

# Workshops Summer 2009



<p><b>A Raw 4-Course Meal</b></p> <p>Therese Van Es</p>	<p>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!</p> <p><i>This workshop is being held at 2237 Wharncliffe Rd. S. Lambeth</i></p>	<p><b>Tuesday</b> <b>July 7/09</b> 7:00 to 9:00 pm</p>	<p><b>\$40</b></p>
<p><b>Sprouting Seminar</b></p> <p>Suzanne Frenette</p>	<p>A fun and easy presentation. Learn how to sprout dry foods into live, vibrant, nutritious recipes. Why Sprout? economical • organic • nutritious • fresh • easy to digest • versatile • great tasting • no chemicals Enjoy sprouts at any time of the year. They portable and you are able to grow them anywhere. Learn about more sprout varieties available than are carried in the store. Your salads, sandwiches, soups &amp; dips will never be the same again!</p>	<p><b>Wednesday</b> <b>July 8/09</b> 12:00 pm—1:00 pm</p>	<p><b>\$20</b></p>
<p><b>Ishaya First Sphere Weekend</b></p> <p>Sukradeva and Seva</p>	<p>Come explore the boundless peace that lies beyond the surface of the mind. These ancient and powerful techniques are based on Praise, Gratitude and Love. They can be used with the eyes open during daily activity, bringing greater joy and clarity into your day.</p> <p><i>Times:</i> Friday 7pm—9pm; Saturday &amp; Sunday: 10am—5pm</p> <p><i>Early-bird Registration:</i> Register by June 22nd/09 and pay only \$380</p>	<p><b>Weekend</b> <b>July 10th—12th/09</b></p>	<p><b>\$395</b></p>
<p><b>Raw Soups, Nut Milks and Sprouting Basics</b></p> <p>Therese Van Es</p>	<p>During this two hour workshop, we'll try various nut milks, we'll indulge in two delicious raw (yet warm) soups, we'll create seed cheeses (pâtés) and we'll learn how to grow our own sprouts!</p> <p><i>This workshop is being held at 2237 Wharncliffe Rd., S. Lambeth</i></p>	<p><b>Tuesday</b> <b>July 14/09</b> 7:00 to 9:00 pm</p>	<p><b>\$40</b></p>
<p><b>Yoga and the Chakras Teacher Training</b></p> <p>Michele Barnes, E-RYT</p>	<p><b>Build Continuing Education Units (CEU's) towards your 500 hours by exploring the science and mystery of the Chakras</b></p> <p>Each and every life experience is permanently recorded in the very musculature and fascia of our bodies. The practices of asana, pranayama, mantra and meditation help to facilitate the movement of energy through the body, energy that may have been stored there for years, if not for generations. The wisdom of the body and the intellect of the mind are gatekeepers who only release from the unconscious what we are ready to hold in the conscious mind. When this happens, many of our students often come to us confused by either their physical limitations and/or their emotional responses to yoga. Although the answers always lie within, your understanding of how imbalances in our energy centres or chakras can impact us physically, emotionally and mentally, can help you to compassionately inform your students of possibilities and coach them to self-inquiry and healing.</p> <p><i>Times:</i> Friday 7pm – 9pm; Saturday &amp; Sunday 9am – 5pm <i>Cost:</i> \$375 + GST (includes manual); <i>Early-bird Registration:</i> \$325 + GST by June 19<sup>th</sup>/09</p>	<p><b>Weekend</b> <b>July 17th—19th/09</b></p>	<p><b>\$375</b></p>

## Workshops Summer 2009



WORKSHOP	DESCRIPTION	DATE &	COST
<b>Healthy Chocolate Desserts</b>  Therese Van Es	Join this after supper crowd as we prepare chocolate brownie bites, peanut butter squares, chocolate pudding and a pineapple-mango pie. Each of these desserts will be raw and chocked full of nutrients that are oh-so-good for your body! And of course we will sample all that we have prepared with a cup of tea! The recipes are yours to keep.  <i><b>This workshop is being held at 2237 Wharncliffe Rd., S. Lambeth</b></i>	<b>Tuesday Jul 21/09</b>  7:00—9:00pm	<b>\$40</b>
<b>A Raw 4-Course Meal</b>  Therese Van Es	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!  <i><b>This workshop is being held at 2237 Wharncliffe Rd. S. Lambeth</b></i>	<b>Tuesday Jul 28/09</b>  7:00—9:00pm	<b>\$40</b>
<b>Contact Improvisation</b>  Ruth Douthwright & Sally Morgan	<p><b>Part 1: <u>MAKING CONTACT</u> - Exploring Contact Dance and Improvisational Scores</b>                      This portion of the evening introduces essential tools and movement principles of Contact Improvisation. Contact Improvisation is a dance form, improvisational by nature.                      It 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.</p> <p><b>Part 2: <u>CONTACT JAM</u></b>                      A Contact Jam is an open space to dance and improvise. This jam will be directed and facilitated as we introduce scores, structures and themes to guide us and improvise within. All levels welcome.</p> <p><b>Ruth Douthwright</b> is a dancer and improviser. She graduated from Les Ateliers de Danse Moderne de Montreal and is a certified teacher of the Axis Syllabus. She is a member of the performing arts company, L'Inattendue Compagnie in Brussels. She has recently returned to London, Ontario after living abroad for many years.</p> <p><b>Sally Morgan</b> is a dancer and improviser who holds an Honors BFA from York University (Dance) and is trained through The School of Toronto Dance Theatre's Professional Training Program. She has studied with Contact teachers in Canada, USA and Europe and has been teaching Contact Improvisation since 2001. Sally is also a certified Pilates and Yoga Instructor.</p> <p><b>Series Special:</b> Sign up for the entire series from Jun/09—Nov/09 at \$35/night and get ONE NIGHT FREE!</p>	<b>Fridays June 26 July 31 August 14</b>  7:00 pm  to  10:00 pm  <b>Fall Dates:</b> <b>Sept 25 Oct 30 Nov 27</b>	<b>Entire Evening \$35</b>  <b>Part 1 \$25</b>  <b>Part 2 \$15</b>

**Satsang returns this fall...**

**...look for the dates in the new fall workshop schedule coming soon!**

# 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

## 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! This therapy reduces pressure, anxiety, stress & tension. Circulation, digestion & lymphatic drainage are enhanced.

**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

**Cost:** \$75.00 + GST / session (minimum 4 sessions)

## Phoenix Rising 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:** While Michele is still training - \$40/session

**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

**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

**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

**Magnetic Therapy** can increase your blood circulation, assist in rehabilitation, relax tense muscles, relieve muscular and skeletal pain and accelerate the body's natural healing process. Magnetic stimulation gets the tissue fluids flowing again—waste products are removed, congestion and edema are regulated and cell metabolism soon reverts to normal.

**Let magnetic energy restore your body!**

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