

Heart in Hand Natural Healing & Training Center

2850 45th Street Suite B Highland, IN 46322

Classes & Information

April 2026

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

angielukas@gmail.com

Sue Straatman

Reiki Master Practitioner

Phone: 708.602.4351

Welcome the Gift of April...

"Soft showers, softer thoughts,
and an open umbrella."

— Anonymous



Current Classes with Pamela Kozy, RMT

Practitioner Reiki Share Group- Every Other Month with Pamela Kozy, RMT, EEM-CP, IARP

We meet the 4th Saturday every other month.

When: April 25, 2026

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!
As practitioners of healing work, we need healing too. For us
to help others, we must begin with ourselves.

If you are interested in being part of this Practitioner Reiki
Share group, 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: All classes will be held on Sundays:
May 3, 10, 17, 24, 31
June 7, 14

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

Time: 5:00 pm – 7:00 pm
*Dinner is provided at the last class.
The time for that class is from
5:00 pm – 8:00 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

*****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.

Air Fryer Carrot Fries

Recipe by: cook it real good

Prep: 5 minutes **Cook Time: 20 minutes** **Total Time: 25 minutes** **Servings: 4**



Ingredients:

- 4 Carrots, peeled & cut into fries
- 1 tsp Corn Flour / Corn Starch
- 1 tsp Paprika
- 1/2 tsp Garlic Powder
- 1 tbsp Olive Oil
- Salt, to taste

Instructions:

1. Add all ingredients except for salt into a bowl and mix well to combine.
2. Place carrots into the air fryer basket or tray, making sure they are in a single layer and not touching. This helps keep them crisp. You may need to cook in batches if you have a smaller air fryer.
3. Cook on 200C / 390F for 15-20 minutes, flipping the carrots halfway through, until they are crisp on the outside and soft on the inside. You may need a taste test here but I'm sure there won't be a complaint there!
4. Serve immediately with a sprinkle of salt on top and [spicy mayo](#) or [sriracha aioli](#) dipping sauce, if desired.