

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

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
angelukas@gmail.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.*



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
- ⅓ cup sliced pepperoncini
- ⅓ 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.