

Heart in Hand Natural Healing & Training Center

2850 45th Street Suite B Highland, IN 46322

Classes &
Information

December 2025

Heart in Hand Natural Health LLC

Pamela Kozy

Eden Energy Medicine Certified
Practitioner, Reiki Master Teacher
Phone: 219-923-2050
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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
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Sheryl Kozy

Shamanic Practitioner, Reiki Master
Teacher
Phone: 219-313-8532
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Angela M. Lukas

CranioSacral Therapy Practitioner, Reiki
Master Teacher
Phone: 219-671-1770
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Welcome the Gift of Stillness...

“Blankets and books, no need
to roam, the holidays shine
best at home.”

— *Hannah Lee*



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: No meeting this month.

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.



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.

Italian Artichoke-Green Bean Casserole

Recipe by: Taste of Home

Total Time: **Prep: 25 minutes** **Bake: 25 minutes**

Servings: 10



INGREDIENTS:

- 6 cups cut fresh green beans (about 1-1/2 pounds)
- 1/3 cup olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 3 cans (14 ounces each) water-packed artichoke hearts, drained and chopped
- 1/2 cup minced fresh parsley
- Pinch cayenne pepper
- Pinch pepper
- 1 cup seasoned breadcrumbs
- 1 cup grated Parmesan cheese, divided

DIRECTIONS:

1. Preheat oven to 350°. In a large saucepan, bring 6 cups water to a boil. Add green beans; cook, uncovered, just until crisp-tender, 3-4 minutes. Drain and set aside.
2. In a 6-qt. stockpot, heat oil over medium heat. Add onion; cook and stir until tender, 3-4 minutes. Add garlic; cook 1 minute longer. Add beans, artichoke hearts, parsley, cayenne, and pepper. Stir in breadcrumbs and 3/4 cup cheese.
3. Transfer to a greased 11x7-in. baking dish. Sprinkle with remaining cheese. Bake until lightly browned, 25-30 minutes.