

Heart in Hand Natural Healing & Training Center

2850 45th Street Suite B Highland, IN 46322

Classes & Information

February 2025

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, RMP

Phone: 219-923-2050

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Practitioners

Dorian A. Wash

Massage Therapist, Bodyworker, Reiki
Master Teacher

Phone: 219-614-8834

dorian82@yahoo.com

Sheryl Kozy

Shamanic Practitioner, Reiki Master
Teacher

Phone: 219-313-8532

skozy930@gmail.com

Angela M. Lukas

CranioSacral Therapy Practitioner, Reiki
Master Teacher

Phone: 219-671-1770

angielukas@gmail.com

Gentle Love and Kindness

**“When you see something beautiful in
someone, tell them. It may take seconds
to say, but for them, it may last a
lifetime.”**

— *Natural Life*



Current Classes with Pamela Kozy, RMT

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

We meet the 4th Saturday of every month.

When: February 22, 2025

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 Pamela Kozy, RMT, EEM-CP, IARP

Reiki Level II: Friday, March 07, 2025 5:30 pm-9:30 pm
and Sunday, March 09, 2025 9:00 am-3:30 pm

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

Level I Cost: \$130

Level II Cost: \$160

Reiki Master (A.R.T.) Cost: \$190

Master Teacher Cost: \$250

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**.

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

Member of the International Association of Reiki Professionals

When: Sunday, February 23, 2025 – Saturday, April 5, 2025

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

Time: 5:00 pm – 7:00 pm for Sunday classes
9:00 am – 11:30 am for Saturday Class

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: Feb. 23rd - The **Root** (1st) Chakra

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

Week Three: March 9th - The **Solar Plexus** (3rd) Chakra

Week Four: March 16th - The **Heart** (4th) Chakra

Week Five: March 23rd - The **Throat** (5th) Chakra

Week Six: March 30th - The **Third Eye** (6th) Chakra

****Week Seven: April 5th - The Crown (7th) Chakra**

(SATURDAY 9:00 am – 11:30 am)

*****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: February 20, 2025



Current Classes with Angela Lukas, RMT and Sheryl Kozy, RMT

Drumming Circle with Sheryl Kozy

Date: Second Tuesday of every month

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

Donation: \$20.00

INTRODUCTION TO SHAMANISM II with Sheryl Kozy

Meet Your Power Animal & Learn to
Journey Workshop



Please check the website for upcoming dates.

Please register with a \$35.00 deposit to reserve your spot! This class is limited to 6 participants.

Date: Upcoming Dates to be Announced

Time: 9:30 am to 4:30 pm

Cost: \$155.

Please bring a blanket, notebook, pen, bandana, drum, and/or rattle (if you do not have one, there will be extras available) A light lunch will be provided, feel free to bring your own lunch.

Contact Sheryl at 219-313-8532 to register

Reiki Classes with Angela Lukas, RMT & Sheryl Kozy, RMT

Reiki Level II: Friday, April 04, 2025 5:30 pm-9:30 pm and Sunday, April 06, 2025 9:00 am-3:30 pm

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

Level I Cost: \$130

Level II Cost: \$160

Reiki Master (A.R.T.) Cost: \$190

Master Teacher Cost: \$250

Prerequisite: Reiki Level I class.

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

Dinner is provided for Master and Master Teacher Levels.

To register for the above class, please contact Angie Lukas at 219.671.1770.

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



***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.

Crock Pot Vegetable Soup

Recipe by: Eating on a Dime



Prep Time: 10 minutes

Total Time: 6 hours 10 minutes

Ingredients:

- 1 large onion chopped (I use frozen diced onion)
- 3 stalks celery chopped
- 2 carrots peeled and chopped
- 3 medium Yukon gold potatoes peeled and diced into small pieces
- 2 cans of fire roasted tomatoes 14.5 oz
- 1 bag frozen mixed vegetables 12 oz
- 2 bay leaves
- 1/2 teaspoon dried thyme
- 2 teaspoons minced garlic
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 teaspoons Italian Seasoning
- 8 cups vegetable stock

Instructions:

1. Place everything in the slow cooker. I used a 6-quart crock pot.
2. Cook on low for 6 hours or until potatoes are soft. (You can cook on high but reduce time.)
3. Salt and pepper to taste.