



Presents
**Integrative
 Health Arts
 Connection**
 2012



Oasis with Oneness Blessing
 Wednesday, January 25th, 7–8:30 pm

Candlelight Vibrations Concert
 Thursday, January 26th, 7-8:00 pm

An Evening of Healing Arts
 Friday, January 27th, 7–9:00 pm

Workshops/Yoga
 Saturday, January 28th, 8 am–5:00 pm

Healing Through Worship
 Sunday, January 29th, 9:00 & 11:00 am

Healing Circle with Valentina
 Sunday, January 29th, 1-2:30 pm

Integrative Health Arts Connection

If you could go back in time, what would you change? What makes billionaires, movie stars and gifted leaders so different from you and me? Is it more brain-power, more talent, more wisdom? NO. These people have discovered the power inside each one of us. Unlocking the ability to be happy, successful and strong. They do not ask 'why is this happening to me?' they ask 'What are you here to show me?' They do not ask 'When will things start going right?' they ask 'who must I become for things to change?'. They do not say 'If only I did not have, I could have....' They say 'Because I had, I can now.....' -Simran

Don't let your mood, mind, emotions and poor health hold you back. Quantum health medicine and the Integrative Health Arts are a way of enhancing the healing of the whole person, incorporating the physical, mental, emotional, social and spiritual levels.

INTEGRATIVE HEALTH ARTS CONNECTION

Wednesday, January 25, 7-8:30 pm—Oasis with Oneness Blessing

This 'Wednesday Day Night Oasis' occurs every Wednesday and includes chanting, a short message, a meditative time along with the Oneness Blessing. It's a great way to center oneself midweek and the benefits include experiencing more peace, love, and joy in our lives. Love offering

Thursday, January 26, 7-8:00 pm—Candlelight "Vibrations of the Universal Heartbeat" Concert ...

with meditative music and dance along with inspirational words, chakra and crop circle visuals, Shamanic healing, and drumming. Love offering

Friday, January 27, 7-9:00 pm—Healing Night

Experience the healing vibration of the *Integrative Health Arts professionals*. Explore Reiki, massage, hands-on therapeutic touch, relaxation, Deeksa, Radionics, on-going visualization tapes, musical meditation throughout the evening and so much more. Suggested donation of \$10.

Saturday, January 28, 9:00 am–5:00 pm—Integrative Health Art Professional Workshops (Yoga 8-9:00 am)

These introductory workshops will allow you to breathe and expand with informed knowledge in a comfortable space. Your healing is not a rushed affair. You will be able to stop for a moment and listen, and begin to stretch your mind, and your conscious thoughts for unlimited empowerment. We honor the IHA professions with their integrated approach that uses of the strengths of each type of medical practice, giving you the most effective care possible. The cost for this all-day event is \$40 in advance(\$45 at the door) (which includes a buffet lunch).

Special thanks to Eileen Argenbright, Richard and Maureen Levy, Annette Cook, Jesse Watson, Linda White, and Annie Miller. Also a big thanks to all our IHA professionals and our many volunteers!!

Sunday, January 29, 9:00 and 11:00 am Worship Services

Join us for an illuminating and spiritual *worship service* led by Rev. Richard Levy. Come away with a message of strength and joy and a song in your heart.

Sunday, January 29, 1-2:30 pm—Healing Circle with Valentina

We welcome again, with gratitude, internationally renown Russian healer Valentina. From an early age, her grandmother trained her in the traditional arts of herbology and healing, which later expanded to include homeopathy and bio-energetic healing through gentle body adjustments. These body adjustments are deep and advanced forms of therapy that penetrate the body's awareness to where the roots of a condition reside. At this cellular level, emotional blockages and physical illness are healed without medication. Her credits are impressive from world leaders to our own local community as medical intuitive, therapist, teacher, scientist and writer.

Our *Dream As One* on Sunday with Valentina will help to resolve many issues for all of us. Hear the universal message with Our Collective Prayer for Our Children and for Our Future." Love offering

SCHEDULE OF WORKSHOPS

8:00-8:45—Gentle Beginner Yoga
Lisa Keating

9:00-10:15 a.m.

1: Body Talk Systems
Willem Klokman, LPT, CBP

Restore your body's natural balance and promote natural healing and wellness with integration of physical therapy. Reconnecting these lines of communication enables the body's internal mechanisms to function at optimal levels, repairing and preventing disease while accelerating the healing process.

2: Don't Diet! Eat, Play and Have Friends!
Bruce Brown, Team Beachbody Coach

Diets don't work and may even kill you. Workshop participants will create personal plans for health based on the three essential principles of good nutrition, exercise, and support. Good health doesn't have to hurt and it should be fun.

3: How is the Ancient Practice of Shamanism Relevant in Today's Changing World?
Helene Chilberg, M.A.

Join us for a brief discussion of Shamanic Practice, technique, and specific issues that benefit from shamanic intervention. Have a personal experience of shamanic healing as we share and learn a group healing process you can use yourself in the future!

4. Introduction to Integrative Foot Reflexology
Yvonne Long, Sweet Surrender Massage and Reflexology

You will learn a brief history of reflexology, how it works, benefits from an Integrative Foot Reflexology session. You will learn certain reflex points to help with common complaints such as sinus issues, constipation and stress relief.

5: From Rags to Riches—Treasure Mapping
Christine Moughamian

Create money, abundance and wealth in three simple steps! We'll create our maps to success with images, words and meditations. Some materials provided. Bring your favorite magazines!

10:30—11:45 a.m.

6. Quantum Energetics Playground
Christine Bennett and Beth Ventre

Quantum Energetics utilizes the concepts of quantum physics where change can be instantaneous and infinite. Doors will open into unlimited thinking and possibilities. Come and play!

7: Welcome to the Soul World

Faith Grieger, Certified Master Hypnotherapist
I am a Life-Between-Lives practitioner who guides clients to reconnect with their eternal soul, spirit guide, council of elders and soul group. I will help you to hear the answers to your deepest questions from an expanded spiritual perspective.

8: Tips on Developing Super Self Confidence and Self Esteem

Nancy Klase, Hypnotist and Intuitive Counselor
Self confidence is just a state of mind. You will receive "the 20 words to change your life" and a wonderful guided imagery experience to enhance all that you learn and put it to work in your subconscious mind. Unlock your unlimited potential and Live Your Best Life!

9: Using Essential Oils
Paul Hall

Learn the basics of Essential Oils and how they assist in healing our bodies, and how to use them in your life.

10: "The world will be saved by the western woman." Dalai Lama

Jennifer Brier
Our time is now! Join me in exploring through feminine archetypes our role in healing and saving the world.

11:45 a.m.—12:30 p.m.
Join us for a buffet lunch

12:30—1:45 a.m.

11. Five Strategies and Tools for Applying Law of Attraction

Linda Brett-Kell, Certified Law of Attraction Facilitator
You will learn how to Deliberately Attract into your life what you want using five strategies and tools.

12. Food Physics and Body Dynamics™
Laura Dawson

This program is designed to familiarize you with simple Body Dynamics evident on your tongue which reflect your quality of health. This workshop will allow you to make better nutrition choices unique to your own body's specific requirements and improve your quality of life, health and wellbeing.

13.: Dream Interpretation: Conversations with Your Highest Self
Eryn DeFoort

Every night you enter into a symbolic dialogue with your Higher Self. Learn how to interpret the symbols and turn your dreams into an on-going dialogue with God. Bring a journal and recent dream to interpret.

14: The NES Provision System
Art Evans, Wilmington Health Options

This scanning process looks for gaps or deficits in the energetic information systems that help guide the physiological processes in the body. NES Therapy works by restoring this information.

15: Switching Gears—Simple Techniques for Releasing Stress

Barbara DeCori, Licensed Massage and Bodyworker
Learn simple techniques that you will be able to integrate easily and quickly when you are in stressful or unpleasant situations.

2:00-3:15 p.m.

16: Healing Touch.
Lolyklara

Healing Touch is a complementary, integrative energy therapy that uses energy via the practitioner's focused consciousness and healing intention. It uses a gentle touch to clear, balance and energize the human energy system to reestablish healthy energy flow by opening, connecting and balancing energy to promote healing of the person: mind, body and spirit.

17: Daily Mindfulness and Practical Living: Bringing Awareness to Everyday Choices

Bruce Kenney
This workshop will blend concepts and knowledge about "green living," ecological impact and sustainability with spiritual mindfulness practices. Using ideas from "Peace is Every Step" Buddhist master Tich Naht Han shows us how to become mindful of simple daily actions such as turning on a light.

18: What is Faster EFT

Cindy Borel and Elizabeth Britton
Faster Emotionally Focused Transformative integrates the most effective elements of EFT, BSFF, NLP, spiritual understanding and the mind's ability to transform. Faster EFT uses simple protocols that can produce profound results and create deep changes in less time than other tapping methods. Elizabeth will show techniques to release stress and have better communication with children.

19. Tapping Into the Creative Universe
Jim Downer

With music, lyrics, rhythm and fun, we will get in touch with the creative energy that is waiting to be expressed through us. Instruments provided or bring your own.

20: We're All a Piece of the Pie: Using Art to Express the Child Within

Meg McGrew, Art Therapist
Lorraine Perry, Healing Arts, LCF Hospice Coord.
Engage in this interactive process by drawing in a spontaneously genuine way, reconnecting with child-like energy. A group mandala will be created focusing on mindfulness and non-judgment, without interpretation or critique. All are welcome!

3:30—4:45 p.m.

21. Balancing Your Health with Mindfulness Skills
Sherron Herdtner, RN, PhD.

You can achieve the healthy weight and well-being you seek by learning to eat and exercise mindfully. Mindfulness helps us to be aware of the present moment and gives us the power to make changes.

22: Live Longer, Live Better Make 2012 Your Year of Transformation

Karen Hayden, Hayden Enterprises Health & Wellness
What are your resolutions for this year? More energy, lose weight, less stress, better sleep? This fun, interactive workshop will give you the latest keys to the health journey of a lifetime.

23: Prasad Healing Presents ThetaHealing®
Anaswara Erica, Joe Pellettere, Amanda Bahr

Discover how to uncover the hidden beliefs, thoughts, feelings and forgotten past histories held within the body that limits our ability to move forward in life. Learn to release and change these beliefs using pure energy of the creator of all that is at the seventh plane of existence and how any illness is treatable with the Theta state of mind.

24: Energy Field Balancing Techniques
Sis Tyler

This is an energy system designed to accelerate the integration of spirit and biology so you can increase your health and co-create the healing miracle you are.

25. Working in a Conscious Professional Community
Elena Pezzuto—The Open Space

Together we are able to support one another as we reach out and support others. Our Gathering will offer conversations, meditations and inspirations for aligning with one another professionally in our community.

Registration (Please register EARLY.
Many of the Workshops will fill up quickly!)
Registration fee includes lunch.

Please print clearly.

Name (s): _____

Street: _____ Apt #: _____

City: _____ State: _____ ZIP: _____

Phone: (____) _____ Email: _____

Please indicate your choices by numbering first choice No. 1, second choice with a 2, etc. through 5 in each section.

9:00—10:15 a.m.

- ____ 1. Body Talk
____ 2. Don't Diet!
____ 3. Shamanism
____ 4. Reflexology
____ 5. Treasure Mapping

2:00— 3:15 p.m.

- ____ 16. Healing Touch
____ 17. Daily Mindfulness
____ 18. Faster EFT
____ 19. Creative Universe
____ 20. Art Expression

10:30—11:45 a.m.

- ____ 6. Quantum Energetics
____ 7. Soul World
____ 8. Self Confidence
____ 9. Essential Oils
____ 10. Western Woman

3:30—4:45 p.m.

- ____ 21. Balancing Health
____ 22. Live Longer
____ 23. ThetaHealing
____ 24. Energy Balancing
____ 25. Open Space

12:30-1:45 p.m.

- ____ 11. Law of Attraction
____ 12. Food Physics
____ 13. Dream Interpretation
____ 14. NES Provision System
____ 15. Switching Gears

Payment of \$40.00 is due with this Registration. Make checks out to Unity. You may pay at the door for \$45.

Mail form, together with registration fee to:

Unity

717 Orchard Ave., Wilmington, NC 28403-2626
Telephone: 910-763-5155

DIRECTIONS:

From Market Street heading west: Pass Kerr Avenue, make a left onto Covil Ave. (traffic light). At second traffic light (Wrightsville Ave.) get into left lane and make a U-turn. Pass strip mall and make right onto Mallpass Road. Unity is at end of road.
From Wrightsville Ave.: Heading west, make a right onto Orchard Ave., just before Independence Blvd. Unity is on right.
From Independence Blvd: Pass Mall on right and cross through Oleander, Park and Wrightsville Ave., make next right onto Mallpass Road. Unity is at the end of the road.