



# Inspiring New Additions



## Reiki by Cary Everett “Shaman, Reiki Master Teacher, Energy Worker”

Reiki is a technique for stress reduction and relaxation that also promotes healing of the “Mind, Spirit and Body”. It is usually administered through little or no touch of the practitioner’s hands and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. If one’s “life force energy” is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Cary Everett has practiced an ever expanding repertoire of “energy work” involving people, animals, and environments. Including Tera Mai Seichem and Usui Reiki, the Violet Flame, Galactic Light and my Shamanic Initiation.

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## Acutonics® by Jennifer Gehl, BM, MHSc, Certified Acutonics® Practitioner and CEU Instructor of Acutonics I and II

The primary focus of Acutonics is sound healing education and self-care for yourself and family, through calibrated Acutonics Tuning Forks, tuned to the frequencies of the earth, moon, sun and planets to acupuncture points, trigger points and points of pain. This approach to wellness comes from the traditions of Oriental Medicine, that recognizes that most diseases arise from a core blockage in our energy.

With over 10 years experience as a practitioner and instructor, Jennifer Gehl’s sessions facilitate deep relaxation and customized healing. She continues to educate and write about the history of astrology and is a contributing author to “Fundamentals of Complementary and Alternative Medicine (2015).”



## Drum Circles by Jim Donovan M.Ed.

Drum Circles are for everyone, masters or beginners. Through the conscious use of tempo, instrument choice and timber, you can release excess energy and become calmer, naturally. In this class, Jim Donovan M.Ed. will teach you an ancient practice that people have used for millennia all over the globe to promote healing, learning and celebration.

Jim Donovan M.Ed., is a master facilitator, inspirational trainer and world-class musician with over 25 years of leadership, teaching and performance experience. Donovan has presented hundreds of events across the US and Europe where he has helped many thousands of people learn effective ways to consciously lead, connect and live healthier, more productive lives.

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