

Terri Ehler (RMT, CHT, RTC)
Therapist and Educator
418-8346



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

Your Energy System: A Key to Understanding

Are you ever around people or in situations that drain or overwhelm you? Have you been in places that feel uncomfortable or negative? Have you ever been influenced or manipulated by other people's desires, agendas and choices? Do you sometimes feel as though you're like a leaf caught in the wind being swept up by someone else's experience instead of staying connected to your own experience and desires? 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 to observe and not absorb. Learn how to manage your energy and your space ... how to keep yourself clear so you can stay on course and follow direction from within. Course content will include energy management discussion and techniques, clearing tools and practices, as well as an awareness of how you interact with the energies within and around you. Discover easy strategies for staying centered and empowered. Learn how to create an oasis of calm in the midst of outside influences and the fast pace of the modern world.

Date: Saturday, October 7

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

Investment: \$125

Pre-Register: Dianne at 675-9124

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 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! Terri is an accredited instructor with the Hypnotism Training Institute of Alberta. The workshop fee includes refreshments, a detailed manual, all supplies, and ongoing support.

Date: Saturday, December 2 and Sunday, December 3

Time: 10:00 a.m. – 5:00 p.m.

Investment: \$375 (includes detailed course manual)

Pre-Register: Dianne at 675-9124

A Journey Through The Chakras

Do you almost get what you want? Do you move forward and then revert back to old patterns? Are you looking for practical tools which will aid you in taking charge of your life and creating long term change? Imagine living each day filled with vital energy, a sense of fulfilled wholeness and a clear awareness of your purpose in life. This workshop is an instruction manual for owning and operating the inner gears that run the machinery of our lives to support positive growth in health, abundance, career, relationships and more! Through class discussions, breath work, meditations, guided visualizations and various exercises, tools, techniques and much more participants will learn how to manifest an outer world that nurtures and reflects who they truly are. Registration fee includes handouts and all supplies.

Week 1: Root Chakra: safety, security, survival, physical needs, hidden agendas, standing up for oneself

Week 2: Sacral Chakra: pleasure, sensuality, movement, desire, choices, change, balance

Week 3: Solar Plexus Chakra: personal power, will, energy, self-esteem, vitality, confidence, taking risks

Week 4: Heart Chakra: balance in relationships and with self, compassion, beliefs, self-acceptance

Week 5: Throat Chakra: communication, creativity, self-expression, self-knowledge, power of choice

Week 6: Third Eye Chakra: intuition, imagination, perception, emotional intelligence, wisdom, vision

Week 7: Crown Chakra: Understanding beliefs, self-realization, fulfillment, awareness, information

Week 8: Putting It All Together: Core beliefs, turning negatives into positives, integrated approaches

Date: October 4 to November 28 (8 consecutive Wednesdays)

Time: 7:00 – 9:30 p.m.

Location: Edwin Parr Composite School

Cost: \$350 (payment plan can be arranged)

Registration Deadline: September 26, 2006

Instructor: Terri Ehlert, MiddleEarth Wellness Center

Pre-Register: by calling Dianne at 675-9124