

Heart in Hand Natural Healing & Training Center

2850 45th Street Suite B Highland, IN 46322

**Classes &
Information**

November 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
Website: heartinhandhealing.com

Whole Life Counseling Services with Jennifer Willhoit

Licensed Clinical Social Worker, RMP
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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
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Welcome the Gift of Thanksgiving...

**“I am grateful for what I am
and have. My thanksgiving
is perpetual.”**

– Henry David Thoreau



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: November 22, 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

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

Journey of the Soul Shamanic Studies

Program Presents:

Introduction to Shamanism Part II: –
Walking into the Sacred Circle Workshop
with Sheryl Kozy, Graduate of the Journey
of the Soul Shamanic Program, Shamanic
Practitioner

When: 2-Session Course
Tuesdays, November 18th &
December 2nd

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

Time: 4:00 pm – 8:00 pm each day
Cost: \$185.00

Please register with a \$85.00 deposit to reserve your spot! Contact **Sheryl Kozy** at **219.313.8532** or skozy930@gmail.com to register.

Join me for this two-part workshop, where we explore the seven directions, how to create sacred space, the power of ceremony, making a journey mask, journey to gather information, as well as learning how to work on and journey for others, all creating more opportunities to bring Shamanism into our everyday lives.

Please bring a blanket, notebook, pen, bandana, drum, and/or rattle (if you do not have one, there will be extras available).

Drumming Circle with Sheryl Kozy

Date: Second Tuesday of every month

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

Donation: \$20.00

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.

Roasted Brussels Sprouts with Balsamic Vinegar & Honey

Total Time: 30 minutes

Servings: 6

Recipe by: Once Upon a Chef Jenn Segal



INGREDIENTS:

- 1½ pounds Brussels sprouts, halved, stems and ragged outer leaves removed*
- 3 tablespoons extra virgin olive oil
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey

INSTRUCTIONS:

1. Preheat oven to 425°F and set an oven rack in the middle position. Line a baking sheet with heavy-duty aluminum foil.
2. Directly on the prepared baking sheet, toss the Brussels sprouts with 2 tablespoons of the oil, the salt, and the pepper. Roast, stirring once halfway through, until tender and golden brown, about 20 minutes.
3. Drizzle the remaining tablespoon of oil, the balsamic vinegar, and the honey over the roasted Brussels sprouts. Toss to coat evenly. Taste and adjust seasoning, if necessary, then serve.

*If you have some brussels sprouts that are very large, cut them into quarters. They should all be cut about the same size to ensure even cooking.