

Sound Healing Meditation, Friday, January 18,  
7:00 pm. \$20.

*Rediscovering Relationship with Your Passion: Tapestry Workshop*, Sunday, January 20., 1:00-3:00 pm. \$20.

Opening Yourself to Spirit Communication,  
Sunday, January 27, 2:00 pm. \$15

Healing Night, Monday, February 4, 7-9 pm—  
where various healing modalities such as  
Reiki, Access Bars, EFT, etc. are offered.  
Love offering.

#### 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 the strip mall and make right onto Malpass 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 the right

**From Independence Blvd:** Pass Mall on right and cross through Oleander Dr., Park Ave. and Wrightsville Ave., make next right onto Malpass Road. Unity is at the end of the road.

**DO NOT PARK IN LOT ACROSS THE STREET** or you may be towed (there are signs)! Please park in the lots on same side of street as Unity. There is a pass-thru where you can park and the lot along Wrightsville Ave.

For questions about the IHA Weekend, call Unity's office at 910-763-5155 or Eileen Argenbright at 910-350-8056.

For more information about Unity of Wilmington, visit our web site at [unitywil.com](http://unitywil.com).

*The materials presented are not necessarily in alignment with Unity of Wilmington's views.*



Presents

## Integrative Healing Arts 2019



*Natural Approaches  
for a Healthy Lifestyle*

**Sound Healing Meditation**  
Friday, Jan. 18, 7:00 pm

**Saturday Workshops**  
January 19, 1:00–5:15 pm  
January 26, 1:00–5:15 pm

*Rediscovering Relationship with  
Your Passion: Tapestry Workshop*  
Sunday, January 20, 1:00-3:00 pm

**Opening Yourself to  
Spirit Communication**  
Sunday, January 27, 2:00 pm

**Healing Night**  
Monday, February 4, 7-9:00 pm

## Integrative Healing Arts Weekend

*"Give yourself permission to experience life  
Differently"— dr. michael ryce*

How does your lifestyle affect your health? Is your life out of balance? Do you wake up feeling alive and excited about the new day ahead of you? Do you want to learn techniques and skills to improve your body, mind and spirit? These workshops may offer what you are looking for!

Immerse yourself in alternative holistic approaches to improve your life. Learn how diet and physical therapy work with your physical body; affirmations, sound and meditation can relieve stress; and how development of intuition, self inquiry and more can help you learn more about yourself and assist you in achieving your goals and dreams. We are offering 25 workshops teaching many approaches to support your desire to live a full and invigorating life.

### Schedule of Events

**Friday, January 18, 7:00 pm**—Sound Healing Meditation with Jerry and Tina Vesely. \$20. Enjoy the soothing energy of the crystal bowls as you relax your mind and emotions into a meditative state.

**Saturday, January 19, 1:00–5:15 pm**—An offering of 10 workshops.

**Sunday, January 20, 1:00–3:00 pm**—Workshop: *Rediscovering Relationship with Your Passion: Tapestry*. \$20. Many internal and external factors influence how successfully we manifest passion in our lives. Learn to use your gifts to work in harmony with the Divine.

**Saturday, January 26, 1:00–5:15 pm**—An offering of 12 workshops.

**Sunday, January 27, 2:00 pm**— *Opening Yourself to Spirit Communication*. \$15. Tina Vesely, an internationally acclaimed medium, will share with you techniques she uses to communicate with spirits. She will demonstrate her abilities after a brief talk.

**Monday, February 4, 7:00 pm**—Healing Night where various healing modalities are offered. Love offering.

## Two Saturdays of Workshops: January 19 and 26

We offer 22 workshops in a variety of fields. You may select three for \$40 at the door/\$30 in advance. Or, you can get a two day package for \$50 in advance. You may attend Individual workshops for \$15 each.

### SCHEDULE OF WORKSHOPS

#### Saturday, January 19

1:00-2:15 pm

#### 1. **Could Thyroid Be the Cause of Your Weight Gain or Hair Loss?**

*Dr. Louis Buffalino*

Discussion of the anatomy and physiology of the thyroid: how to get off of prescription medication for thyroid symptoms; what is Hashimoto's? and what is "hidden thyroid"?

#### 2. **Genetic Cancer Screening**

*Lainie Mauger and CJ Spear*

Advantages of an opportunity for non-invasive DNA screening for cancer for prequalified adults over 65 years of age will be discussed.

#### 3. **Mastering Life in the 5th Dimension**

*Lisa Ann, Psychic*

Calling all Lightworkers...join me as I discuss life in this new amazing energy, your role in these changing times, the Soul Tool Box, manifesting and how and why to stay OUT of 3rd dimension! Come ready to change your reality!

2:30-3:45 pm

#### 4. **Loving What Is**

*Dameron Midgett*

Introducing the empowering self-inquiry method developed by Byron Katie to disarm stress by discovering truth. Question your own thoughts and set yourself free of suffering. We will learn by actually doing "The Work."

### 5. Myofascial Release

*Beth Ventre, Certified Holistic Health Coach*

The fascias of the body wraps around every cell, blood vessel, muscle, organ and bone. This will be an experiential workshop where we will learn and techniques on ourselves or others.

### 6. Stress Management Workshop

*Nancy Klase, Hypnotherapist*

In this experiential workshop you will learn simple tools to regain your sense of control in everyday situations using breathwork. Rediscover how powerful you are.

### 7. Healing with Angel Art

*Cecelia Butler, Artist*

Cecelia began painting professionally in 2012 after an angelic figure appeared unexpectedly in one of her paintings. Today she creates spirit-inspired works on canvas. Participants will explore co-creating with angels in art therapy.

### 4:00-5:15 pm

### 8. ThetaHealing

*Anaswara Erica*

The ThetaHealing technique connects you with your higher spiritual power to INSTANTLY change your body's belief system to match your mental belief system.

### 9. Sound Energy Bath / Channeled Healing Messages

*Ron Venning*

Various native percussion and wind instruments, singing and chanting prepares participants to receive channeled healing messages in response to their specific questions. You may bring a mat and pillow.

### 10. Balance Your Mind and Body Using Energy Psychology Techniques

*Marcia Guimaraes, Licensed Professional Counselor*

We will learn how to utilize effective and simple techniques to manage symptoms of stress during traumatic and challenging situations, including skills to regulate our bodies natural fight and flight response during events.

## Saturday, January 26

### 1:00-2:15 pm

### 11. Mastering Life in the 5th Dimension

*Lisa Ann, Psychic*

Calling all Lightworkers...join me as I discuss life in this new amazing energy, your role in these changing times, the Soul Tool Box, manifesting and how and why to stay OUT of 3rd dimension! Come ready to change your reality!

### 12. Why Heal Your Mind, Body and Spirit? Sleuthing Ways to Love

*Ann Logan, MSN, MHSA, BSN, RN*

As a loving human being, our passion wants us to help other people first, which may lead to stress and being unhealthy. Learn how to heal your mind, body, and spirit by inspiration and empowerment.

### 13. Wellness As A Journey

*Chris Porteen, Nutrition and Health Coach*

I take a holistic approach to optimize the health and overall well being of people so they can live lives with abundance and joy.

### 14. Rx-Nature Fix, Daily Minimum Dose

*Rev. Kitty Bass, M. Div, MSW, LCSW*

This workshop will explore didactically and experientially the healing power of nature for optimum mental, physical, emotional, and spiritual health.

### 2:30-3:45 pm

### 15. ThetaHealing Techniques

*Anaswara Erica*

The ThetaHealing technique connects you with your higher spiritual power to INSTANTLY change your body's belief system to match your mental belief system.

### 16. The Power of Your Words

*Connie Worth*

We will look at the negative and self defeating words we use everyday. By using kinesiology and the hands, we will see how these words weaken us and how the positive and self supporting words strengthen us. We can redesign our future!

### 17. Q&A Session

*Dr. Sharrie Hanley, Naturopathic Medicine and Neurotherapist*

Learn about holistic approaches to health and well being. Areas may include diet, supplements, vitamins, minerals, herbs, homeopathy, gut health, brain health, stress, trauma, dis-ease and meditation. Bring three questions and let's see where this takes us.

### 18. Genetic Cancer Screening

*Lainie Mauger and CJ Spear*

Advantages of an opportunity for non-invasive DNA screening for cancer for prequalified adults over 65 years of age.

### 4:00-5:15 pm

### 19. Sound Energy Bath / Channelled Healing Messages

*Ron Venning*

Various native percussion and wind instruments, singing and chanting prepares participants to receive channeled healing messages in response to their specific questions. You may bring a mat and pillow.

### 20. How to Use Affirmations Effectively

*Terri Mann, RN, HYL Teacher*

Your words have power! Come learn how to use them effectively to affirm your heart's desires!

### 21. Food Label Ninja Training

*Stacie Morrison, CIHC, CINHC, AADP*

Learn how to identify hidden "toxins" in the food you eat. Health Coach Stacie will inspire and empower you to be more motivated than ever to eat less from a bag, box or can and instead commit to nourishing and fueling with real wholesome foods.

### 22. Sand Painting

*Eileen MaryAnn Argenbright, MA, HK, BTA, ODG*  
Create your own meditative sand painting (mandalas) as in the teachings of the Tibetan monks and native American Indians. No experience needed—experience the joy!

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

Please print clearly.

Name (s): \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please indicate your choices by numbering first choice 1, second choice with a 2, third choice with a 3, fourth choice with a 4, in each time section.**

### Saturday, January 19

#### 1:00—2:15 p

- \_\_\_\_\_ 1. Thyroid
- \_\_\_\_\_ 2. Cancer Screening
- \_\_\_\_\_ 3. Mastering Life

### Saturday, January 26

#### 1:00-2:15 pm

- \_\_\_\_\_ 11. Mastering Life
- \_\_\_\_\_ 12. Heal Your Mind
- \_\_\_\_\_ 13. Wellness Journey
- \_\_\_\_\_ 14. Rx-Nature Fix

#### 2:30-3:45 pm

- \_\_\_\_\_ 4. Loving What Is
- \_\_\_\_\_ 5. Myofascial Release
- \_\_\_\_\_ 6. Stress Management
- \_\_\_\_\_ 7. Angel Art

#### 2:30-3:45 pm

- \_\_\_\_\_ 15. ThetaHealing
- \_\_\_\_\_ 16. Power of Words
- \_\_\_\_\_ 17. Q&A
- \_\_\_\_\_ 18. Cancer Screening

#### 4:00-5:15 pm

- \_\_\_\_\_ 8. ThetaHealing
- \_\_\_\_\_ 9. Sound Energy
- \_\_\_\_\_ 10. Balance Your Mind

#### 4:00-5:15 pm

- \_\_\_\_\_ 19. Sound Energy
- \_\_\_\_\_ 20. Affirmations
- \_\_\_\_\_ 21. Food Labels
- \_\_\_\_\_ 22.. Sand Painting

Register in advance to reserve your space:  
\_\_\_\_\_ \$30 each Saturday/\$40 at the door  
\_\_\_\_\_ \$50 both Saturdays  
\_\_\_\_\_ \$15 for each individual workshop

\_\_\_\_\_ **Total enclosed or credit card order accepted—call 910-763-5155**

## Unity of Wilmington

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www.unitywil.com