




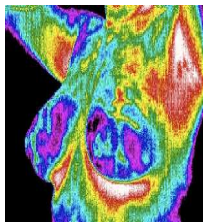

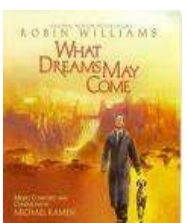
# Holistic Education Center Workshops for May 2010

12 Murphy Drive Nashua, NH 03062





603-883-1490

www.thehscenter.com

**Pre-registration required**

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| <p>Sunday<br/>May 2<br/>Doors Open<br/>1:30 pm (close<br/>at 2:15)<br/>Program<br/>2:00 -4:00 pm</p> |    | <p>Oneness Blessing<br/>Level 2</p>  | <p>Share in a group meditation to help progress your path toward Awareness and Enlightenment. It is recommended that you have previously experienced the Level 1 Chakra Dhyana, but it is not required. The level 2 is designed to give more teachings about the mind and how to live out of the mind. After the 49 minute meditation, you are welcome to receive the intense and sacred - Deeksha (Oneness Blessing). Donation of \$7.00 is requested.</p>  |
| <p>Tuesday's until<br/>May 11<sup>th</sup><br/>6:00 - 7:00 pm</p>                                    |    | <p>Chakra Clearing<br/>with Linda<br/>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>Thursday's<br/>beginning<br/>May 6<sup>th</sup><br/>11am - 12:30<br/>pm</p>                       |    | <p>Exploring<br/>Watercolor<br/>Painting with<br/>Janice Toth</p>                          | <p>This four week course is for adults of all ages to learn about watercolor painting or strengthen their skills in a pleasant and comfortable setting. As the class works on a new project each week, a variety of watercolor technique and tips will be introduced. Emphasis will be on color and how the transparent nature of watercolor can be used to achieve brilliant color mixes on the paper. Composition, color theory and painting techniques will be part of the program too. Artist and teacher, Janice Toth, will demonstrate painting techniques and provide individual instruction during class. Course fee is \$60.00</p>  |
| <p>Thursday<br/>May 6<sup>th</sup><br/>6:00 - 6:45 pm</p>  |  | <p>Breast<br/>Thermography-<br/>Early Detection<br/>Save Lives.</p>                        | <p>Breast health is a major concern in our modern society. Ann Barker, BSN, RN, LMT, CTTI, explains the new technology currently available for breast exams. There is an FDA approved technology available since 1982 that can signal a warning years before the current standard of care. It is called Thermography. Come learn why this non-invasive, pain-free, no radiation screening should be included in every women's breast health check-up. Thermography is a non-invasive procedure which uses a specialized camera to take pictures of your infrared image. This image is used by a health care practitioner to evaluate the overall health of your body. Please join us to hear more information about this fascinating technology that is now available in the area and that HSCC will be providing in the future. Course Fee: No Cost</p> |
| <p>Friday<br/>May 7<sup>th</sup><br/>7:00 - 9:00 pm</p>  |  | <p>Women's Self-<br/>Defense &amp;<br/>Empowerment<br/>Seminar with<br/>Theresa Bielby</p> | <p>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. 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>Friday<br/>May 7<sup>th</sup><br/>6:30 - 9:00 pm</p>  |  | <p>Positive Thinkers<br/>League - Movie<br/>and Discussion</p>                             | <p><i>What Dreams May Come</i> stars Robin Williams and Annabella Sciorra in this visually stunning metaphysical tale of life after death. This movie follows Chris' journey to uniting with his deceased family in the afterlife... wherever that may take him! It shows us that everyone's idea of heaven is different, as well as what form we may take as our higher self. There are no limits to the imagination! This story will touch your soul, and astonish you with the unforgettable special effects! After the movie there will be a discussion. Class fee \$12, GM or SHP fee is \$10. Meetup members fee is \$10.</p>  |

Please see website for any schedule changes or call the center for updates on the workshops.

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| <p>Wednesday<br/>May 12th<br/>6:00 - 9:00 pm</p>                              |   | <p>Lyme Awareness<br/>Movie: Under<br/>Our Skin</p>   | <p>This documentary 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. Class fee: No Cost.</p>                |
| <p>Wednesday<br/>May 12th<br/>Open 6:00 pm<br/>Program<br/>6:30 to 8:00pm</p> |   | <p>Oneness Blessing<br/>Level 1</p>                   | <p>Share in a group meditation of Chakra Dhyana with the Oneness Blessing. This is the transfer of intelligent sacred energy which causes the heart to flower, heals relationships, quiets the constant chatter of the mind, opens the door to higher states of awareness and initiates a process of permanent awakening into Oneness where there is no longer a sense of separation and personal suffering. All that remains is causeless love, joy and peace in the present moment. Donation of \$7.00 is requested.</p>   |
| <p>Tuesday<br/>May 18th<br/>6:30 - 9:00 pm</p>                                |   | <p>Positive Thinkers<br/>League<br/>Forgiveness</p>   | <p>Why is forgiveness important from an energetic point of view and from a health perspective? We will talk about forgiveness and the importance of moving through the steps of letting go. Class fee \$12, GM or SHP fee is \$10. Meetup members fee is \$10.</p>   |
| <p>Friday<br/>May 21st 6:30<br/>- 8:00</p>                                    |  | <p>Emergence: The<br/>Feminine Voice of<br/>Power</p> | <p>For this evenings meeting, please bring a pillow for floor sitting and wear comfortable clothing that reflects you. Also, wear or bring a scarf that you love. We will be connecting with our body through meditations, movements, selective readings and shared visions. There will be music. Once we begin at 6:30, we will not be able to open the doors to latecomers, so please be on time. This is not a therapy group, nor a chat / support group. We will leave our everyday stories outside in the world. Class fee: \$10. For more information you can visit the group on meetup.com. Instructor: Pam Kennedy</p> |

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