

Jan & Feb 2009



The Yellow Centre NEWS



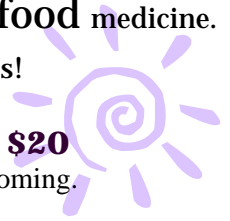
Class & Events Listing

Beat the Blahs!

We've got all kinds of great opportunities to help you beat the winter blahs & cheer you up in the cold months of January and February. Take a peek... you'll feel warmer just reading it!!

REIKI Potluck

- ☺ For **all** Reiki practitioners ~ from any system, any degree level.
- ☺ Share Reiki treatments, **stories**, laughter & good **food** medicine.
- ☺ Boost your **spirit** and beat the blues!



Saturday Jan 24th 10—2 pm Cost: \$20
Please call in advance to let Heidi know you're coming.

Healing Retreat Packages 2009

Two great places. One great weekend package!

- A 4-hour catered Healing Retreat at our centre...
- Overnight Accommodation at a 5-star B&B...
- A 3-hour Intuitive Art Playshop...
- Valentine's ~ February 14 & 15**
- Spring Break ~ March 14 & 15**



The centre will be closed for winter holidays from December 25—January 13.
Our NEW regular hours will resume on January 14.
We wish you a wonderful merry season!

Our Gallery Hours:

Wednesday 11-7

Thursday 11-7

Sun 1-5

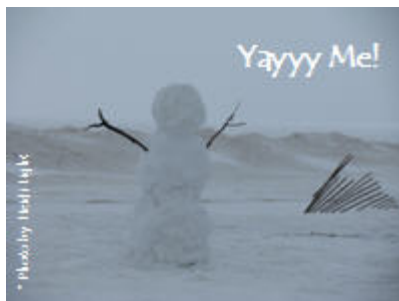
Check the web or call for additional hours.



The Art of Peace Crystal & Art Gallery Notes

If you didn't see them before Christmas, you might want to check out

★ Heidi's new magnets made with original photos, art and cool sayings.



Coming soon:

★ pyramids, pendulums and chakra chains you can hang on your cell phone or belt buckle

★ hemp foot balm by Heidi

★ yoga mat spray made with pure essential oils ~ chemical free

★ Ruth's lovely handmade lavender eye pillows

★ crystal divination kits

★ gem elixirs, crystal nail files and crystal deodorant!

Heidi Light's Inspired Creations:

Paintings - Stained Glass

Photography - Prints

Sculpture - Cards

Hand-Wrapped Crystal Pendants

Mother Nature's Art:

Healing Crystals - Rocks

Semi-Precious Stones

Smudge - Incense

Featured Crystal

Citrine is one of a few stones which are self-cleaning. Citrine is protective, energizing, cleansing, and regenerative. Said to carry the power of the sun, citrine absorbs, transmutes, dissipates & grounds negative energy. It is beneficial for digestion & elimination, kidney & bladder infections, nerves, eyes, menopause, circulation, thyroid.

~from 'The Crystal Bible'

by Judy Hall

Reflexology, Hot Stone Massage, Indian Head Massage, Ear Candling

⊕ **Reflexology, Hot Stone Massage & Indian Head Massage** with Ruth Glendon — available by regular appointment. **Ruth is here 3 Fridays every month**, plus some Wednesdays & Thursdays. Ruth can be reached at 519-852-0072 or ruth_dyer_glendon@hotmail.com.



⊕ **Ear Candling & Full Wave Breathing** with Dianna Murdoch — available by appointment. Dianna can be reached at 519-303-0386 or amethystholisticcentre@hotmail.com.



⊕ **Reiki Healing Sessions** with Joanne Pineau — available by appointment. Joanne can be reached at 519-284-4072 or www.stambournefarm.ca.

Please contact the **facilitator** to book your appointment.

**The opinions or methods offered by facilitators renting our space do not necessarily reflect the views of The Arrhianna Centre. Please use your own discernment when choosing a class or facilitator that will work for you.

Heidi's Healing Arts

Sacred Counsellor • Empathic Healer • Medical Intuitive • Channel • Reiki Master
Heidi has been offering professional sessions to her clients for 11 years.



'Open' Sessions
Channelling Sessions
Medical Intuition / Intuitive Healing Sessions
Reiki Sessions
Distance Sessions
Intuitive Readings
Supervision Sessions for Practitioners, Healers & Teachers

Heidi's upcoming appointment dates:

Fridays January 16, 23 & 30

Fridays February 6, 20 & 27

Heidi's Healing Arts Classes

Channelling Higher Wisdom - Sat / Sun **Jan. 17 & 18 9:30—5** Cost: \$255

- ☛ Learn how to access & bring through your higher self, guides, angels, animal spirits, mother earth & more.

Reiki I - Sat **Jan. 31 9:30—5** Cost: \$125 includes certificate & manual.

- ☛ Reiki is a completely natural healing ability whose roots trace back 10,000 years to India & Tibet.

So, You're Intuitive— Now What? - Sat **Feb. 7 10— 4** Cost: \$75 includes lunch.

- ☛ Intuition isn't a gift given to some & not others—it is our natural state as human beings!

Medical Intuition/Intuitive Healing - Sat / Sun **Feb. 21 & 22 9:30—5** \$255

- ☛ Learn how to intuitively perform body scans for self & others, and how to remove blockages to health.

Reiki II - Sat **Feb. 28 9:30—5** Cost: \$200 includes certificate.



New!

Coming in March & April:

So, You're Empathic – Now What? - Sat **Mar. 7 10— 4** Cost: \$75 includes lunch.

- ☛ Empathy is the natural ability to feel in your own body what someone else is feeling or thinking.

Energy Management - Sat / Sun **Mar. 21 & 22 9:30—5** Cost: \$275

Counselling Essentials - Sat **Apr. 18 9:30—5** Cost: \$135

Deposits or pre-payments are required for registration. Some discounts may apply when registering for two or more courses. Please visit the website or call for more info.

Workshops

☼ **Intuitive Art Playshops** with Heidi

These are fun, interactive playshops where everyone is welcome ~ absolutely no experience or talent is necessary! We will explore some basic concepts & techniques using a variety of art media. Then, we'll take what we've learned & use these amazing tools in conjunction with our intuitive & creative nature to play! You can explore as much or as little as you like, so all intuitive & creative skill levels are welcome! Each participant gets to create their own finished canvas or paper piece to take home.



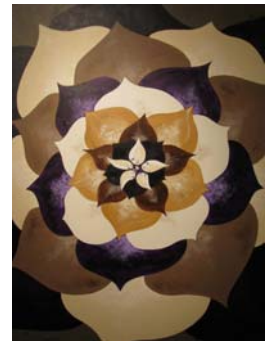
Each class is on a Sunday afternoon 10-1 pm. Cost: \$35

Dry Media* ~ Sun January 25 *crayons, pencil, charcoal, conte, pastels
Acrylics ~ Sun February 15



Registration in advance is required and space is limited.

*"If we cry because the sun has gone out of our lives,
our tears may prevent us from seeing the stars."
~from Terminator, the Sarah Connor Chronicles*



Yoga, Pilates, NIA, Movement Re-education

☼ **Gentle Hatha Yoga** with Joanne Pineau & Gloria Strathdee – **NEW TIMES! Wednesday evenings 7-8:30 p.m.** Session starts Jan 21. **Monday evenings 7-8:30 p.m.** Session starts Jan 26. Mondays are an absolute beginners class, but others welcome. Joanne can be reached at 519-284-4072 or www.stambournefarm.ca.

☼ **NIA** with Leslie Switzer – **Wednesday evenings 5:30–6:30 p.m.** A blend of dance, martial arts and mindfulness. Nia is energizing, relaxing and fun! **New session runs from Jan 7—Mar 11.** 10 weeks/\$100. Check out the NIA website: www.nianow.com. Leslie can be reached at 519-229-6344 or lswitzer@quadro.net.

☼ **Stott Pilates** with Carol Anne DeNeve – **Thursday evenings 6 –7 p.m.** A beginner class is available. Carol Anne can be reached at 519-284-8031 or cadeneve@hotmail.com.

☼ **Getting to Know You—Making Friends with Your Body** with Lois Ann McBurney – 'Movement Re-education' for self-awareness, relaxation, flexibility, pain relief & pleasure in moving. 3-week session. **Wednesday 1:15 or 4:00 or Thursday 10:00.** Lois Ann can be reached at 519-539-0838.

Please contact the **facilitator** to register for these classes.

Gatherings

On select Fridays, you are invited to explore, discuss, share & practice different non-mainstream concepts & topics.
Each Friday night is held from 7 – 9 p.m. and costs \$10 (except the Crystal Kids, which is \$20).
Please call well in advance to let Heidi know you are coming.

Discussion Night: Open Conversation

Let's gather to talk about what's happening in our changing world & lives, from a metaphysical perspective.

January 16 Topic: Finding your Balance While Riding This Wave

February 6 Topic: What Does Your New Earth Look Like?



Energy Ethics: Guidelines & Boundaries in Intuition & Energy Medicine ©

** This used to be the Fuzzy Boundaries seminar... now re-worked & enhanced!

We cross invisible lines every day when we use our intuition or do energy work of any kind with another person. We'll discuss the importance of boundaries & guidelines in the world of energy, and how to recognize and honour these lines of privacy between us so that we can all feel safe, comfortable, and respected.

February 13

Intuition Support Night: Ongoing Learning & Practice

Recognize, use & improve your natural intuitive abilities. Learn practical tools you can use every day.

All intuitive levels are welcome—even if you don't think you're intuitive!

January 23 & February 20



NEW!! Crystal Kids

A chance for crystal, indigo & aware kids ages 6-14 to play, share, network and discuss their true nature.

There will be some kind of fun, interactive art or educational opportunity, mingled with discussion.

The intention is for kids to receive validation, understanding & support for their authentic selves in the context of the world we live in. Each night will have a different topic or activity.

January 30—Topic: Who Am I Really? / Activity: Colouring Myself

February 27—Topic: Inner Peace & Quiet / Activity: Guided Meditation

Coming in March & April:

March 27—Topic: How I Would Change the World / Activity: Draw My New Planet

April 24—Topic: Crystal Healing for Crystal Kids / Activity: Get to Know Your Rocks

"To many people, free will is a license to rebel not against what is unjust or hard in life but against what is best for them and true."

~Dean Koontz, from The Darkest Evening of the Year

Ways to Use Our Space

During our regular business hours, our space is always available for your own personal use. As long as you are not charging money for what you do, we simply ask for a donation in exchange. Tea and coffee are always available in The Tea Room. Read– Meditate– Create Art– Dance– Play– Be Quiet– Contemplate– Heal. Make yourself at home!



Our Chemical & Scent Policy:

For the comfort & health of everyone using our space, there is no smoking anywhere on the property & we ask you to refrain from using chemical sprays or perfumes when visiting or using our space.
Thank You!

If you are a facilitator looking to hold a class, healing session, or event, our space may be available for rent. Our prices range from \$5—\$15 an hour, depending on the room you would like to use and the time of day. You may be entitled to a free listing in our newsletter and on our website.

We also offer coffee and tea service for your event, and yummy catering by The Omnipotent Omelet, for an additional fee.

Please give us a call for more info.

The goal of our yellow centre is to promote peaceful evolution (peaceful growth and positive change) for all beings everywhere.

Our mandate is “every way is the right way” when it’s working towards peace and evolution for all of us.

Our focus is always on self-awareness and our centre offers an access point for a unique energy ‘grid’ which enhances awareness and communication on all levels of our being. This energy is available to you personally when you interact with our centre and will also enhance & support your experience when facilitating events.

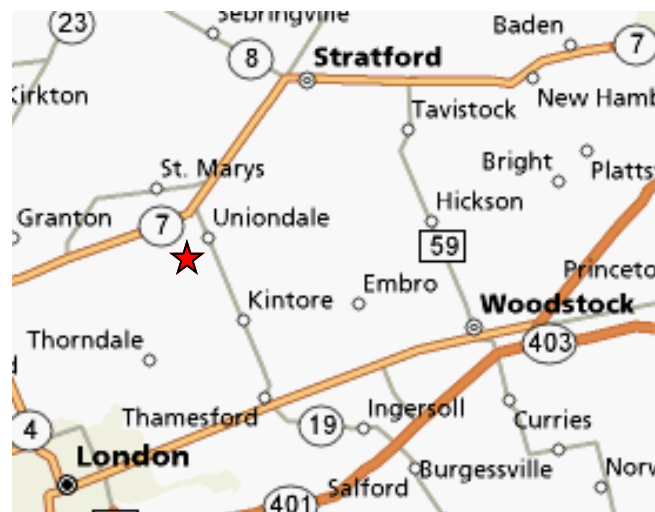
Thank you for using our special space!

THE ARRIANNA CENTRE For Peaceful Evolution



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Heidi Light
Owner / Artist / Facilitator
Please contact Heidi for more info.