

HeartQuest Holistic Wellness Centre - September '09

holistic wellness & workshops on The Drive

Daily Offerings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Shaman Woman Community Circle	3 Heart Wisdom Free Info Evening	4 ○	5
6	7	8	9 Women's Sexual Health Empowerment	10	11	12
13 Shaman Woman Closing Ceremonies	14	15	16 Women's Sexual Health Empowerment	17 Writing from the Body	18	19
20 Heartwisdom	21	22	23 Women's Sexual Health Empowerment	24 Writing from the Body	25 Jikiden Reiki	26 Jikiden Reiki
27 Jikiden Reiki	28 Jikiden Reiki	29 Mindfulness for Depression Prevention	30 Women's Sexual Health Empowerment	1 Oct Writing from the Body	2	3 Nurturing Your Soul

Practitioners
<p>Mon Doreen Allen - RMT Sandra Jewell – Reconnective Healing</p>
<p>Tue Angela Prider – Shamanic Healing & SRT Doreen Allen - RMT</p>
<p>Wed Christine Wheeler – EFT Deborah MacInnes – Zy Qigong</p>
<p>Thur Angela Prider – Shamanic Healing & SRT Garliq – Herbalist Doreen Allen - RMT</p>
<p>Fri Angela Prider – Shamanic Healing & SRT Doreen Allen – RMT</p>
<p>Sat Deborah MacInnes – Zy Qigong</p>
<p>Sun Workshops</p>

#204-2250 Commercial Drive, Vancouver BC V5N 5P9
604.215.7774 or info@heartquestholistic.com
www.heartquestholistic.com

To book an appointment or enquire about space rental contact us today

"There is a vitality, a life force, an energy that is translated through you, and because there is only one of you in all of time, this expression is unique." -Martha Graham

This Month At HeartQuest

HeartWisdom

**Free Info session: September 3, 7:00 – 8:30pm
Sept 20, Oct 18, Nov 22, Dec 13 2009**

The Heartwisdom program is adult education in emotional intelligence. It calls forth the natural capacities within us and enhances them with skills, knowledge and practices. The Program is a progression through ever deeper levels of the four major categories of Heartwisdom: Skills, Knowledge, Practices and Clearing the Mind. The Program is set up as series of three levels, each made up of four one day workshops. The four workshops are spread over a quarter of the year to allow time for assimilation, practise and integration. This also allows the flexibility of registering for each level separately. In addition to the full day workshops, two 90 minute private sessions are being offered free of charge to support participant development.

Facilitated by Brad Cassidy

Level One: Four full day workshops for \$295.00*

(*discounts available for students and seniors)

Dates: Sept 20, Oct 18, Nov 22, Dec 13

Contact: brad@heartwisdom.ca

Tel: 604 570-0742

Website: www.heartwisdom.ca

Jikiden Reiki Vancouver Seminar with

Mr. Tadao Yamaguchi

Fri, Sept 25–Mon, Sept 28 10am – 6pm

Jikiden Reiki is the original Japanese Reiki started in Japan, the birthplace of Reiki, and offers the only seminars presenting the teachings of Chujiro Hayashi, one of 20 students of Mr. Usui. Nothing has been added or amended from the original teachings. This is a rare opportunity to take this course as Mr. Yamaguchi comes to Vancouver only once a year or less.

Seating is very limited. Please contact Mari Okazaki if you are interested in participating.

Schedule :

Sept 25th : 10am~ 6pm (Shoden:Level 1)

Sept 26th : 10am ~ 6pm (Shoden:Level 1)

Sept 27th : 10am ~ 6pm (Okuden:Level 2) (mini workshop for public after class at an off-site location - contact Mari for more info)

Sept 28th : 10am ~ 6pm

(Shhankaku : Junior teacher)

Investment : \$775

(Includes text book and Japanese Certificate-same style as Dr. Hayashi / English Certificate) (**Shoden:\$350 + Okuden\$425**)
Fee for retake : \$250 (Shoden:\$150,Okuden:\$100)

Shhankaku : Please contact Mari Okazaki to register

Contact : Mari Okazaki

Phone: 604.703.8098

Email: himawarimari@telus.net

Website: www.jikidenreikiwithmari.com

Writing From the Body : Strategies to Unearth the Speech of the Soul with Ingrid Rose

Thursdays, Sept 17 – Dec 3 ~ 6:30-9:30pm

This is a creative process writing class to help the writer access what they *have* to say through sounding into & tracking movement of the *(f)issues of the body/mind* and expressing in a variety of forms on & off the page. For writers and would-be writers in a supportive atmosphere.

Contact: Ingrid Rose ~ ingrose@hotmail.com

Women's Sexual Empowerment and Healing

September 9, 16, 23, 30 Wednesday evenings 7:30-9pm

Empower yourself in an open and accepting environment with other women. Learn valuable healing tools specific to sexual energy and "sexercises" for sexual fitness. Support each other towards joy and vitality in sexual health and self expression. Lead by Stephanie Lafazanos BHK. Certified Medical Intuitive, Holistic Health Practitioner and Instructor specializing in Sexual Health and Awareness.

Cost: \$18 drop-in, 5 for \$75, 10 for \$135

Contact: Stephanie Lafazanos at 604.739.0069

Website: www.intuneholistics.com

Mindfulness-Based Cognitive Therapy (MBCT) for Depression Relapse Prevention

with Marian Smith, RCC

Tuesday evenings, September 29th – November 18th 7-9pm

In this eight week program, participants learn to make a radical shift in relating to the thoughts, feelings and bodily sensations that contribute to depression relapse through mindfulness meditation, centering and "radical acceptance". MBCT outcome-based studies have shown depression relapse to decrease by as much as 40 to 50% in individuals who have previously experienced three or more episodes of depression. Group participants will practice gentle and compassionate ways of working with personal barriers and negative thought streams.

Participants receive a workbook and two CDs to guide them during the course and to support ongoing home use.

Website: www.mindful-living.ca

Contact: Marian Smith, RCC at 604-787-6100

Earning On October...

Nurturing Your Soul Workshop

Sat, Oct. 3 ~ 10am – 5pm

This workshop is designed to help you discover the wonder and magic of your sacred journey called life. Being in present time and tuning into the wonders of Mother Earth is one of the ways to discover your unique connection to your inner knowing and spirit. As we journey down life's pathways there are times when we loose our focus and sense of direction. The intention of the workshop is to provide an opportunity to bring into focus clarity and wisdom for self.

Investment: \$150 or \$130 (before Sep 26)

To pre-register contact: Therese Dorer

Phone: 250-578-8437

Email: tdorer@shaw.ca

Website: www.crystalclearinsights.ca

Angelic Reiki Practitioner Training

1st & 2nd Degree with Brian Birk

Fri Evening, Oct 23 ~ 6pm-9:30pm

Sat & Sun Oct 24 & 25 ~ 10am-6pm

Come and receive attunement of the Angelic Vibration of Reiki that facilitates the Divine Vibration. You will then learn to allow these vibrations to work through you, and attune flower remedies, crystals and other tools. You will also be given a Master Crystal and comprehensive practitioner's manual.

Contact: Brian Birk btbirk@mti.ca or 604.980.8025

Tuition: \$306 (before Oct 3) \$351 (after Oct 3)