

MiddleEarth Fall 2008 Courses for Barrhead Further Education

Register through: Nancy Zylinski: 674-7535; Email: nzylinski@phrd.ab.ca

Dream Power

Wake up dreamers! Are you curious about your dreams and want to learn more? Do you feel your dreams carry messages but you don't know how to make sense of them? This workshop will introduce you to the language and messages of dreams. You'll learn the what, why's and how's of dreaming and then be able to use this information to improve your self-awareness and change your life for the better! Registration fee includes a detailed Dream Guide.

Date: Wednesday, October 8

Time: 6:30 – 9:00 p.m.

Investment: \$35 per person

Pre-Register: by calling Nancy 674-7535

Aromatherapy

Discover easy, cost-effective Christmas ideas for staff, family and friends. Learn a variety of ways in which essential oils can be used in your home, work and leisure environments. Then put on your magician's hat and have some fun creating your personal aromatherapy blends to take home with you. Celebrate the holiday season and New Year filled with "Scent-Sational" health, pleasure and well-being. Registration fee included an extensive aromatherapy manual and all supplies.

Date: Saturday, October 18

Time: 10:00 – 3:30

Investment: \$55

Pre-Register: by calling Nancy 674-7535

Background Information on Terri Ehlert

Terri was born in Hanna, Alberta. Her employment history includes: student advisor at the University of Manitoba, adult literacy coordinator and community learning coordinator in St. Paul, FCSS and Recreation director in Elk Point, and self-employment providing therapeutic and educational services in the wholistic health field. She has enjoyed a lifetime of volunteer positions for numerous community and provincial organizations. She currently practices as an: astrologer, clinical hypnotherapist, Reiki master/teacher, craniosacral therapist, workshop presenter and energy healer. Her passions include astrology, reading, traveling, camping, backpacking, gardening, nature, new adventures and lifelong learning. In 1996 she established her business MiddleEarth Wellness Center which emphasizes the integration of body, mind and spirit. Her intent is to provide therapeutic and educational services to empower people by assisting them in understanding how to renew self and feel great, work through their challenges, realize their goals and grow into the potential of who they are.