

Heart in Hand Natural Healing & Training Center

2850 45th Street Suite B Highland, IN 46322

Classes & Information
April 2024

Heart in Hand Natural Health

LLC

Pamela Kozy

Eden Energy Medicine Certified
Practitioner, Reiki Master Teacher

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Whole Life Counseling Services with Jennifer Willhoit

Licensed Clinical Social Worker, RMP

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Practitioners

Dorian A. Wash

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Master Teacher

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Choosing to Live Intentionally ...
**“Intentional living is a conscious
decision to live life with intention and
purpose. It’s about taking time to reflect
on what matters most in your life and
making sure you are living in alignment
with those values.”**

— *Holly Connors*



Current Classes

Distant Healing Group Reiki Share - Monthly with Pamela Kozy, RMT, EEM-CP, IARP

We meet the 4th Saturday of every month.

When: April 27, 2024

Where: Heart in Hand
2850 45th Street, Suite B
Highland, IN 46322

Time: 9:00 am – 10:30 am

Our world, the people, and the environment, needs Healing! So, we at Heart in Hand have been meeting in-person with our Reiki Group Healing Circle. The Healing Circle is for anyone with at least Level II Reiki & ART/Master training.

If you are interested in being a part of this monthly Healing Circle and want more information, please call, or text Pamela at 219.902.7234.

The Sprit of Energy Chakra Classes with Pamela Kozy, RMT, EEM-CP, IARP

Member of the International Association of Reiki Professionals

The April-May 2024 Chakra Class has been postponed due to scheduling conflicts.

Please check the website for the upcoming Fall Chakra class schedule.

Reiki Classes with Pamela Kozy, RMT, EEM-CP, IARP

Reiki Level II: Friday, May 17, 2024 5:30 pm-9:30 pm
and Sunday, May 19, 2024 9:00 am-4:00 pm

There is a **\$20 deposit** due one (1) week in advance.

Level II Cost: \$160

Lunch is provided on the second day for Level II.

Eden Energy Medicine 101 Workshop with Pamela Kozy, RMT, EEM-CP, IARP

When: April 20, 2024 & April 21, 2024

Where: The Bankquet
101 East Main Street
Griffith, IN 46319

Time: 9:00 am – 3:30 pm Saturday
9:00 am – 2:00 pm Sunday

Cost: \$150.00

***To register call Heart in Hand @ 219.923.2050**

****Please register and pay in full by April 16, 2024.**

*****Lunch will be provided both days.**

This class provides instruction and hands—on experience with many of the topics introduced in Donna Eden's book, **Energy Medicine**. The focus of EM101 is self-care, so you will be working with the basic concepts of Eden Energy Medicine that are designed to help you feel and function better. Whether you want to destress, perk up, or just feel more grounded, you will find lots of great Energy Medicine techniques designed to help you in EM101.

I will be using a combination of demonstration, discussion, and practice to teach the material in class for the two days.



Just for You...

The gift of living intentionally

“It takes me living an intentional, mindful, and quiet life to hear or see what’s here. Great art doesn’t necessarily create something new; it helps you appreciate what’s already here.”

— *Eric Overby*

“We were never meant to live life accumulating stuff. We were meant to live simply enjoying the experiences of life, the people of life, and the journey of life – not the things of life.”

— *Joshua Becker*



The gift of living intentionally

“What if we stopped celebrating being busy as a measurement of importance? What if instead we celebrated how much time we had spent listening, pondering, meditating, and enjoying time with the most important people in our lives?”

— *Greg McKeown*

“Intentional living is a lifestyle. It is a holistic way to show up for the things that matter most in your life.”

— *Lora deVries*



***Gift Certificates** are available and may be purchased directly through the practitioner that will be rendering the service.

Please note that practitioner hours and office hours will vary. Each practitioner sets their own schedule. If you have any questions, you can call the office at **219-923-2050**. If you do not get an answer, please leave a message and we will return your call as soon as possible. You may also contact the practitioner directly at the numbers provided.

Everyday Salad

Recipe by: Gimme Some Oven



Ingredients:

SALAD INGREDIENTS:

- 5 ounces spring greens mix (*or any salad greens you prefer*)
- half of an English cucumber, very thinly sliced
- half of a medium red onion, peeled and very thinly sliced
- 1/2 cup pepitas or toasted pine nuts (*or any other nuts or seeds you prefer*)

EVERYDAY SALAD DRESSING INGREDIENTS:

- 3 tablespoons olive oil
- 1 tablespoon freshly squeezed lemon juice (*or red wine vinegar*)
- 1 teaspoon Dijon mustard
- 1 small clove garlic, pressed or finely minced (*or 1/2 teaspoon garlic powder*)
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly cracked black pepper

Instructions:

1. To Make the Dressing: Whisk all ingredients together in a bowl (or shake together in a mason jar) until combined.
2. To Make the Salad: Combine all ingredients in a large salad bowl and toss with the dressing until evenly combined. Serve immediately and enjoy!