

Terri Ehlert (RMT, CHT, RTC)
www.MiddleEarthWellness.com
418-8346



- Astrology Readings
- Clinical Hypnotherapy
- CranioSacral Therapy
- Traditional Japanese Reiki
- Group Presentations
- Gift Certificates

Astrology Readings

By Appointment: call Terri at 418-8346

Throughout our lives there are cycles of change ... some challenging, some easy. Astrology can help you understand and get the most out of these cycles with greater clarity, self-awareness and conscious choice making. Far more than a fortune telling device, astrology is about celebrating each person's uniqueness ... helping them to understand their unique patterns, motivations, opportunities, lessons, gifts, challenges and much more! Astrology empowers people by helping them understand the present, clear the past, and how to best navigate the future to create the life they want.

- Private Readings
- Astrological Reports
- Gift Certificates

Traditional Japanese Reiki Workshop

October 24 - 26

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!

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

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

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

3rd Degree: \$350 (Friday, Oct. 24 through Monday, Oct. 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 and ongoing support following the workshop. Additional workshops are available upon request.

Self-Hypnosis: Empowering You!

November 15 - 16: 10 am - 5 pm

Do you want to get more out of life? Self-hypnosis is an subtle art and science that helps you organize, interpret and enhance your patterns, beliefs and life experiences ... enabling you to express your potential in meaningful and productive ways. It's a key factor for self-actualization and for creating personal and professional success. 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!

Investment: \$375 (includes detailed course manual)

Pre-Register: by calling Terri at 418-8346

Energy Management: A Key to Understanding**Sat. November 29: 10 am – 5 pm**

Are you ever around people or in situations that drain or overwhelm you? Have you been in places that feel uncomfortable or negative? We all have a natural sensitivity to the energies in people, places, and situations that can influence how we feel and behave. Attend this workshop and learn how to observe and not absorb, how to manage your energy and your environments and keep yourself clear and in control. Discover easy strategies for staying centered, calm and empowered in the midst of outside influences and the fast pace of the modern world.

Investment: \$125**Pre-Register:** by calling Terri at 418-8346

Coupon for \$10 OFF your first Astrology Reading
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