

Heart in Hand Natural Healing & Training Center

2850 45th Street Suite B Highland, IN 46322

**Classes &
Information**

April 2025

Heart in Hand Natural Health

LLC

Pamela Kozy

Eden Energy Medicine Certified
Practitioner, Reiki Master Teacher
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Whole Life Counseling Services with Jennifer Willhoit

Licensed Clinical Social Worker, RMP
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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
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Angela M. Lukas

CranioSacral Therapy Practitioner, Reiki
Master Teacher
Phone: 219-671-1770
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The Act of Blossoming...

*"The flower that blooms in
adversity is the most rare and
beautiful of all."*

- 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: April 26, 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

Master Teacher Class:

Saturday, April 26, 2025 11:00 am – 3:00 pm

Sunday, April 27, 2025 9:00 am – 1:30 pm

Reiki Level I:

Friday, June 20, 2025 5:30 pm – 9:30 pm

Sunday, June 22, 2025 9:00 am – 3:00 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.

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**.

Eden Energy Medicine 102

with Pamela Kozy, RMT, EEM-CP, IARP

When: Saturday, May 31, 2025

Where: Location To Be Determined

Time: 9:00 am – 3:00 pm

Cost: \$100

Lunch will be provided.

****Prerequisite:** Eden Energy Medicine 101

To register, please call the office 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

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 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 or the 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.

Asparagus Mushroom Stir Fry

Recipe by: Jo Eats

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes



Ingredients:

1 T toasted sesame oil
2 tsp rice wine vinegar, unseasoned
2 T soy sauce
1 T maple syrup (or sweetener of your choice)
1 tsp sriracha
1/4 c water
1 tsp cornstarch
2 T vegetable oil
8 ounces shitake mushrooms, stemmed and torn into bite sized pieces
1 lb asparagus, trimmed and chopped into 2 inch pieces
2 inch piece of ginger, peeled and julienned
Sesame seeds to garnish (optional)

Instructions:

Make the sauce by combining the sesame oil, vinegar, soy sauce, maple syrup, sriracha, and water in a small bowl. Whisk in the cornstarch until fully incorporated and set aside.

Heat a large skillet over medium-high. Add the oil and wait for it to just start smoking. Add the mushrooms and spread into one even layer. Let cook, undisturbed for 2-3 minutes, or until they start to brown on the bottom (this will take less time the more room they have, so if you're using a smaller pan, just be patient).

Toss in asparagus and ginger and cook, stirring occasionally for 3-4 minutes or until the asparagus is tender, but with a little bite left.

Add the sauce and turn off the heat. Stir to combine.

Serve over rice and garnish with sesame seeds.

Note:

If the mushrooms have a lot of room to spread into one even layer they will brown much faster than if they are on top of each other. So, if you have a smaller pan, just be patient. They will probably exude some liquid and look like they're steaming for a bit, but if you don't touch them and let the water evaporate, they'll begin to brown.

Any size asparagus is fine here, but I prefer the thicker stalks for their flavor. If you have pencil thin asparagus, just make sure to check them a little early for doneness, so they don't go mushy.