

Heart in Hand Natural Healing & Training Center

2850 45th Street Suite B Highland, IN 46322

**Classes &
Information**

September 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

Email: jenfw@sbcglobal.net

Website: wholelifecounselingservices.com

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

angelulukas@gmail.com

Welcome the Gift of Relaxation...

**"Today give yourself permission
to rest, relax, and read."**

— *Unknown*



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: September 27, 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 I and II: Check website for upcoming dates.

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.
Lunch is provided for Master and Master Teacher Levels.
If interested in taking the Master class or Master Teacher class with Pamela or to register for any of the classes with Pamela, please call the office to register 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 upcoming dates.

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: 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

*****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**.

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

Check website for upcoming dates.

Meet Your Power Animal & Learn to
Journey Workshop



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 I: Check website for upcoming dates.

Reiki Level II: Check website for upcoming dates.

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 or Master Teacher 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.

Best Damn Air Fryer Cauliflower

Recipe by: Recipe Teacher

Servings: 4 Prep Time: 5 minutes Total Time: 20 minutes



Ingredients:

- 1 head of fresh cauliflower
- 1/2 tsp kosher salt (or salt to taste)
- 1/2 tsp smoked paprika
- 1/2 tsp turmeric
- 1/2 tsp cumin
- 1/2 tsp ground mustard
- 1/2 tsp oregano
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 1.5 tbs vegetable oil

Instructions:

1. Trim cauliflower and cut into chunks of 1-2 inches in size. Add to a large bowl.
2. Mix all dry ingredients, set aside.
3. Toss cauliflower chunks with vegetable oil and add seasoning mix. Toss well to get everything coated.
4. Preheat air fryer for 5 minutes at 400°(F).
5. Place seasoned cauliflower into air fryer basket or on tray and air fry at 400°(F) for 15 minutes, stirring or shaking basket 2-3 times during cooking to achieve uniform browning.
6. Remove from air fryer and serve immediately.