

A Healing Place Classes January, February, March 2008

Individual Sessions Available Please Call for an Appointment

***Meditation for Chemically-sensitive Individuals-Healing through Meditation with Judy Lyle**

Experience healing through meditation using techniques of breathing, grounding, guided imagery and group discussion.

Individual Meditation Sessions – Judy will work privately with you for an hour. **Cost is \$50/hour.**

Judy@jalyle.com, Ph: (972) 741-1817 – Judy

****Meditation for Non-chemically-sensitive Individuals with Laura Sarna**

Perfect for beginners and those experienced in meditation who wish to come together for a time of quiet, regrouping and connecting with Spirit.

Individual Meditation Sessions – Laura will work privately with you for an hour. **Cost is \$80/hour.**

Lsarna@dallastraining.com, Ph: (972) 897-8166 – Laura

***Yoga for Chemically-sensitive Individuals with Elizabeth Ellison**

Experience your body through breath work, stretching and movement; acquire tools to support your body in healing to create balance and health. Wear comfortable clothes and bring a blanket.

Individual Yoga Sessions – Elizabeth will design a yoga workout just for you. **Cost is \$100/hour.**

Elizabeth@aconsciousbody.com, Ph: (972) 437-5332 or (214) 532-2261 – Elizabeth

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***For chemically-sensitive individuals who cannot tolerate fragrance of any kind on clothing, hair, body, etc.**

****For non-chemically-sensitive individuals. Avoiding use of fragrance on class day helps us maintain our chemically-free environment.**