



LOTUS HEALING VILLAGE



Newsletter

Feb 2010

WHAT IS REIKI?

Reiki is an energy healing technique that can be used for stress reduction and relaxation that also promotes healing. Reiki is an ancient art utilizing Universal Life Force. Reiki therapy is safe and non-invasive. It is proving useful in hospices, nursing homes, emergency rooms, operating rooms, organ transplantation care units, pediatric, neonatal and OB/GYN units; facilitating relaxation and recovery and decreasing anxiety and pain; it can be a helpful addition to conventional therapy for HIV/AIDS and cancer patients. <http://www.ReikiInMedicine.org>

Pose of the Month:



Archer Pose: improves balance ♥
♥ build co-ordination and focus
♥ Tone arms and legs ♥ Opens the chest improving respiration ♥
This Valentine's Day, share it with a loved one ♥

♥ Happy ♥ Valentine's Day!

Tell a loved one how much you appreciate them with a gift certificate for Trager®, Reiki, EFT or Yoga.

February 20th is World Day of Social Justice.

Let us collectively resolve to have peace in our lives. Theologian, Edward Schillebeeckx said, "...what you dream alone remains in a dream, what you dream with others can become a reality." Let us resolve in 2010 to embrace and practice peace. For example; resolve conflict in a peaceful way such as talking calmly and non-emotionally to someone who cuts ahead of us in line. Perhaps we can avoid movies that glorify violence.

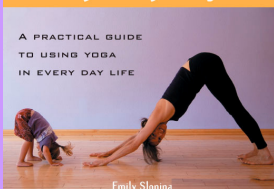
❖ **GIFT CERTIFICATES** are always available ♥

ANYWHERE ANYTIME ANY BODY YOGA

IT'S HERE!



Anywhere, Anytime,
Any Body Yoga



Private book signing on

Sunday, Feb. 14th --Public book signings will follow, please stay tuned! They will be listed on the website at www.lotushealingvillage.com

Up Coming Classes & Events

Jan 28: Chair Yoga @ RISE 1pm

Jan 30: Healing Circle @ Lotus Healing Village 7:30pm

Feb 4: Laughter Yoga @ RISE 1pm

Feb 18: Cayce the Beautiful Dreamer @ RISE 1pm

Feb 20: Dr. Norm Shealey @ Unity Church 9am

Feb 27: Healing Circle @ Lotus Healing Village 7:30pm