

Classes and Services
August 2021

Heart in Hand Natural Healing

Heart in Hand Natural Health LLC

8212 Kennedy Ave. Highland, IN, 46322

Phone: 219-923-2050

Email: heartinhand4@sbcglobal.net

Website: heartinhandhealing.com

We're Moving!

We are announcing that Heart in Hand is moving and we want you to know that the past 14 years at 8212 Kennedy Avenue, meeting so many people, helping people with their healing journey, making friends, and sharing our experience with so many has been an amazing experience. With that being said, we are truly looking forward to our next chapter meeting new people and sharing our therapies and treatments. So, for many of you, the next time we gather and meet will be at our new location at 2850 45th Street, Suite B, Highland, IN, 46322, located at Gordon Square. Our phone number and website will stay the same; the only thing changing is our building and address.

— Pamela Kozy, Director

Thank you for your dedication and patronage to our practice. We appreciate you and look forward to serving you in the future. From all of us at Heart in Hand, we thank you.

— Pamela, Jen, Dorian, Angie, and Sheryl

Heart in Hand Price List

ENERGY MEDICINE with Pamela Kozy, CEEMP

- Energy Testing Evaluation (Initial visit 1 hour) **65.00**
 - Energy Medicine Treatment (1 hour) **60.00**
 - Energy Medicine/Reiki Session (1 hour) **60.00**
 - Brazilian Toe & Black Pearl Session **50.00**
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EDED ENERGY MEDICINE CLASSES with Pamela Kozy, CEEMP

- Energy Medicine Class 101 **140.00**
 - Energy Medicine Class 102 **100.00**
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REIKI SESSIONS with: Pam, Dorian, Angie, and Sheryl

- Reiki (30 minutes) **30.00**
 - Reiki (45 minutes) **45.00**
 - Reiki (1 hour) **60.00**
 - Reiki/Reflexology (45 minutes) with Pam **60.00**
 - Reiki with Guided Imagery (1 hour) with Pam **55.00**
 - Chakra Balancing **45.00**
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REIKI SPECIAL PACKAGE DISCOUNTS

- Six 45 minute sessions **140.00**
 - Cancer Patient Reiki Discount (30 minutes) **15.00**
 - Cancer Patient Reiki Discount (1 hour) **25.00**
 - Jen's Patients 30 minutes **30.00**
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REIKI CLASSES with Pamela Kozy, RMT

- Reiki Level One **115.00**
- Reiki Level Two **150.00**
- Reiki Master (A.R.T.) Level **180.00**
- Reiki Master Teacher* **198.00**

(All classes are two days, except Reiki Kids Workshop & Master Level)

*This is a two day class. This class can only be taken after the Master (A.R.T.) Level and one year of study with Pam.

SPIRIT OF ENERGY CHAKRA CLASS with Pamela Kozy, RMT

- 7 Week Class **100.00**
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TIBETAN BOWLS PRIVATE SOUND HEALING with Pamela Kozy

- 30 minutes **25.00**
 - 1 hour **50.00**
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CRANIOSACRAL THERAPY with Angela Lukas

- Craniosacral Therapy (1 hour) **70.00**
 - Craniosacral for Kids (30 minutes) **40.00** / (45 minutes) **50.00**
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MENTAL & EMOTIONAL THERAPIES with Jen Willhoit, LCSW

The counseling department is willing to work with your Insurance Company. If you do not have insurance, the cost is:

per visit for individual **90.00**

per visit for couples **105.00**

THERAPEUTIC MASSAGE with Dorian Wash, MT/RMP

Deep Tissue Massage (1 hour) **75.00** / (90 minutes) **105.00**

Therapeutic/Swedish Massage (30 minutes) **35.00** /
(1 hour) **70.00** / (90 minutes) **100.00**

Hot Stone Massage (1 hour) **65.00** / (90 minutes) **95.00**

CBD Massage (30 minutes, half body) **45.00** /

(1 hour) **75.00** / (90 minutes) **105.00**

Reflexology (30 minutes) **35.00** / (45 minutes) **45.00** /

(1 hour) **55.00**

Auricular Therapy (30 minutes) **25.00**

Cupping (30 minutes) **30.00**

Reiki (30 minutes) **30.00** / (45 minutes) **45.00** / (1 hour) **60.00**

Additional Services Include:

2 Local Deep Tissue areas (if necessary)

Aromatherapy

Reflexology - additional \$10

Cupping - additional \$10

Auricular Therapy (ear seeds) - additional \$10

Hot Stones - additional \$10

Essential Oils - additional \$5

CBD Oil (2 specific areas only) - additional \$10

Reiki - additional \$5

ESTHETIC SERVICES and SHAMANIC HEALINGS with Sheryl Kozy

Facials **65.00 - 75.00**

Glycolic Peels **80.00**

Eyezone Therapy **35.00**

Waxing **Prices Vary**

Shamanic Services offered cost **75.00** for 1 hour session

Shamanic Journey

Wax Extraction

Lymphia Cleanse

Soul Retrieval

Chakra Balancing

Power Animal Retrieval

Shamanic Reiki

Classes/Workshops Throughout the Year

Reiki Classes

With: Pamela Kozy, RMT, EEM-CP, &
Amiee Boswinkle, RMT, Certified Health Coach

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

*Lunch is provided on day 2 of Level I and II, and dinner is provided at the end of class for the Master Level

If interested in taking the Master class, call Pamela at 219-902-7234

The Spirit of Energy Chakra Class

The fall Chakra class has been rescheduled to spring 2021.

Dates TBD

Class time: 5:00 - 7:00 p.m.* Cost: \$100.00

With Pamela Kozy, RMT, EEM-CP, IARP.
Member of the International Association of Reiki Professionals

This class is a seven-week course, studying and exploring the human energy system. Each week you will learn how each Chakra affects a particular body function. This class is a user-friendly way to enable you to use this system to enhance your own healing process.

Please bring a pillow and yoga mat for meditation and floor exercise. Class size is limited to 5 people and fills up fast!
To register, call 219-923-2050. Register by (tbd)



Energy Medicine: 5 Rhythms (The Elements Workshop) with Instructor: Pamela Kozy, EEM-CP, RMT

This workshop will help you understand not only how the elements, or rhythms, interact in nature and how the meridians interact in the body, but interact with each other. Discover your dominant rhythm, or the dominant rhythm of your friend, child, or spouse, have a better understanding as to why you and they act the way you all do, and how to facilitate harmony and balance between you.

Date: August class has been cancelled, check website for updates

Time: TBD

Register by: TBD (class space is limited to no more than 5)

Place: Heart in Hand Natural Healing Center

Cost: \$100.00

Lunch will be provided

Check website for more information

Drumming Circle with Sheryl Kozy

Date: second Tuesday of every month

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

Place: Heart in Hand



Learn to Journey Workshop with Sheryl Kozy

Date: TBD

Time: 9:00 a.m. - 2:00 p.m.

Cost: \$155

Lunch is provided.

Shamanic Journeying is a process that teaches you to move into an alternate state of consciousness (wakeful dreaming), so you can receive divine guidance. It will teach you how to access information, as well as facilitate healing for yourself and others. This incredible one-day workshop will teach you the basic skills of Shamanic Journeying. Sheryl will cover creating a sacred circle, how to work with your power animal, and much more.

Text or call Sheryl Kozy to RSVP at 219-313-8532
or email skozy930@gmail.com

Treatments and Therapies

Pamela Kozy Offering Reiki sessions and classes, Energy Medicine sessions and classes, and Reflexology

Reiki is an ancient healing touch therapy, which focuses on the electromagnetic field and provides a means to recharge, realign, and rebalance our energy field to create the conditions needed to help manage pain and promote healing at a faster rate without complications.

Reiki-Reflex is a combining Reflexology with Reiki energy.

Days and Hours:

Mondays: 9:00 a.m. - 2:00 p.m.

Thursdays: 9:00 a.m. - 2:00 p.m. and 5:00 - 8:00 p.m.

Fridays: 9:00 a.m. - 2:00 p.m.

Eden Energy Medicine

Eden Energy Medicine: Energy medicine is an approach that involves balancing and restoring your body's natural energies for the purposes of increasing your vitality, strengthening your mental capacities, and optimizing your health. Einstein's famous formula, $E=MC^2$, changed the course of physics and history by showing that matter is a form of energy. The human body is comprised of molecules that are in constant motion and that are continually being influenced by outside forces. The vital role that these energies play in our everyday health and well-being has been well established.

Energy medicine techniques help to bring disturbed energies back to a state of balance and harmony. These techniques work with the body's own energy to help create health and wellness, activate the body's natural healing ability, help restore vital energy that have become weak, disturbed, or off balance.

To schedule an Eden Energy Medicine session with Pamela, contact Heart in Hand.

Whole Life Counseling Services with: Jennifer Willhoit LCSW, RMP

Jennifer has been practicing for over 17 years, providing individual and couples counseling, solution focused, cognitive behavioral/ Hypnotherapy, EDMR

Days available: Monday, Tuesday, and Wednesday

Counseling for ages 18+

Phone: 219-923-2050

www.wholelifecounselingservices.com

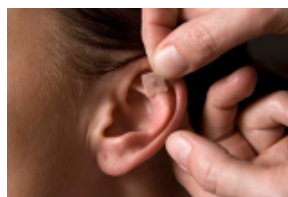
Balanced Hands Therapeutic Massage with Massage Therapist & RMP, Dorian A. Wash

Providing Services in: Relaxation & Stress Management, Deep Tissue Massage, Trigger Point Therapy, Reflexology & Auricular Therapy, Reiki, Cupping

Auricular Therapy is a method of alleviating pain in different parts of the body through stimulation of the ear. It is a form of acupuncture where needles are inserted into specific points on the external surface of the ear that connect to other parts of the body.

Cupping is a form of alternative medicine where cups are placed on the skin to create suction, which can help with pain, inflammation, blood flow, and relaxation. The suction caused by a vacuum inside the cup makes the skin rise and redden as the blood vessels expand.

Dorian's Days and Hours: Tuesday, Wednesday, Sunday
9:00 a.m. - 6:00 p.m.



Tibetan Singing Bowls Private Sound Healing Sessions with Pamela Kozy

Tibetan Bowls Sound Healing can provide many benefits and positive effects on physical, mental, and spiritual levels. Everything that moves vibrates, from the smallest molecule to the universe itself. Every atom, molecule, cell, gland, and organ of the human body absorbs and emits sound. Taking in the sound and vibrations from the bowls can have effects such as relaxation, better energy flow, and a better balance and harmony in your life.

To schedule a Tibetan Bowls Private Sound Healing Session with Pamela, contact Heart in Hand.



CONT. Treatments and Therapies

Sheryl Kozy, Licensed Esthetician, Shamanic Practitioner, and Reiki Master: Offering Esthetic Services, Shamanic Healings, and Drumming Circle

Esthetic Services

Facials:

- stimulates blood flow to the skin and all of its structures which is essential for cell growth and detoxification of impurities
- reduces fat cells in the deeper tissues to help firm the skin and underlying tissues
- makes skin softer & more pliable which tones muscle and slows aging

Glycolic Peels:

Derived from sugar cane, glycolic acid stimulates new, healthy skin growth by sloughing off the surface dead skin cells to make your skin look youthful, smooth, and bright

EyeZone Therapy:

This renewal treatment for the delicate eye area is designed to soothe and brighten tired, sagging eyes, eliminate puffiness, and smooth fine lines

Waxing: please consult with Sheryl about your hair removal concerns. Prices vary



Shamanic Healings

Shamanic Healing uses ancient wisdom to align our body, mind, and spirit to obtain wholeness and harmony in our lives and ourselves. Shamanic approaches enhance a person's ability to seek and find their own answers to life's problems. Throughout time, Shamanism has been a way of life, learning how to walk in both worlds, blending earthly traditions and spiritual practices. Shamanic journeying gives you information and healing for yourself, for others, and for our Earth. Journeying opens up a sacred space within you and invites Spirit in to teach you and help you to "remember" your soul's journey, and to help you unlock sacred knowledge deep in your soul.

Sheryl's Days and Hours: Tuesdays and Wednesdays
11:00 a.m. - 7:00 p.m.

To schedule with Sheryl, call or text 219-313-8532

CranioSacral Therapy & Reiki with Angela Lukas, CTSP, RMP

What is CranioSacral Therapy? CranioSacral Therapy (CST) is a gentle, hands-on, whole-body method of releasing restrictions around the brain and spinal cord to enhance central nervous system performance and allow the body to self-correct. It helps strengthen the body's natural healing processes to bolster resistance to disease and improve overall health.

Angie does Craniosacral Therapy for children too! See her flyer for more information.

Angie's Days and Hours: Mondays and Thursdays
9:30 a.m. - 1:30 p.m. and 5:30 p.m. - 8:00 p.m.

*Other days/times may be available upon request

Adult 1 hour Craniosacral session - \$70.00

Children 45 minute Craniosacral session - \$50.00

Call or text Angie at 219-671-1770



Just for you

Summer's Rhythm Energy Medicine Exercise

1. Stand, placing your open hands on your thighs, fingers spread. Sense the energy traveling down your legs as you become more grounded.

2. Breathing deeply and slowly, make a sighing "Haaaaaaa" sound with every exhalation. This is a sighing, almost singing, sound. Imagine the fire or chaos or clutter in your mind dissolving with each breath.

3. Inhale deeply as you circle your arms widely over your head until the fingertips and thumbs of each hand meet.

4. Exhaling with the "Haaaaaaa" sound, bring your thumbs down to the crown chakra, above the center of your head, fingertips and thumbs still touching. Remain in this position as you inhale.

5. Exhaling with the "Haaaaaaa" sound, bring your thumbs to the point between your eyebrows - your third eye. Keep them there as you exhale.

6. Exhaling with the "Haaaaaaa" sound, bring your thumbs down to the point between your breasts, the "Sea of Tranquility," fingertips and thumbs still touching. Hands remain as you inhale.

7. Exhaling with the "Haaaaaaa" sound, bring your thumbs down to your navel, and roll your hands down so they form a pyramid beneath your navel. Keep them in this position with your next inhalation.

8. Exhaling with the "Haaaaaaa" sound, flatten your hands and stretch them down to the original position at your thighs. Keep them in this position as you inhale.

9. Exhaling with the "Haaaaaaa" sound, slowly move your open hands down your legs as you bend over, finally letting your hands hang down as you inhale.

10. Still hanging over, exhale with the "Haaaaaaa" sound. As you return to a standing position, inhale, bring your hands up the inside of your legs, tracing up the yin forces that support you, ending with crossed hands over the heart chakra. Exhale with a final "Haaaaaaa" sound.

Food For Thought

Chilled Blueberry Soup

[Cathy Trochelman - lemontreedwelling.com](http://lemontreedwelling.com)

This Chilled Blueberry Soup makes the most of fresh summer blueberries and offers a surprising pop of flavor! Perfect for brunch with the ladies or a simple weekend lunch, this soup is as delicious as it is beautiful ... and sure to impress!

Ingredients

1 cup water
1 pint fresh blueberries
1/4 cup Truvia Baking Blend
1/2 teaspoon cinnamon
1/4 teaspoon ginger
2 cups plain nonfat yogurt

Instructions

1. Bring water to a boil in a saucepan. Stir in the blueberries, Truvia, cinnamon, and ginger.
2. Boil for 3 minutes, stirring occasionally.
3. Reduce heat and simmer 10 minutes.
4. Remove from heat and let stand to cool.
5. Combine cooled blueberry mixture and yogurt in a blender and process until smooth.
6. Chill, covered, until ready to serve.

