

31 N. Kellogg St., Galesburg, Illinois 61401
Phone (309) 343-8806
Tues. - Fri. 10am - 6pm, Sat. 10am - 4pm
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Calendar of events for February 2012

FEBRUARY YOGA AT INNER WISDOM

THURSDAY MORNING YOGA with LAURA BUSH

3-week session, Thursdays 10:00 - 11:00am
February 2, 9 & 16
\$26.25 / session, \$10 drop in - Limit 12 students.
Student rate available with ID, please inquire within.

THURSDAY EVENING YOGA with CHRIS ITA

4-week session, Thursday 5:30 - 6:30pm*
February 2, 9 16 & 23
\$35 / session, \$10 drop in - Limit 12 students.
Student rate available with ID, please inquire within.

INTRODUCTORY & CONTINUING YOGA with LAURA BUSH

4-week session, Tuesdays 5:30 - 6:30pm
February 7, 14, 21 & 28
\$35.00 / session, \$10 drop in - Limit 12 students.
Student rate available with proper ID, please inquire within.
**Karma class Jan. 31 - \$10 drop in to benefit Safe Harbor*

PRENATAL YOGA with LAURA BUSH

By arrangement.

*Valentines
Day is
February
14...*

*we have
jewelry,
crystals,
books, candles,
original art,
cards and
many other
gift items*



Yoga classes often include an intention or focus that students can use both on and off the mat. I admit, I was skeptical that a top 10 list written on a sales blog would translate to yoga, but in this case I think it does. Peruse the list; perhaps there are one or more questions you'd like to include the next time you reflect upon your day.

- Namaste, Laura Bush, CYT

10 Questions that Create Success

Real success comes from the quality of your relationships and the emotions that you experience each day. That's where these 10 questions come in. Ask them at the end of each day and I absolutely guarantee that you'll become more successful. Here they are:

1. Have I made certain that those I love feel loved?
2. Have I done something today that improved the world?
3. Have I conditioned my body to be more strong flexible and resilient?
4. Have I reviewed and honed my plans for the future?
5. Have I acted in private with the same integrity I exhibit in public?
6. Have I avoided unkind words and deeds?
7. Have I accomplished something worthwhile?
8. Have I helped someone less fortunate?
9. Have I collected some wonderful memories?
10. Have I felt grateful for the incredible gift of being alive?

Here's the thing. The questions you ask yourself on a daily basis determine your focus, and your focus determines your results. These questions force you to focus on what's really important. Take heed of them and rest of your life—especially your work—will quickly fall into place.

- Geoffrey James is an award-winning journalist and author of Inc.com's Sales Source column.

SHAMANIC HEALING

Debra Morrill has a shamanic healing practice in Bettendorf, Iowa, and Prairie du Sac, Wis. She specializes in soul retrieval, ancestral healing, compassionate de possession and helping clients connect with their inner wisdom for healing. She leads the "Reading Signs & Messages" and "Accessing Your Wisdom Keeper" weekend workshops.

Appointment slots for a private healing session are available at Inner Wisdom

Shamanic healing is effective for:

- * accessing inner wisdom for healing and returning to a state of wholeness
- * recovering vitality due to soul loss through a technique called soul retrieval
- * releasing patterns and old energy from the past
- * shifting out-of-balance energy from traumas in this lifetime or past lifetimes
- * shifting out-of-balance energy from ancestors
- * shifting the spiritual and energetic component behind physical illness, disease or pain

You can book an appointment by calling Debra directly at 608-279-4319 or through Inner Wisdom at 309-343-8806. Debra can also be reached via email at debramorrill@charter.net.

Debra blogs regularly on spirituality, shamanism and personal healing at <http://debramorrill.posterous.com>





Sharon Lundeen has joined us and is providing facials here at Inner Wisdom!

Sharon Lundeen, has recently returned to Galesburg, after having lived in southern Illinois and the greater St. Louis area for the past few years. Sharon grew up in the Galesburg area. She has two daughters, a son,

and one grandchild. Sharon became a registered nurse, graduating from Carl Sandburg College in 1985. She worked as an RN in the Galesburg area for several years. In 1997, Sharon became interested in developing a more natural, holistic approach to healthcare and became a certified massage therapist. She continues to enjoy teaching people how to create and maintain a healthy lifestyle through holistic therapies such as massage, reflexology, flower essences, good nutrition, and skincare. **Please call 343-8806 to set up an appointment.**

REIKI

\$45 per session - by appointment - *Anita Fordyce or Lianna Ita*

PAST-LIFE REGRESSION

Fees are by freewill love donation - by appointment
Polly K. Mannon, certified in past-life regression therapy

REFLEXOLOGY

By appointment, **Feb. 4 & 16**
\$30 per 1/2 hour, \$45 per 3/4 of an hour
Becky Cobb - reflexologist

SOURCE RECONNECTION

\$90 per session - by appointment - *Lianna Ita*

MATRIX ENERGETICS

By appointment - *Anita Fordyce, Becky Cobb & Lianna Ita*



Join us for a Crystal Workshop with Becky Cobb on Thursday, Feb. 16 at 5:30pm. Cost is \$20

Galesburg A Course in Miracles

Meets each Wednesday
7:00 – 8:30 p.m.
at Dr. Harsha Mehta's office
575 N. Kellogg St.

For more information, call
Tom Colclasure, Sr.
(309) 368-4932



Green Pea Laughter Club

Laughter yoga is a series of breathing exercises to promote balance and harmony in the body and mind. Poses are done standing. All ages welcome, all fitness levels appropriate. No sense of humor required and no jokes needed. Non-religious. Comfortable clothing is best.

Meets at 5:30pm (every other Thursday) at Masters Educational Services 101 E Main St Second Floor Galesburg. (5:30pm class — please use back door by parking lot) please call first — call Natalie Kessler at 342-5043.

In dreams and in love there are no impossibilities.

– Janos Arnay

Namaste