

# Terri Ehlert (RMT, CHT, RTC)

## Therapist and Educator

# 418-8346



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

### 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, September 30 and Sunday, October 1

**Time:** 10:00 a.m. – 5:00 p.m.

**Investment:** \$375 (includes detailed course manual)

**Pre-Register:** by calling Terri at 418-8346

### 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 28

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

**Investment:** \$125

**Pre-Register:** by calling Terri at 418-8346

### 5 Minute Magic: Feeling Good With Self-Massage!

Self-massage is easy, fun to learn, and highly effective ... providing the maximum benefit in the minimum time. It can easily be incorporated into the busiest schedule and represents a powerful tool to help keep you flexible, relaxed and in the best of health. Join Terri and have some fun learning instant de-stressors, self-massage techniques and other easy ways to nurture your body and yourself!

**Date:** Tuesday, November 7

**Time:** 7:30 – 9:30 p.m.

**Investment:** \$35

**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!

**Date:** Friday, Nov. 24 to Sunday, Nov. 26 (3rd Degree continues Monday, Nov. 27)

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

**Investment:** **1st Degree:** \$175 (Friday, Nov. 24 and Saturday, Nov. 25)

**2nd Degree:** \$350 (Friday, Nov. 24, Saturday, Nov. 25 and Sunday, Nov. 26)

**3rd Degree:** \$350 (Friday, Nov. 24 through Monday, Nov. 27)

**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.