

Heart in Hand Natural Healing & Training Center

2850 45th Street Suite B Highland, IN 46322

*Classes &
Information
November 2024*

Heart in Hand Natural Healing and Training Center 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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Sheryl Kozy

Shamanic Practitioner, Reiki Master
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*Before you get out of bed,
Be Grateful and Give
Thanks for the Joy of
Living. "For Gratitude can
change common days into
Thanksgiving"*



Current Classes

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

We meet the 4th Saturday of every month.

When: November 23, 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.

Reiki Classes with Angela Lukas and Sheryl Kozy, RMT

Reiki Level I: Friday, November 15, 2024 5:30 pm-9:30 pm
and Sunday, November 17, 2024 9:00 am-3:30 pm

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

Level I Cost: \$115

Level II Cost: \$160

Reiki Master (A.R.T.) Cost: \$180

Master Teacher Cost: \$210

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 Kozy 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: Check Website for Spring 2025 Class Schedule

Where: Heart in Hand
2850 45th Street, Suite B
Highland, IN 46322
219.923.2050

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: The **Root** (1st) Chakra

Week Two: The **Sacral** (2nd) Chakra

Week Three: The **Solar Plexus** (3rd) Chakra

Week Four: The **Heart** (4th) Chakra

Week Five: The **Throat** (5th) Chakra

Week Six: The **Third Eye** (6th) Chakra

Week Seven: The **Crown** (7th) Chakra



Choosing slow living and gratitude...

“Slow, soulful living is all about coming back to your truth, the only guidance you’ll ever need. When you rush, you have the tendency to follow others. When you bring in mindfulness, you have the power to align with yourself.”

– *Kris Franken*

“Take your time; nothing good comes from haste.”

– *Proverb*

“A home with fewer possessions is more spacious, more calming, and more focused on the people who live inside it.”

– *Joshua Becker*



Choosing slow living and gratitude...

“Be a curator of your life. Slowly cut things out until you’re left only with what you love, with what’s necessary, with what makes you happy.”

– *Leo Babauta*

“And then one day I decided that hurry and stress were no longer going to be part of my life. Stress is self-created, I decided to stop manufacturing it. We can choose an internal calm and joy even amid the chaos.”

– *Brendon Burchard*



***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.

Autumn Roasted Veggies

Recipe by: Real Food Whole Life



Prep Time: 10 minutes Cook Time: 40 minutes Total Time: 45 minutes Serves: 6

Ingredients:

- 2 cups sweet potatoes cut into 1 ½ inch thick pieces
- 2 cups cauliflower florets
- 2 cups bell pepper cut into 1-inch pieces
- 2 cups zucchini sliced or cubed into 1-inch pieces
- 1 medium acorn squash seeded, cut into 1-inch slices or cubes
- 1 cup brussels sprouts
- ¼ cup olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon black pepper
- ½ teaspoon kosher salt
- ½ teaspoon cinnamon
- ½ teaspoon garlic powder

Instructions:

1. Preheat oven to 400 degrees.
2. Place chopped veggies in an extra-large bowl. Pour olive oil and spices onto veggies. Toss to combine.
3. Spread vegetables in an even layer on baking sheet and bake for 30 – 40 minutes, flipping halfway through cooking time.