic Education Center Classes and Workshops for January 2010

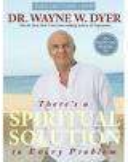







12 Murphy Drive Nashua, NH 03062



603-883-1490

www.hsccenter.com

Pre-registration required for workshops

Tuesdays 6-7pm		Yoga	Please join us for this weekly class. Prepare for the new year with this slow-paced stretching class along with some simple breathing exercises and perhaps seated meditation. Class fees \$12, GM and SHP \$10 per person per class.	Kathy McGinness, Studio
Wednesdays 10 -11 am and Fridays 12 - 1 pm		Hatha Yoga	Please join us for either one or both of the Hatha Yoga sessions. Hatha Yoga tries to achieve balance between body and mind, as well as attempts to free the more subtle spiritual elements of the mind through physical poses, breathing techniques and meditation. The practice of Hatha Yoga can help you recognize your hidden physical and mental potentials. Through the continued performance of Asana, you will gain flexibility and strength, and learn to be more relaxed under otherwise stressful situations. Class fees \$12, GM and SHP \$10 per person per class.	Donna Murphy Studio
Every Saturday 12-1pm		Belly Dancing	The fine art of Belly Dancing will be taught at the beginner level. The techniques will slowly move body parts in circles and teach the flow involved. It will warm up your body and make you smile. Nancy has been active in the community for many years attending festivals and private events. Class fee Drop-ins \$12, GM and SHP Drop-ins \$10. For further information on prices please call.	Nancy Frye aka Zahira Zuhra, Belly Dancing Extraordinaire, held in Studio
Tuesdays 10:30am- 12:00pm		Sign Language for Hearing Babies	Imagine communicating with your baby before he or she can even speak. Baby Sign Language reduces frustration, accelerates verbal development and strengthens cognitive skills. Classes are 45 minutes in length and are created for parents, caregivers, and of course, babies. In a playful, educational, and language-rich environment, caregivers and children will build their American Sign Language (ASL) vocabulary through instruction and interactive games and songs. For more information please contact: Olivia Hohm, Owner/Instructor /My Smart Hands - NH/ 603-440-9750/ olivia@mysmarthands.com/ www.mysmarthands-nh.com/ Space is limited so please RSVP as soon as possible! \$129 for two adults and one child includes a full color workbook and CD of Exclusive My Smart Hands Songs!	Instructor Olivia Hohm 4-week class Studio
Saturdays 10:30am - 12:00pm				Instructor Olivia Hohm 4-week class Studio
Tuesdays 10:00am or Wednesdays 6:00 pm		Bridge of Light Support Group The Journey through Grief	The death of someone loved changes our lives forever. If we are to heal from this loss, we cannot avoid our grief. We must journey through it and this journey requires us to mourn which is the outward expression of our thoughts and feelings. While grief is what you think and feel on the inside. We all grieve when someone we love dies, but if we are to heal, we must also mourn. Please join us for this 12 week course that will introduce you to the tools and techniques to aid in the healing of your emotional and physical pain. The 12 week course fee for all students is \$100 or \$12 per class, GM or SHP \$10 per class. Pre-registration required.	Donna Murphy Bereavement Counselor Studio
Thursdays 6:00 pm or Fridays 10:00 am		Bridge of Light Death Our Portal to Life	Death is a topic most people prefer to ignore, evade and deny, but the fact is that death is inevitable. It is one of the few things in life we can be assured will occur. It sets a limit on our time in this life, urging us to live each day productively. It is an invisible, but friendly, companion on your life's journey that gently reminds you not to procrastinate about your heart's desires. We must learn to live life to it's fullest and never be content to simply pass through. Some people will immerse themselves in what life has to offer, while others will prefer being observers. Join this discussion group to delve deeper into your understanding of death and find what you need to live your life to it's fullest. The 12 week course fee for all students is \$100 or \$12 per class, GM or SHP \$10 per class. Pre-registration required.	Donna Murphy Bereavement Counselor Studio

Thursday, January 7th 6:30 - 9:00 pm		Positive Thinkers League Movie and Discussion	Please join us this evening as we watch and discuss the movie <i>There's a Spiritual Solution to Every Problem</i> with Dr. Wayne Dyer. Dr. Dyer shows how you can find a spiritual solution for problems by breaking down the movie title into three key words: problem, spiritual and solution. He shows that by changing your perceptions, you can find a truly spiritual way to deal with any problems you may encounter. Class fee \$12, GM or SHP fee is \$10, PTL & Meetup participants fee is \$10.	Studio or Grand Canyon room. Lead by Barb T.
Wednesday January 13th 6:30-8:00 pm		New Year's Nutrition Resolutions	What are your resolutions for the new year? If they have anything to do with eating healthier or losing a few pounds you will be in good company at this month's workshop. Get on track for a new year and a new you by designing and following your own personalized plan. Learn the tips and tricks that you need to get started or to keep going if your current plan could use a few tweaks. Medical limitations such as diabetes, gluten intolerance, heart disease, and others will also be addressed. Class fee \$12, GM or SHP fee is \$10. Meetup participants fee is \$10.	Michelle Provencher, CNC Studio
Thursday January 14th 7:00 - 8:30 pm		New Year's Health Resolutions	If one of your new year's resolutions is to create a balanced lifestyle for yourself, then come to this workshop. Gary Domurad will present tips on how to have a healthy body, healthy mind, healthy family, healthy society and healthy finances. Get out of debt and create wealth through wellness. By attending this evening's workshop you have a chance to win three days and two night's hotel accommodations for two adults (21 or older) at over 1,000 Marriott Fairfield Inn, Marriott Towne Place Suites and Holiday Inns. No Cost.	Gary Domurad Wellness Consultant Studio
Sunday January 17 th 5:00 - 6:00 pm		Oneness Blessing	Share in a group meditation of energy as the Oneness Blessing giver explains <i>Deeksha</i> , which is the transfer of spiritual energy to the neocortex of the brain. Deeksha initiates a neurobiological change in the brain that when complete enables the senses to be free from the constant interference of the mind. When the senses are unclouded by the mind's interpretations, a natural clarity of perception occurs with accompanying feelings of joy, inner calmness and a connection to the Oneness in everything.	Jaishee Anand Held in Studio
Monday January 18 7:00 - 9:00 pm		Vision Videos	What do you want to create? Let us start with the question. What do you want? Now, get that clear in your mind. Let's build your vision and focus on letting those dreams come to life. You will begin to create a vision video or create an outline for your video this evening. Please see meetup.com for additional information. Class fee \$12, GM or SHP fee is \$10, PTL & Meetup Participants fee is \$10	Barb T Grand Canyon Room
Wednesday January 20th 6:30 - 8:30 pm		Health Seminar Detox Program	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 /Reception, 7:00-8:15 Seminar starts promptly at 7. 8:15-9:00 Questions/ Detox Clinic Signups. 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.	Held in Studio Instructor Kristen Robitaille
Monday January 25th, 6 - 7pm		Reiki Circle	Have you even wanted to know more about Reiki or know about it but do not have a place to practice it? Well here is your chance. Reiki providers of all levels and beginners will play together in Reiki in this evening event. Hands on work and discussion. Class cost is a donation of \$5.00	Grand Canyon and massage rooms.
Wednesday January 27th 6:30-9:00		Aromatherapy & Daily Uses for Essential Oils	Join our instructor as she shares her tricks of the trade. Learn how to make young living therapeutic-grade essential oils a part of your everyday life for family and home. Reduce toxins and experience healthy and natural living without chemical and harsh ingredients. Uses for oils include: air purification, cleaning, pet care, balancing moods, sleep & relaxation, neutralizing odors and more. This workshop will include the history of essential oils, hands on experience with 9 oils and you will receive a handout on the 101 ways to use essential oils. The class fee \$12, GM or SHP fee is \$10.	Yvonne Fulciniti Certified Holistic Health Counselor

<p>Thursday January 28th 7:00 - 8:00 pm</p>		<p>Group Meditation</p>	<p>Meditation is known to have many health benefits. It lowers blood pressure, decreases anxiety, relieves muscle tension, rejuvenates the organs and much more. Meditation is a mental vacation that provides you with an oasis of silent, inner peace and an over all sense of well-being. Please join us this evening as Lee teaches you the fine art of meditation. The class fee \$12, GM or SHP fee is \$10.</p>	<p>Lee Dimauro Holistic Health Practitioner</p>
<p>Saturday January 30th 10:00 am - 6:00 pm</p>		<p>Tarot Card Readings</p>	<p>Linda is a gifted Oracle reader who has been working with Tarot Cards for more than 20 years. She believes that Universal Truth is offered to us in every moment and that a Tarot spread can provide a communication medium between you and your spiritual guidance. Her unique style offers you an opportunity to receive that guidance. Linda is not a fortune teller but an interpreter. The message comes to you from Spirit, she merely interprets it for you. \$50 for a 50 minute session. No discounts.</p>	<p>Linda Johnson Native American</p>