

# Heart in Hand Natural Healing & Training Center

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

## Classes & Information

## May 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

[angelukas@gmail.com](mailto:angelukas@gmail.com)

## Welcome May Blessings...

*May you be happy.*

*May you be well.*

*May you be safe.*

*May you find comfort.*

*May you have strength.*

*May you have courage.*

*May you find healing.*

*May you have peace.*

*May you have joy.*

*May you be filled with loving  
kindness.*

*May you be blessed today and  
always.*

*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:** May 24, 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, May 16, 2025 5:30 pm – 9:30 pm

Sunday, May 18, 2025 9:00 am – 3:00 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 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: The **Root** (1<sup>st</sup>) Chakra

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

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

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

Week Five: The **Throat** (5<sup>th</sup>) Chakra

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

Week Seven: 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: 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.

## Quick and Easy Fruit Salad

Recipe by: [Natasha of NatashasKitchen.com](http://NatashasKitchen.com)

**Prep Time: 20 minutes**

**Total Time: 20 minutes**

**Servings: 6 cups**



### **Ingredients:**

- 1 cup of strawberries
- 1 cup of raspberries, fresh or frozen
- 1 cup of grapes
- 1 cup of diced apples
- 1 cup of sliced bananas
- 1/2 cup of yogurt, strawberry or vanilla
- 1/2 cup of Cool Whip, or whip your own cream

### **Instructions:**

1. Place all the prepared fruit in a medium bowl.
2. Stir in yogurt and Cool Whip.
3. Serve immediately or refrigerate before serving.