Heart in Hand Natural Healing & Training Center

2850 45th Street Suite B Highland, IN 46322

Services and Classes January 2023

Heart in Hand Natural Health LLC

Pamela Kozy

Eden Energy Medicine Certified Practitioner, Reiki Master Teacher

Phone: 219-923-2050

Email: heartinhand4@sbcglobal.net Website: heartinhandhealing.com

Whole Life Counseling Services with Jennifer Willhoit

Licensed Clinical Social Worker

Phone: 219-923-2050 Email: jenfw@sbcglobal.net

Website: wholelifecounselingservices.com

Choosing to Cultivate Your Values

With a fresh year upon us, now is a good time to think about...

What do you value in terms of your health?
What value do you place on spirituality?
What values do you have around leisure
time?

Instead of resolutions, spend time with your inner self.

Practitioners

Dorian A. Walsh

Massage Therapist, Bodyworker, Reiki

Master Teacher

Phone: 219-614-8834 dorian82@yahoo.com

Sheryl Kozy

Licensed Esthetician, Shamanic Practitioner, Reiki Master Practitioner

Phone: 219-313-8532 skozy930@gmail.com

Angela M. Lukas

CranioSacral Therapy Practitioner, Reiki

Master Practitioner Phone: 219-671-1770 angielukas@gmail.com



Current Classes

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

Reiki Master Teacher: Saturday, January 7, 2023 9:00 am – 3:00 pm and Sunday, January 8, 2023 9:00 am – 3:00 pm

Reiki Master Class: Saturday, February 18, 2023

9:00 am-3:00 pm

Reiki Level I: Friday, March 3, 2023 5:30 pm-9:30 pm and

Sunday, March 5, 2023 9:00 am-3:30 pm

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

Level I Cost: \$115 Level II Cost: \$150 Master Class Cost: \$180 Master Teacher Cost: \$198

Lunch is provided on the second day for Levels I and II. Dinner is provided for Master and Master Teacher Levels.

If interested in taking the Master class, please call Pamela at **219-923-2050**.



Drumming Circle with Sheryl Kozy

Date: Second Tuesday of every

month

Time: 6:00 - 8:00 p.m.



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

Member of the International Association of Reiki Professionals

When: Sunday, January 15, 2023 – Sunday,

February 26, 2023

Where: Family Holistic Center, LLC

213 S. Court Street Crown Point, IN 46307

Time: 5:00 pm – 7:00 pm

Cost: \$160.00

This class is a 7-week course, studying and exploring the human energy system. Through color, sound, smell, exercise, and meditation, I hope to bring the Chakras to life, inspiring and enhancing your knowledge of this amazing energy system!

Week One: Jan. 15th - The Root (1st) Chakra Week Two: Jan. 22nd - The Sacral (2nd) Chakra

Week Three: Jan. 29th - The Solar Plexus (3rd) Chakra

*(5:30 pm - 7:30 pm)

Week Four: Feb. 5th - The Heart (4th) Chakra Week Five: Feb. 12th - The Throat (5th) Chakra Week Six: Feb. 19th - The Third Eye (6th) Chakra **Week Seven: Feb. 26th - The Crown (7th) Chakra

(5:00 - 8:30)

**Note: Week No. 7 the last class (times are from 5:00 pm – 8:30 pm.)

***Please bring a pillow and yoga mat for meditation and floor exercises. Class size is limited to 8 and fills up fast! To register call: 219.923.2050.

Register by: January 9, 2023



Just for You...

"Living with integrity means behaving in ways that are in harmony with your personal values."

- Barbara De Angelis

In your life, what do you want to stand for? What do you want to represent? At the end of your time here on earth what would you like people to say about you as a person?

Be your own best friend and set aside time to reflect and journal your own personal thoughts on these questions.



"Be a living expression of your values, wear them, speak them, make decisions aligned with them."

- Anon

"Your core values are the deeply held beliefs that authentically describe your soul."

- John C. Maxwell

"Create a life that feels good on the inside, not just one that looks good on the outside."

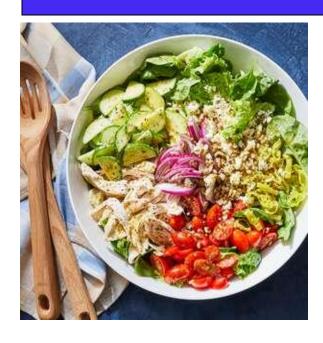
-Anon



*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.

Chopped Power Salad with Chicken



Ingredients:

- ¼ cup extra-virgin olive oil
- 3 tablespoons lemon juice
- 1 clove garlic, grated
- ½ teaspoon dried oregano
- ½ teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups torn green-leaf lettuce
- 4 cups baby spinach
- 2 cups shredded cooked chicken
- 1 cup halved grape tomatoes
- 1 cup halved and sliced cucumber
- ½ cup slivered red onion
- ½ cup sliced pepperoncini
- 1/3 cup crumbled feta cheese
- 2 tablespoons toasted unsalted sunflower seeds

Prep Time: 20 Minutes Serves: 4

Directions:

Whisk oil, lemon juice, garlic, sugar, salt, and pepper together in a large bowl. Add lettuce, spinach, chicken, tomatoes, cucumber, onion, and pepperoncini, toss to coat. Serve sprinkled with feta and sunflower seeds.