

# Heart in Hand Natural Healing & Training Center

2850 45<sup>th</sup> Street Suite B Highland, IN 46322

Classes & Information  
June 2024

## Heart in Hand Natural Healing and Training Center LLC

### Pamela Kozy

Eden Energy Medicine Certified  
Practitioner, Reiki Master Teacher  
Phone: 219-923-2050  
Email: [heartinhand4@sbcglobal.net](mailto:heartinhand4@sbcglobal.net)  
Website: [heartinhandhealing.com](http://heartinhandhealing.com)

## Whole Life Counseling Services with Jennifer Willhoit

Licensed Clinical Social Worker, RMP  
Phone: 219-923-2050  
Email: [jenfw@sbcglobal.net](mailto:jenfw@sbcglobal.net)  
Website: [wholelifecounselingservices.com](http://wholelifecounselingservices.com)

## Practitioners

### Dorian A. Wash

Massage Therapist, Bodyworker, Reiki  
Master Teacher  
Phone: 219-614-8834  
[dorian82@yahoo.com](mailto:dorian82@yahoo.com)

### Sheryl Kozy

Shamanic Practitioner, Reiki Master  
Teacher  
Phone: 219-313-8532  
[skozy930@gmail.com](mailto:skozy930@gmail.com)

### Angela M. Lukas

CranioSacral Therapy Practitioner, Reiki  
Master Teacher  
Phone: 219-671-1770  
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**Cultivate Savoring the Moment ...**

**“Just enjoy every moment. Don’t  
stress. Just be yourself.”**

**— Mabel**



## Current Classes

### Journey of the Soul Shamanic Studies Program Introduction to Shamanism I – Meet Your Power Animal & Learn to Journey Workshop with Sheryl Kozy, Graduate of the Journey of the Soul Shamanic Program, Shamanic Practitioner

**When:** June 8, 2024

**Where:** **Heart in Hand**

2850 45<sup>th</sup> Street, Suite B  
Highland, IN 46322

**Time:** 9:00 am – 5:00 pm

**Cost:** \$145.00

Please register with a \$35.00 deposit to reserve your spot! This class is limited to 6 participants. Contact Sheryl Kozy at 219.313.8532 or [skozy930@gmail.com](mailto:skozy930@gmail.com) to register.

A light lunch will be provided. If you have any dietary restrictions, please feel free to bring your own lunch that does not require heating.

During this workshop, you will learn the basic skills of Shamanic Journeying: How to create a sacred circle, meet and journey with your power animal to the lower, middle, and upper world, and an overview of Shamanism as a spiritual practice.

Please bring a blanket, notebook, pen, bandana, drum and/or rattle (if you do not have one, there will be extras available).

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

We meet the 4<sup>th</sup> Saturday of every month.

**When:** No meeting in June or July

**Where:** **Heart in Hand**

2850 45<sup>th</sup> 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 Pamela Kozy, RMT, EEM-CP, IARP

**Reiki Level I:** Friday, July 26, 2024 5:30 pm-9:30 pm  
and Sunday, July 28, 2024 9:00 am – 3 :00 pm

**Reiki Level II:** Friday, September 6, 2024 5:30 pm-9:30 pm  
and Sunday, September 8, 2024 9:00 am-3:30 pm

**Reiki Master Teacher:** Saturday, August, 10, 2024 and  
Sunday, August 11, 2024 9:00 am – 2:00 pm both days.

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

**Level I Cost:** \$115

**Level II Cost:** \$160

**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 at **219-923-2050**.

### 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 Fall Class Schedule

**Where:** **Heart in Hand**

2850 45<sup>th</sup> 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!

### Drumming Circle with Sheryl Kozy

**Date:** Second Tuesday of every month

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

## Just for You...

### Savoring the Moment...

“Life becomes more meaningful when you realize the simple fact that you’ll never get the same moment twice.”

— *Anonymous*

“You must live in the present, launch yourself on every wave, find your eternity in each moment.”

— *Henry David Thoreau*

“The trick is to enjoy life. Don’t wish away days waiting for better ones ahead.”

— *Marjorie Pay Hinckley*



### Savoring the Moment...

“Live every moment, love every day, cause before you know it, precious time slips away.”

— *Reo Speedwagon*

“Learn from yesterday, live for today, look to tomorrow, rest this afternoon.”

— *Charles M. Schulz*

“Enjoy every moment you have. Because in life, there are no rewinds, only flashbacks. Make sure it’s all worth it.”

— *Anonymous*



\***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.

# Classic Shrimp Salad

Recipe by: Downshiftology – Lisa Bryan



## Ingredients:

- 2 pounds shrimp peeled and deveined
- 2 tablespoons finely chopped red onion
- 1 rib celery finely chopped

## Shrimp Salad Dressing:

- 1 cup mayonnaise
- 1 lemon zested and juiced (about 1 tablespoon zest and 3 tablespoons juice)
- 2 tablespoons chopped fresh dill
- 1 tablespoon Dijon mustard
- 1 garlic clove minced
- ¼ teaspoon kosher salt
- pinch freshly ground black pepper
- Optional: butter lettuce leaves for serving

## Instructions:

1. Make the dressing. To make the dressing, stir together the mayonnaise, lemon juice and zest, dill, mustard, garlic, salt, and pepper. Set aside.
2. Boil the shrimp. Bring a pot of water to a boil. Add the shrimp and cook for 2 to 3 minutes, until cooked through and pink.
3. Prep and ice water bath. While the shrimp are cooking, prepare an ice water bath. Use a skimmer to remove the shrimp to the ice water bath. Use a skimmer to remove the shrimp to the ice water bath. Let them cool for 3 minutes, then drain them in a colander.
4. Stir it all together. In a mixing bowl, stir together the cooled shrimp, red onion, celery, and dressing, until creamy. Serve plain or with butter lettuce leaves.

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes