

# Heart in Hand Natural Healing & Training Center

2850 45<sup>th</sup> Street Suite B Highland, IN 46322

## Classes & Information

## March 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](mailto:heartinhand4@sbcglobal.net)  
Website: [heartinhandhealing.com](http://heartinhandhealing.com)

#### Whole Life Counseling Services with Jennifer Willhoit

Licensed Clinical Social Worker, RMP  
Phone: 219-923-2050  
Email: [jenfw@sbcglobal.net](mailto:jenfw@sbcglobal.net)  
Website: [wholelifecounselingservices.com](http://wholelifecounselingservices.com)

### Practitioners

#### Dorian A. Wash

Massage Therapist, Bodyworker, Reiki  
Master Teacher  
Phone: 219-614-8834  
[dorian82@yahoo.com](mailto:dorian82@yahoo.com)

#### Sheryl Kozy

Shamanic Practitioner, Reiki Master  
Teacher  
Phone: 219-313-8532  
[skozy930@gmail.com](mailto:skozy930@gmail.com)

#### Angela M. Lukas

CranioSacral Therapy Practitioner, Reiki  
Master Teacher  
Phone: 219-671-1770  
[angielukas@gmail.com](mailto:angielukas@gmail.com)

## Winds of March

"Winds of March we welcome you, there is  
work for you to do. Work and play and  
blow all day, blow the winter cold away."

– *Unknown*



## Current Classes with Pamela Kozy, RMT

### Distant Healing Group Reiki Share - Monthly with Pamela Kozy, RMT, EEM-CP, IARP

We meet the 4<sup>th</sup> Saturday of every month.

**When:** March 22, 2025

**Where:** **Heart in Hand**  
2850 45<sup>th</sup> 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 II:** Friday, March 07, 2025 5:30 pm-9:30 pm  
and Sunday, March 09, 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

Lunch is provided on the second day for Levels I and II.  
Dinner is provided for Master and Master Teacher Levels.  
If interested in taking the Master class, please call Pamela Kozy 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 45<sup>th</sup> 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: Feb. 23<sup>rd</sup> - The **Root** (1<sup>st</sup>) Chakra

Week Two: March 2<sup>nd</sup> - The **Sacral** (2<sup>nd</sup>) Chakra

Week Three: March 9<sup>th</sup> - The **Solar Plexus** (3<sup>rd</sup>) Chakra

Week Four: March 16<sup>th</sup> - The **Heart** (4<sup>th</sup>) Chakra

Week Five: March 23<sup>rd</sup> - The **Throat** (5<sup>th</sup>) Chakra

Week Six: March 30<sup>th</sup> - The **Third Eye** (6<sup>th</sup>) Chakra

\*\*Week Seven: April 5<sup>th</sup> - The **Crown** (7<sup>th</sup>) 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.

## Avocado Dip

Recipe by: The Pioneer Woman

**Prep Time: 5 minutes Total Time: 5 minutes**



### Ingredients:

- 3 ripe avocados, peeled and pitted
- 1/2 cup whole milk Greek yogurt
- 1/3 cup packed basil leaves
- 2 green onions, sliced
- 1 teaspoon fresh lemon zest
- 3 tablespoons fresh lemon juice
- 1 garlic clove, minced
- 1 1/4 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- Pita chips, to serve
- Cut raw vegetables, to serve
- \*\*Substitute plant-based yogurt for a vegan-friendly dip.

### Directions:

1. Combine the avocados, Greek yogurt, basil, green onion, lemon zest, lemon juice, garlic, salt, and cayenne and puree in a blender until smooth. Use a rubber spatula to scrape down the sides as needed.
2. Spoon the avocado dip into a serving bowl, serving with pita chips and cut vegetables.