



Arasini Foundation Schedule of Events

4th Quarter, 2009

November

Evening Meditation – Each Thursday at 7:00pm

In the midst of the whirlwind of daily life there is a respite at A Healing Place. Join us as we slow down for an hour of calming, guided connection with each other and our higher Selves. Perfect for anyone in any range of experience with meditation.

Presenter: Laura Sarna laura@ah healingplace.org (972) 437-5332

When: November 5 & 12; 7:00pm – 8:00pm

Cost: \$15.00 or a love offering



Laura Sarna

The Presence of the Holidays – Thursday, November 19 at 7:00pm

Join us for a joyful holiday gathering where we will connect, share, learn, laugh and of course eat! Journeying into the depths of our hearts we will discover ways to be in a loving and accepting space during the intensity of the holiday season. This very special evening will be the beginning of a series of monthly classes about living from your heart as we prepare for Arasini's spring conference 3/19-21.

Presenters: Terri Ford terri@ah healingplace.org and Laura Sarna laura@ah healingplace.org (972) 437-5332

When: Thurs., November 19; 7:00pm – 8:30pm

Cost: \$20.00 or a love offering



Terri Ford

December

Evening Meditation – Each Thursday at 7:00pm

Presenter: Laura Sarna laura@ah healingplace.org (972) 437-5332

When: December 3, 10, 17; 7:00pm – 8:00pm

Cost: \$15.00 or a love offering

Honoring Past Experiences – Wednesday, Dec. 30 at noon *and/or* Thursday, Dec. 31 at 7:00pm

Join us for a time of celebration and creation! The end of the year is often a time of reflection about the past and can also be an invitation for the future. This class will be centered around the awareness that going deeper into our hearts often reveals hidden feelings and attachments to past experiences. It is through gratitude that we can let go of the past, celebrate where we are, and make space for the new experiences that we desire.

Presenters: Terri Ford terri@ah healingplace.org and Laura Sarna laura@ah healingplace.org (972) 437-5332

When: Wed., December 30; noon – 1:30pm *and/or* Thurs., December 31; 7:00pm – 8:30pm

Cost: \$20.00 or a love offering

Additional Classes Offered at A Healing Place

“Finding Your Purpose” with Peter Petrik on Wednesday, Nov. 4th and Wednesday, Nov. 11th, both days from 7:00pm to 8:00pm. Contact Peter for information at peter@peterpetrik.com.

“Step Out of Pain: Finding Your Path Out of Pain” with Carol Cole, Ph.D., LMFT on Saturday, Nov. 7th from 9:00am to 1:00pm. Contact Carol for information at carol@dr carolcole.com or (972) 437-5870.

“Step Out of Pain: Part 2” with Carol Cole, Ph.D., LMFT on Saturday, Dec. 5th from 9:00am to 1:00pm.
Contact Carol for information at carol@drcarolcole.com or (972) 437-5870.

Upcoming Classes and Events – 1st Quarter 2010

New Beginnings – Thursday, Jan. 14th 7:00pm to 8:30pm

Loving Yourself – Thursday, Feb. 11th 7:00pm to 8:30pm

♥ Living from Your Heart Spring Conference – Friday thru Sunday, Mar. 19-21 ♥

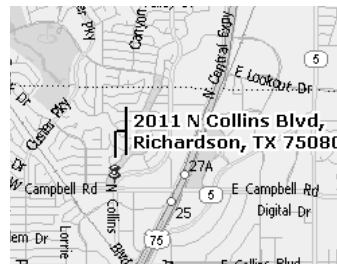
Classes are held at A Healing Place in Richardson unless otherwise noted. Feel free to bring a friend with you to any of our classes. In support of those attending who have sensitivities, please avoid use of perfume, cologne or other fragrant products on class day. Thank you!



Deborah Singleton

We invite you to come learn, grow and share with us as we explore topics of awareness and healing through our classes. For over 20 years we have offered healing in the form of classes, seminars, energy balancing, individual counseling, our apprentice healing program, and our web-based healing center. All of us at Arasini and A Healing Place are committed to sharing the message of hope, healing and peace in a very personal way to our global community.

A Healing Place
2011 N. Collins Blvd. Suite 709
Richardson TX 75080
(972) 437-5332
www.ahealingplace.org



A Healing Place is a project of The Arasini Foundation, a 501(c)3 non-profit organization.
Visit us on the web at www.ahealingplace.org

