



**THE ARRHIANNA CENTRE for  
Peaceful Evolution  
THE ART OF PEACE Gallery**  
Oxford Rd 96 at 119 ♦ Uniondale, Ontario  
519-349-2727 artofpeace@quadro.net



*★* Great Things To Do In March: *★*

**A Morning of Mindfulness**

**Sunday, March 7, 10 –1 pm**

*“Mindfulness is the act of pausing long enough to witness your experience.” ~ Dr. Barry Simon*

The benefits of a consistent practice of mindfulness often include stress relief, reduced heart rate & blood pressure, improved memory & concentration, better sleep & digestion, emotional balance, healthy relationships & more!

**Explore some fun mindfulness techniques including:**  
*Journalling ★ Meditation ★ Reflection ★ Listening  
Focussing ★ Breathwork ★ Movement*

Cost: \$40. Payment in advance reserves your spot.

**Sunday March Clearance Sale**

**Every Sunday in March from 1-5 pm,**  
*we'll have a different group of great merchandise on sale at clearance prices & a draw for a gift basket of Heidi's goodies worth over \$140!*

*Enter EVERY Sunday for even more chances to win!*

**Sunday March 7 ~ Crystals, Kits & Cards**

**Sunday March 14 ~ Books, Bags & Boxes**

**Sunday March 21 ~ Paintings & Prints**

**Sunday March 28 ~ Window Janglies & Dangles**

*Plus indulge in coffee, tea & some yummy homemade snacks while you shop!*

**Self Portrait~  
A Workshop of Self-  
Discovery**

**Thurs March 18,  
6:30–9:30 pm**

In this 3 hour interactive, introspective and fun filled personal development workshop, you will learn to recognize, listen to and trust your unique inner voice.

*Self Portrait is led by  
Tracy Currie, CPCC ~ certified  
Personal Development Coach.*

Cost: \$65  
(GST & workbook included).

**Please RSVP Tracy at**  
info@studiofortheinnervoice.com  
or 519-274-0799  
no later than March 11.

**The Merkabah Meditation**

*on another power day 3-3-3!*

**Sunday, March 21, 10 –1 pm**

*Learn about sacred geometry and the remarkable shape called the 'merkabah'.*

Based on the work of Drunvalo Melchizedek and Bob Frissell, this workshop will walk you through a step-by-step meditation to awaken the latent sacred geometry within and around our bodies. By activating the merkabah, we are activating our greatest potential for healing, health, awareness, and our highest potential here on Earth. mer=light, ka=spirit, ba=body

*It will be especially powerful to activate the merkabah on this numerologically significant day!*

Cost: \$40. Payment in advance reserves your spot.



**Clear Your Clutter**

**Sunday, March 28, 2–4 pm**  
*Are you ready to clear your clutter?  
Want some help getting started?*

Join Antoinette for this fun & informative workshop. Learn about clutter zones in your home and why we keep clutter. Discuss the energy of clutter and how it affects us. Learn simple tools to clear clutter in an enjoyable way.

Cost: \$25.00

**Call or email Antoinette to reserve your space.** 519-814-3444  
antoinette@allclearliving.ca

- Coming soon to the gallery...*
- ★ Heidi's new art studio
  - ★ New shopping hours
  - ★ Aura Spray & Smudge Spray
  - ★ The Crystal Bible 2 with 150 all-new crystals!
  - ★ Tumbled stone lamps
  - ★ New bracelets & more!

**Heidi's Healing Arts**

*Medical Intuition ★ Reiki ★ Intuitive Acupressure*

Heidi's next available appointment days are as follows:

*Fridays, March 12, 26 & Fridays, April 9, 23*

**Our Gallery is OPEN for Shopping:**

**From now until April 30: SUN 1–5 pm or by appointment**  
**NEW Hours starting May 1: WED 5–9 FRI–SAT–SUN 1–5**

**Classes & Events Listing ♦ March & April 2010**

## Great Things To Do In April & May:

### Brantford Gem & Mineral Show

Sat April 10, 10–6 & Sun April 11, 10–5

at the Paris Fairgrounds, 139 Silver Street, Paris Ontario

Come visit us at this great show & find a special crystal or gemstone. Heidi's will have some new treasures too!

Presented by The Brantford Lapidary & Mineral Society

### Self Portrait~

#### A Workshop of Self-Discovery

Thursday, April 15, 6:30–9:30 pm

with Tracy Currie, certified Personal Development Coach

This is the second date offered for this workshop ~ please see the workshop details on Page 1.

Please RSVP Tracy no later than April 8.

### Reiki I & II Training Weekend

Sat April 24 & Sun April 25 9:30–5 pm

Reiki is a completely natural, safe & non-intrusive healing ability that is passed on from master to student through a gentle opening called an 'attunement'.

**First Degree ~ Sat April 24**

Students learn how to give hands-on treatments to themselves & others. Cost \$150 includes certificate & manual.

**Second Degree ~ Sun April 25**

Students learn how to send healing over distance & time using sacred Reiki symbols. Cost \$225 includes certificate.

Discount for both degrees: \$75

### Reiki Refreshers

If you are already certified in Reiki I or II, you may join us for the training weekend at a reduced price.

Heidi's students ~ First Degree \$50 Second Degree \$50

Other students ~ First Degree \$75 Second Degree \$75

### Third Annual Oxford Studio Tour

Sat May 1 & Sun May 2, 10–5 pm

Visit over 40 artists in 27 locations across beautiful Oxford County. For free!

Tour artist studios, view demonstrations, pick out a unique scarf, painting, or sculpture. Buy a gift of jewellery, pottery or stained glass from amazing Oxford artists!

This year, fill out a ballot at any location to win over \$700 in gift certificates from participating artists!

Pick up a brochure in our gallery or download a map at

[www.oxfordstudiotour.ca](http://www.oxfordstudiotour.ca).

Heidi is stop #21 on the tour this year. As always, she plans to unveil some wonderful new pieces just for the tour!

21  
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**Crystal Feature:** Tiger's Eye combines earth energy with sun energy to create a high vibrational state that is also grounded. It is a protective stone that was traditionally carried as a talisman against ill-wishing and curses. It is commonly used to lift depression and moods, to improve self-worth & self-criticism, and it is said to show the wearer the correct use of power. It is beneficial to the eyes, throat, reproductive organs & broken bones. ~from 'The Crystal Bible' by Judy Hall

## Yoga ★ NIA ★ Reflexology ★ Hot Stone Massage

**Gentle Hatha Yoga** with Joanne Pineau & Gloria Strathdee, Certified Yoga Instructors –

Wednesday evenings 7-8:30 p.m. Monday evenings may be available—please inquire.

For information or registration, please contact Joanne directly: 519-284-4072 or innerjourney@execulink.com.

**NIA** with Leslie Switzer – Wednesday evenings 5:30–6:30 p.m. A blend of dance, martial arts and mindfulness. NIA is relaxing, energizing & fun! Check out the NIA website: [www.nianow.com](http://www.nianow.com).

For information or registration, please contact Leslie directly: 519-229-6344 or lswitzer@quadro.net.

**Reflexology, Stone Massage & Indian Head Massage** with Ruth Glendon, Certified Reflexologist & Certified Stone Massage Practitioner – Ruth is available for regular appointments.

For information or appointments, please contact Ruth directly: 519-852-0072 or ruth\_dyer\_glendon@hotmail.com.

**Private Restorative Yoga Sessions** with Joanne Pineau – Joanne is available by appointment. For information or appointments, please contact Joanne directly: 519-284-4072 or innerjourney@execulink.com.

### 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!