

Terri Ehlert (RMT, CHT, RTC) Therapist and Educator

418-8346



* Massage Therapy * Clinical Hypnotherapy * CranioSacral Therapy
* Traditional Japanese Reiki * Group Presentations * Astrology Readings

Energy Management: A Key to Understanding

Tired? Trying to do too much? Frustrated in life? Are you ever around people or in situations that drain or overwhelm you? Have you been in places that feel uncomfortable or negative? If you answered yes to any of these questions, it's time to stop and take a look at how you use and manage your energy. Everyone has a natural sensitivity to the energies in people, places, and situations. Regardless of what we do, we all come in contact with people and different environments ... and these can dramatically affect how you feel and behave without your being conscious of them. Attend this workshop and learn how your own energy works, how to clear, protect, manage and enhance your energy ... keeping yourself clear so you can stay on course and follow direction from within. You will learn how to be more energized and connected to everything, less affected by people and events, have clearer boundaries, as well as how to stay balanced in your physical, mental and emotional energy. Course content will include energy management discussion and techniques, clearing tools and practices, developing an awareness of how you interact with the energies within and around you, and much more! Discover easy strategies for staying centered and empowered. Be sure to attend this workshop and learn energy balancing skills for daily living and how to create an oasis of calm in the midst of outside influences and the fast pace of the modern world.

Date: Saturday, January 27

Time: 10:00 a.m. - 5:00 p.m.

Investment: \$125

Pre-Register: by calling Terri at 418-8346

Traditional Japanese Reiki Workshop

Reiki (pronounced "ray key") is a natural method of healing suitable for people of all ages and abilities. Whether you're looking to ease the effects of chronic illness, or are simply feeling fatigued and would like more energy on a daily basis, Reiki may offer the help you seek. In this exciting weekend workshop you will learn how to apply Reiki healing for yourself and others, plus many other valuable techniques and tools. If you would like to become a Reiki practitioner, whether for your own healing and growth ... or to treat family, friends, and others ... then consider enrolling. This gentle, yet powerful tool for self-transformation may prove to be the best investment in yourself that you've ever made! Terri has been teaching Reiki and empowering students for over a decade.

Date: Friday, March 9 to Sunday, March 11 (3rd Degree continues Monday, March 12)

Time: Friday: 7:00 - 9:30 PM; Saturday, Sunday and Monday: 10 AM - 5 PM

Investment: **1st Degree:** \$175 (Friday, March 9 and Saturday, March 10)

2nd Degree: \$350 (Friday, March 9, Saturday, March 10 and Sunday, March 11)

3rd Degree: \$350 (Friday, March 9 through Monday, March 12)

Master/Teacher Training: Please inquire

Pre-Register: by calling Terri at 418-8346

Note: Recommended format is 1st and 2nd Degree taken together (\$450; for a savings of \$75). Register early as maximum enrolment is 4 students per class. Registration fee includes a detailed manual, all supplies, refreshments and ongoing support following the workshop. Additional workshops are available upon request, by calling at 418-8346.

Self-Hypnosis: Empowering You!

Does your life work? Are you happy? Do you want to get more out of life? Self-hypnosis is a communication process and subtle art that can be used to organize, interpret and enhance your patterns, beliefs and life experiences ... enabling you to express your potential in meaningful and productive ways. Self-hypnosis (or the ability to give yourself suggestions which your mind eagerly responds to, and acts upon) is one of the key factors for self-actualization and for creating personal and professional success. Regardless of what you want to improve or change about your life, self-hypnosis is for anyone who is ready to empower themselves! Be sure to attend this workshop and learn how to influence the changes you want to make in your life with precision, accuracy and positive results! Course content will include: understanding and mastering the subconscious mind, the power of words, valuing life and yourself, induction techniques, exploring the mind/body connection, how to empower your life with renewed understanding and the realization of your own inner power, and much more! For over a decade, Terri has practised clinical hypnotherapy, past life and regression therapy and is an accredited instructor with the Hypnotism Training Institute of Alberta. The workshop fee includes refreshments, a detailed manual, all supplies.

Date: Saturday, April 14 and Sunday, April 15

Time: 10:00 a.m. - 5:00 p.m.

Investment: \$375 (includes detailed course manual)

Pre-Register: by calling Terri at 418-8346