

Classes and Services
June 2021

Heart in Hand Natural Healing

Heart in Hand Natural Health LLC

8212 Kennedy Ave. Highland, IN, 46322

Phone: 219-923-2050

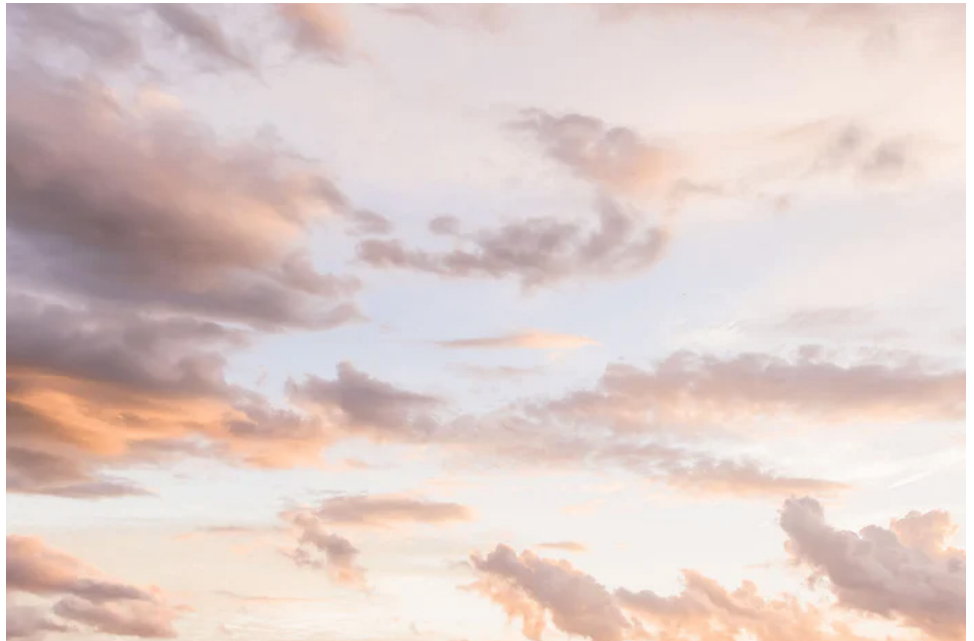
Email: heartinhand4@sbcglobal.net

Website: heartinhandhealing.com

"Find out where joy resides, and give it a voice far beyond singing. For to miss the joy is to miss all." — Robert Louis Stevenson

Classes, Workshops, and Events

For the time being, all classes and workshops can only have 4 students or participants.



Heart in Hand Price List

ENERGY MEDICINE with Pamela Kozy, CEEMP

- Energy Testing Evaluation (Initial visit 1 hour) **65.00**
- Energy Medicine Treatment (1 hour) **60.00**
- Energy Medicine/Reiki Session (1 hour) **60.00**
- Brazilian Toe & Black Pearl Session **50.00**

EDEM ENERGY MEDICINE CLASSES with Pamela Kozy, CEEMP

- Energy Medicine Class 101 **140.00**
- Energy Medicine Class 102 **100.00**

REIKI SESSIONS with: Pam, Dorian, Angie, and Sheryl

- Reiki (30 minutes) **30.00**
- Reiki (45 minutes) **45.00**
- Reiki (1 hour) **60.00**
- Reiki/Reflexology (45 minutes) with Pam **60.00**
- Reiki with Guided Imagery (1 hour) with Pam **55.00**
- Chakra Balancing **45.00**

REIKI SPECIAL PACKAGE DISCOUNTS

- Six 45 minute sessions **140.00**
- Cancer Patient Reiki Discount (30 minutes) **15.00**
- Cancer Patient Reiki Discount (1 hour) **25.00**
- Jen's Patients 30 minutes **30.00**

REIKI CLASSES with Pamela Kozy, RMT

- Reiki Level One **115.00**
- Reiki Level Two **150.00**
- Reiki Master (A.R.T.) Level **180.00**
- Reiki Master Teacher* **198.00**

(All classes are two days, except Reiki Kids Workshop & Master Level)

*This is a two day class. This class can only be taken after the Master (A.R.T.) Level and one year of study with Pam.

SPIRIT OF ENERGY CHAKRA CLASS with Pamela Kozy, RMT

- 7 Week Class **100.00**

TIBETAN BOWLS PRIVATE SOUND HEALING with Pamela Kozy

- 30 minutes **25.00**
- 1 hour **50.00**

CRANIOSACRAL THERAPY with Angela Lukas

- Craniosacral Therapy (1 hour) **70.00**
- Craniosacral for Kids (30 minutes) **40.00** / (45 minutes) **50.00**

INNER BALANCE YOGA with Joanna Sypudt, Certified Instructor

- Beginner to Advanced Classes (6 weekly sessions) **68.00**
- Introductory Offer for New Students (6 weekly sessions) **58.00**
- Private lessons and teacher training also available. Call Joanna for more information at 708-254-7036.

MENTAL & EMOTIONAL THERAPIES with Jen Willhoit, LCSW

- The counseling department is willing to work with your Insurance Company. If you do not have insurance, the cost is:
- per visit for individual **90.00**
- per visit for couples **105.00**

THERAPEUTIC MASSAGE with Dorian Wash, MT/RMP

- Deep Tissue Massage (1 hour) **75.00** / (90 minutes) **105.00**
- Therapeutic/Swedish Massage (30 minutes) **35.00** / (1 hour) **70.00** / (90 minutes) **100.00**
- Hot Stone Massage (1 hour) **65.00** / (90 minutes) **95.00**
- CBD Massage (30 minutes, half body) **45.00** / (1 hour) **75.00** / (90 minutes) **105.00**
- Reflexology (30 minutes) **35.00** / (45 minutes) **45.00** / (1 hour) **55.00**
- Auricular Therapy (30 minutes) **25.00**
- Cupping (30 minutes) **30.00**
- Reiki (30 minutes) **30.00** / (45 minutes) **45.00** / (1 hour) **60.00**

Additional Services Include:

- 2 Local Deep Tissue areas (if necessary)
- Aromatherapy
- Reflexology - additional \$10
- Cupping - additional \$10
- Auricular Therapy (ear seeds) - additional \$10
- Hot Stones - additional \$10
- Essential Oils - additional \$5
- CBD Oil (2 specific areas only) - additional \$10
- Reiki - additional \$5

ESTHETIC SERVICES and SHAMANIC HEALINGS with Sheryl Kozy

- Facials **65.00 - 75.00**
- Glycolic Peels **80.00**
- Eyezone Therapy **35.00**
- Waxing **Prices Vary**
- Shamanic Services offered cost **75.00** for 1 hour session
 - Shamanic Journey
 - Wax Extraction
 - Lympia Cleanse
 - Soul Retrieval
 - Chakra Balancing
 - Power Animal Retrieval
 - Shamanic Reiki

Classes/Workshops Throughout the Year

Reiki Classes

With: Pamela Kozy, RMT, EEM-CP, &
Amiee Boswinkle, RMT, Certified Health Coach

Master Level

Date: June 27, 2021

Time: 9:00 a.m. - 4:00 p.m.

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

*Lunch is provided on day 2 of Level I and II, and dinner is provided at the end of class for the Master Level

If interested in taking the Master class, call Pamela at 219-902-7234

The Spirit of Energy Chakra Class

The fall Chakra class has been rescheduled to spring 2021.

Dates TBD

Class time: 5:00 - 7:00 p.m.*

Cost: \$100.00

With Pamela Kozy, RMT, EEM-CP, IARP.

Member of the International Association of Reiki Professionals

This class is a seven-week course, studying and exploring the human energy system. Each week you will learn how each Chakra affects a particular body function. This class is a user-friendly way to enable you to use this system to enhance your own healing process.

Please bring a pillow and yoga mat for meditation and floor exercise. Class size is limited to 5 people and fills up fast!

To register, call 219-923-2050. Register by (tbd)



Energy Medicine: 5 Rhythms (The Elements Workshop) with Instructor: Pamela Kozy, EEM-CP, RMT

This workshop will help you understand not only how the elements, or rhythms, interact in nature and how the meridians interact in the body, but interact with each other. Discover your dominant rhythm, or the dominant rhythm of your friend, child, or spouse, have a better understanding as to why you and they act the way you all do, and how to facilitate harmony and balance between you.

Date: August class has been cancelled, check website for updates

Time: TBD

Register by: TBD (class space is limited to no more than 5)

Place: Heart in Hand Natural Healing Center

Cost: \$100.00

Lunch will be provided

Check website for more information

Drumming Circle with Sheryl Kozy

Date: second Tuesday of every month

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

Place: Heart in Hand



Learn to Journey Workshop with Sheryl Kozy

Date: TBD

Time: 9:00 a.m. - 2:00 p.m.

Cost: \$155

Lunch is provided.

Shamanic Journeying is a process that teaches you to move into an alternate state of consciousness (wakeful dreaming), so you can receive divine guidance. It will teach you how to access information, as well as facilitate healing for yourself and others. This incredible one-day workshop will teach you the basic skills of Shamanic Journeying. Sheryl will cover creating a sacred circle, how to work with your power animal, and much more.

Text or call Sheryl Kozy to RSVP at 219-313-8532 or email skozy930@gmail.com

Treatments and Therapies

Pamela Kozy Offering Reiki sessions and classes, Energy Medicine sessions and classes, and Reflexology

Reiki is an ancient healing touch therapy, which focuses on the electromagnetic field and provides a means to recharge, realign, and rebalance our energy field to create the conditions needed to help manage pain and promote healing at a faster rate without complications.

Reiki-Reflex is a combining Reflexology with Reiki energy.

Days and Hours:

Mondays: 9:00 a.m. - 2:00 p.m. and 5:00 - 8:00 p.m. at Heart in Hand

Tuesdays: 9:00 a.m. - 1:00 p.m. at Green Med Spa

Thursdays: 9:00 a.m. - 2:00 p.m. and 5:00 - 8:00 p.m. at Heart in Hand

Eden Energy Medicine

Eden Energy Medicine: Energy medicine is an approach that involves balancing and restoring your body's natural energies for the purposes of increasing your vitality, strengthening your mental capacities, and optimizing your health. Einstein's famous formula, $E=MC^2$, changed the course of physics and history by showing that matter is a form of energy. The human body is comprised of molecules that are in constant motion and that are continually being influenced by outside forces. The vital role that these energies play in our everyday health and well-being has been well established.

Energy medicine techniques help to bring disturbed energies back to a state of balance and harmony. These techniques work with the body's own energy to help create health and wellness, activate the body's natural healing ability, help restore vital energy that have become weak, disturbed, or off balance.

To schedule an Eden Energy Medicine session with Pamela, contact Heart in Hand.

Whole Life Counseling Services with: Jennifer Willhoit LCSW, RMP

Jennifer has been practicing for over 17 years, providing individual and couples counseling, solution focused, cognitive behavioral/ Hypnotherapy, EDMR

Days available: Monday, Tuesday, and Wednesday

Counseling for ages 18+

Phone: 219-923-2050

www.wholelifecounselingservices.com

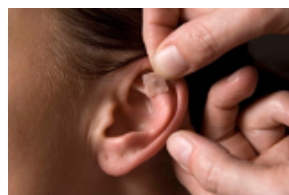
Balanced Hands Therapeutic Massage with Massage Therapist & RMP, Dorian A. Wash

Providing Services in: Relaxation & Stress Management, Deep Tissue Massage, Trigger Point Therapy, Reflexology & Auricular Therapy, Reiki, Cupping

Auricular Therapy is a method of alleviating pain in different parts of the body through stimulation of the ear. It is a form of acupuncture where needles are inserted into specific points on the external surface of the ear that connect to other parts of the body.

Cupping is a form of alternative medicine where cups are placed on the skin to create suction, which can help with pain, inflammation, blood flow, and relaxation. The suction caused by a vacuum inside the cup makes the skin rise and redden as the blood vessels expand.

Dorian's Days and Hours: Tuesday, Wednesday, Sunday
10:00 a.m. - 4:00 p.m.



Tibetan Singing Bowls Private Sound Healing Sessions with Pamela Kozy

Tibetan Bowls Sound Healing can provide many benefits and positive effects on physical, mental, and spiritual levels. Everything that moves vibrates, from the smallest molecule to the universe itself. Every atom, molecule, cell, gland, and organ of the human body absorbs and emits sound. Taking in the sound and vibrations from the bowls can have effects such as relaxation, better energy flow, and a better balance and harmony in your life.

To schedule a Tibetan Bowls Private Sound Healing Session with Pamela, contact Heart in Hand.



CONT. Treatments and Therapies

Sheryl Kozy, Licensed Esthetician, Shamanic Practitioner, and Reiki Master: Offering Esthetic Services, Shamanic Healings, and Drumming Circle

Esthetic Services

Facials:

- stimulates blood flow to the skin and all of its structures which is essential for cell growth and detoxification of impurities
- reduces fat cells in the deeper tissues to help firm the skin and underlying tissues
- makes skin softer & more pliable which tones muscle and slows aging

Glycolic Peels:

Derived from sugar cane, glycolic acid stimulates new, healthy skin growth by sloughing off the surface dead skin cells to make your skin look youthful, smooth, and bright

EyeZone Therapy:

This renewal treatment for the delicate eye area is designed to soothe and brighten tired, sagging eyes, eliminate puffiness, and smooth fine lines

Waxing: please consult with Sheryl about your hair removal concerns. Prices vary



Shamanic Healings

Shamanic Healing uses ancient wisdom to align our body, mind, and spirit to obtain wholeness and harmony in our lives and ourselves. Shamanic approaches enhance a person's ability to seek and find their own answers to life's problems. Throughout time, Shamanism has been a way of life, learning how to walk in both worlds, blending earthly traditions and spiritual practices. Shamanic journeying gives you information and healing for yourself, for others, and for our Earth. Journeying opens up a sacred space within you and invites Spirit in to teach you and help you to "remember" your soul's journey, and to help you unlock sacred knowledge deep in your soul.

To schedule with Sheryl, text or call 219-313-8532

CranioSacral Therapy & Reiki with Angela Lukas, CTSP, RMP

What is CranioSacral Therapy? CranioSacral Therapy (CST) is a gentle, hands-on, whole-body method of releasing restrictions around the brain and spinal cord to enhance central nervous system performance and allow the body to self-correct. It helps strengthen the body's natural healing processes to bolster resistance to disease and improve overall health.

Angie does Craniosacral Therapy for children too! See her flyer for more information.

Days and Hours:

Wednesdays: 9:30 a.m. - 5:00 p.m. at Green Med Spa

Thursdays: 5:30 p.m. - 8:00 p.m. at Heart in Hand

*Other days/times may be available upon request

Adult 1 hour Craniosacral session - \$70.00

Children 45 minute Craniosacral session - \$50.00

Call or text Angie at 219-671-1770



Just for you

Protecting Your Energy — Sheryl Kozy

Do you ever wonder why sometimes you suddenly feel drained of energy or notice certain unwanted feelings/emotions flare up after being in a crowd or simply talking with another person?

I do!!

As I am continually learning every day, I've never been more aware than now of how easily I absorb others' energy! I now recognize that I am a sponge in human form!

I understand that some people do not actually realize they are spewing out negativity and are draining the life force energy out of you unconsciously. They are reacting possibly from someone else's "stuff" not realizing they are being hurtful and using words that can cause inner conflict for the person being drained.

I have experienced this draining situation before and it completely floors me and I notice I can't get motivated or even think straight for the rest of the day.

This is not something new for me but it did inspire me to share some tidbits of what you can do to protect yourself and regain your energy...

- WRITE and release!!
- Envision white or purple light surrounding you (especially before going out in public)
- Carry a protective stone or crystal with you (like a tiger eye or hematite)
- Journal or meditate.
- SAGE (before and after)!!
- Drum or rattle for yourself.
- Call in all your Spirit guides to protect you!!

And most importantly...LOVE YOURSELF!!!

To finish off, you can recite this Cleansing Prayer...

May I release all energies that are less than love. Help free my mind and body of all that no longer serves me. I send back any energies that aren't mine. I anchor into myself and the present moment.

Food For Thought

Fruit Salad

[Makinze Gore - delish.com](#)

Really? A recipe for fruit salad? Yes, you need it. Because this simple dressing takes strawberries, raspberries, and mangoes to a whole new level. Sweet syrupy honey, fresh tart orange juice, and bright lemon zest come together to elevate your fruit (even if they're out of season) to new heights.

Ingredients

for the dressing

1/4 cup honey

1/4 cup freshly squeezed orange juice

zest of 1 lemon

for the salad

1 lb. strawberries, hulled and quartered

6 oz. blueberries

6 oz. raspberries

3 kiwis, peeled and sliced

1 orange, peeled and wedges cut in half

2 apples, peeled and chopped

1 mango, peeled and chopped

2 cups grapes



Photo by Parker Feierbach

Instructions

1. In a small bowl whisk together honey, orange juice, and lemon zest. Add fruit to a large bowl and pour over dressing, tossing gently to combine. Chill until ready to serve.