

**Contact Improvisation** with Ruth Douthwright and Sally Morgan**Dates:** Fridays: Sept 25, Oct 30, Nov 27**Cost:** Part 1- \$25\*, Part 2- \$15\*, Entire Evening - \$35**Part 1: MAKING CONTACT - Exploring Contact Dance and Improvisational Scores**

7:00 pm to 8:30 pm

This portion of the evening is a workshop introducing the essential tools and movement principles of Contact Improvisation. A dance form, improvisational by nature, Contact is an exciting way for people to come together, interact on a physical level, learn how to speak through the body and find their own dance. All levels welcome.

**Part 2: CONTACT JAM**

8:30 pm to 10:00 pm

This is an open space to dance and improvise. Our jam will be directed/facilitated as we will introduce scores, structures and often themes to guide us and improvise within. All are welcome.

**Dream Group** with Lynn Prentice

The *Dream Group* will give participants an opportunity to explore their dreams and share as others explore theirs. Activities may include active dreaming, dream re-entry, dream theatre and/or dream art. Attendance at the *Dream Workshop* isn't required for the *Dream Group*; however, knowledge and experience from the *Dream Workshop* will be well utilized in the *Dream Group*. Facilitated by Lynn Prentice.

**Dates:** Friday, November 6th and December 11th**Times:** 7:00 pm – 9:30 pm**Cost:** \$20\* / night**Primordial Movement** with Lorenna Kocera**Date:** Saturday Nov 28/09**Time:** 2:00 pm—5:00 pm**Cost:** \$40\*

Bring flow, enjoyment and deep nourishment into your movement practice.

Primordial Movement is artistry and power, pleasure and healing personified - often called the 'Original Yoga'. The movement, breath & sound practice enhances harmony between body, mind, emotions and spirit; promotes flexibility, core strength, self-awareness and inner calm.

Reconnecting with the primary movements of Nature through undulating, circular, non-linear movement practices induces self-renewal and self-discovery.

Tap into your body wisdom allowing it to be your guide and teacher. The processes are focused, spontaneous and deeply healing. A form of meditation-in-motion, Primordial Movement cultivates awareness, creativity and joy

Lorenna is the co-director of Spirit of the Earth, The Living Centre (est. 1983) and the Living Arts Institute.

She is a 'Creativity Coach' and founder of 'Shamanu: Earth Wisdom Teachings' which offers workshops and certification programs using the living arts for healing and personal transformation

**Workshop Cancellation Policy:** *if you cancel your space with four days or more notice – full credit for future workshop or refund less 20%. Less than four days notice – no credit or refund.*

*This policy applies to all workshops unless otherwise noted.*

**The Radiant Woman: Strength, Elegance & Self-Awareness Through the Teachings of Yogi Bhajan**

with Guru Fatha Singh Khalsa

**Date:** Sunday Nov 29/09**Time:** 10:00 am to 5:00 pm**Cost:** \$125\* (includes manual)**Early-bird Registration:** \$108\* by Nov 13th, 2009

Being a woman is not just a question of biology. Woman differs from man in her psychology, style of communication, needs, desires and fulfilment. This practical course emphasizes that difference. You will learn 25 exercises to keep you young, healthy and energetic through all life's changes. You will begin to master the art of effectively communicating with a man. You will discover a treasury of foods and recipes just for women to help you always be your best. And ultimately, in the company of friends, you will get in touch with your essential power as a woman!

**Guru's bio:** Guru Fatha Singh Khalsa is a longtime student of Yogi Bhajan (1929-2004), and teacher of holistic lifestyle, Kundalini Yoga and meditation based in Toronto. Guru Fatha presents this course from the dispassionate vantage point of the yogi, neither woman nor man, but merged in the neutral mind. He is qualified to teach this empowering course for women by his 21 years of marriage, his 32 years of study with Yogi Bhajan, and his own exploration of women's studies. This will be the 6<sup>th</sup> time he has given this workshop.

**Partner Yoga and Thai Massage** with Suzanne Frenette and Rick Beneteau

Join Suzanne (Thai Massage practitioner) and Rick (certified yoga teacher) as they guide you through various and playful yoga poses you can do with a partner. Also included are some great Thai Massage methods to share with family and friends. Come with a partner or by your self! **Bring a friend and save \$5 each.**

**Date:** Sunday December 6/09**Time:** 10:00am to 12:00 pm**Cost:** \$30\*
**SuperSelf Course** with Dan van der Wolf

The 'SuperSelf Course' is a great way to introduce your child to age-appropriate "self-mastery" concepts. Your child will learn what it takes to be responsible for his or her own happiness. The participants will be engaged in activities and discussion that will evoke a deep appreciation of themselves and others. The 'SuperSelf Course' is taught by NewEra Community's associate speaker Dan van der Wolf. Dan is a seasoned instructor of meditative techniques and has worked extensively with children and youth. Have your child join in this fun and empowering program opportunity!

**Date:** Saturday December 5/09**Date:** Saturday December 12/09

10 – 12 year olds 10:00 am – 12:30 pm

13 – 14 year olds 1:30 pm – 4:00 pm

10 – 12 year olds

10:00 am – 12:30 pm

13 – 14 year olds

1:30 pm – 4:00 pm

**Cost:** \$59.95\* per child (includes both sessions)
**Crystal Journey** with David Hickey
**Date:** Saturday Dec 12/09**Time:** 7:00 pm—9:00 pm**Cost:** \$25\* (1/2 price for children under 12)

A musical, vibrational and colour journey with 8 Paiste Planet Gongs, Quartz Crystal Bowls and Vibraphone. The Planet Gongs are tuned to the natural harmonic series based on the orbital properties of the Earth, Moon, Sun and Planets. **This is a magical event not to be missed!**

## Raw Food Courses With Therese Van Es

### Raw Food 101

Interested in raw/live food but don't know where to start? Come learn how a raw food kitchen works. We'll explore appliances like: the Vitamix, dehydrator and the spiralizer. We'll chat about the benefits of eating whole, raw foods and create three yummy recipes to share over a cup of tea.

**Date:** Monday November 16

**Time:** 7:00pm to 9:00pm

**Location:** 2237 Wharnccliffe Rd S

**Cost:** \$40 plus GST

**Register with a friend and save \$5 each**

### Milks, Pates, and Sprouting Basics

Come and learn the basics of Raw Food preparation. During this two hour workshop we'll try various nut milks, seed cheeses (pates) and we'll learn how to grow our own sprouts - just for the health of it!

**Date:** Monday, November 23

**Time:** 7:00pm to 9:00pm

**Location:** 2237 Wharnccliffe Rd. S.

**Cost:** \$40 plus GST

### Healthy Christmas Goodies!

Join this after supper crowd as we prepare pumpkin pie, choco-mint cups, coconut macaroon candy canes and ginger stars. Each of these desserts will be raw and chocked full of nutrients that are oh-so-good for your body! In the spirit of the season we will share these delicious edibles while enjoying a cup of raw hot chocolate! The recipes are yours to keep.

**Date:** Monday November 30

**Time:** 7:00pm to 9:00pm

**Location:** 2237 Wharnccliffe Rd. S.

**Cost:** \$40.00 plus GST

**Register with a friend and save \$5 each**

### A Raw 4-Course Meal

As a group we will prepare a raw (yet warm) soup, an interesting salad with dressing, a main course (again warm, but not cooked) and a raw dessert. And of course we will sample all that we have prepared with a cup of tea!

**Date:** Monday, December 7

**Time:** 7:00 to 9:00pm

**Location:** 2237 Wharnccliffe Rd. S.

**Cost:** \$40 plus GST

**Register with a friend and save \$5 each**

## Longevity London Group - 5 Lessons for Living Younger

Interested in vibrant, healthy aging? Then these are the lessons you've been waiting for! I am Therese Van Es, Food Coach & Nutritionist, and I've done the research! Together we'll explore compelling new insights into the potential to delay the outset of disease typically associated with aging as we investigate the habits of some of the world's longest lived cultures: what they eat, how they move and their social circles.

Each 90 minute lesson will be broken down into 3 – 30 minute segments. During the first segment we'll explore through video or participation different forms of exercise to determine what's right for you! The next 30 minute segment will be focused on a lesson learned from the world's centenarians and the last 30 minutes will be a Q&A as we linger and build a supportive community over a healthy, nutrient dense, delicious dessert!

Please come dressed in comfortable clothing for sitting and stretching.

### Lesson #1 - Move it or Lose it

This lesson focuses on movement for health. Movement...not simply exercise! We'll talk about how to be active without thinking about it. Tips will be shared about how to keep active as part of your daily work. The exercise segment will focus on stretching each muscle group in the body – gently, yet effectively. The dessert of the day will be a healthy chocolate brownie.

### Lesson #2 - Painlessly Cut Calories...Really!

Although it sounds difficult, there are many tricks to cutting calories. The Okinawan's knew how to do it and so will you. Centenarians studied were not obese, nor were they ever on a diet. So – how did they do it? Join Therese as she reveals the details of the research. The exercise portion of the lesson will be focused on proper walking techniques, shoes, etc. and the nutrition of the day will be a sugar free, very healthy pumpkin pie.

### Lesson #3 - Whole Foods Only, Please

Many studies have found that a diet high in healthy foods like fruits, vegetables, and whole grains are associated with a reduced risk of diseases such as: cardiovascular disease, many types of cancer and type 2 diabetes. Do you know what whole foods are? The nutrition portion of the lesson will focus on the benefits of eating whole foods and how whole foods help the body. Blueberry cobbler will be served as dessert while we have a Q&A period. The exercise portion of this class will focus on Nia, a dynamic cardiovascular workout that stimulates and integrates your mind/body/spirit and leaves you feeling recharged, rejuvenated and fully alive. Nia is for every age, every gender and every level!

### Lesson #4 - Downshift

How do those who live to 100 perceive life? Is it a race to the finish? We'll take some time to explore how some of the longest lived societies of the world work on a day-to-day basis. Why are we in such a hurry? What are we running toward? A yoga demo will be the exercise of the day followed by wonderful, seasonal ginger cookies!

### Lesson #5 - Belong and Participate

One secret to a long lived life revolves around the social circle. Those with strong ties to family, friends and society in general are most likely to reach the ripe old age of 100. How do you reach out and touch someone? Therese will lead a discussion on the topics of extended families, volunteering and the importance of faith/spirituality in life. Strength training will be our focus in the exercise department today and we'll each indulge in a guilt-free piece of nutrient dense pineapple-mango pie!

## EACH LESSON IS OFFERED AT TWO LOCATIONS

**Date:** Wednesdays 7:00 to 8:30pm

**Starting:** November 11th, 2009

**Location:** 2237 Wharncliffe Rd. S.

**Date:** Saturdays 9:00am to 10:30am

**Starting:** November 14th, 2009

**Location:** The Lotus Centre, 140 Ann Street

**Please call The Lotus Centre to register for all classes regardless of location 519-642-2378**

# Natural Health Care at the Lotus Centre

Call 519-642-2378 to schedule your appointment today!



## Nutritional Counselling

Board Certified Holistic Nutritional Consultant

**Holistic Nutrition Consulting Programs** We begin by deeply analyzing all aspects of your life that are out of balance and work on ways to improve your mental and physical health. Handouts and support products are provided to support your growth.

**Individual Program:** \$220.00 + GST / month

**Group Program:** \$110.00 + GST / month

**Reflexology** is the professional technique of stimulating the reflexes. It aids in stress reduction which results in beneficial physiological changes in the body. This unique modality in the health field should not be confused with massage or any other manipulative procedure. Reflexology improves blood supply and promotes the unblocking of nerve impulse as well as helping the body to achieve balance which aids in its healing process.

**Cost:** \$70.00 + GST / 60-minute session

**Aroma Hot Stone Therapy...**Ask Cathy to pamper you with a luxurious combination of heat from basalt stones and essential oils to facilitate quick release of muscular tension— deeply relaxing!

**Cost:** \$90.00 + GST / 90-minute session

**Magnetic Therapy** stimulation gets the tissue fluids flowing again—waste products are removed, congestion and edema are regulated and cell metabolism soon reverts to normal.

**Cost:** \$30.00 + GST / 30-minute session

**Thai Yoga Massage** is dynamic bodywork with the power to make transformational changes in posture & alignment, breathing, attitudes, soft tissue pain and ease of movement. Therapists use hands, feet and elbows to apply pressure in combination with gentle stretching and applied Hatha yoga. This frees the body's own natural healing potential, thus restoring balance and health.

**Cost:** \$75.00 + GST / 60-minute session

**Cost:** \$90.00 + GST / 90-minute session

## Digestive and Colon Therapy Practitioner

Colon irrigation is an internal bath that helps cleanse the colon of poison, gas and accumulated fecal matter.

Unlike an enema, it does not involve pressure, simply a steady gentle flow in and out of the colon. At the same time, an abdominal massage is given to stimulate the colon to recover its natural shape, tone, and peristaltic wave action.

**Cost:** \$80.00 + GST / session

**Ionic Foot Bath Detoxification...**is a simple foot bath which draws cellular level toxins from the organs responsible for elimination: kidneys, colon, skin, liver and the lymphatic system.

The Ionic Foot Bath is safe for individuals between the ages of 10 – 85 years of age. It is not allowed for pregnant women nor anyone wearing a pace maker.

Give yourself a better start on your health and healing.

**Cost:** \$40.00 + GST / 30-minute session

## Phoenix Rising Yoga Therapy

Access the ancient wisdom within your body and clear the energy around your life experiences through assisted yoga poses, breath work, guided imagery and client-centered dialogue. Guided by Michele, you will explore the physical sensations and emotional responses that are happening in your body and the issues that are present for you in your life. Everything you need to know is within.

**First Session:** 2 hours

**Subsequent Sessions:** 90 minutes

**Cost:** \$80.00 + GST / session

## Raw Food Coaching

Want to add more raw foods to your diet or just need help making healthier eating choices? Therese, Your Food Coach, blends nutrition expertise with a dash of kitchen creativity and a smidge of humour to deliver practical solutions for your lifestyle. After all...you are what you eat!

**Services available include: recipe consultations, grocery shopping tours, groups presentations, food preparation classes**