

31 N. Kellogg St., Galesburg, Illinois 61401
Phone (309) 343-8806
Tues. - Fri. 10am - 6pm, Sat. 10am - 4pm
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innerwisdombookstore.com



Calendar of events for August 2010

August Yoga at Inner Wisdom

INTRODUCTORY & CONTINUING YOGA with LAURA BUSH

4-week session, Tuesdays 5:30-6:30pm
Aug. 3, 10, 24 & 31 — no class Aug. 17
\$35.00 / session, \$10 drop in - Limit 12 students.
Student rate available with proper ID, please inquire within.
Please email or call in advance to register.

THURSDAY MORNING YOGA with LAURA BUSH

4-week session, Thursdays 10:00 - 11:00am
Aug. 5, 12, 19 & 26
\$35.00 / session, \$10 drop in - Limit 12 students.
Student rate available with ID, please inquire within.
Please email or call in advance to register.

THURSDAY EVENING YOGA with CHRIS ITA

4-week session, Thursday 5:30 - 6:30pm
Aug. 5, 12, 19 & 26
\$35.00 / session, \$10 drop in - Limit 12 students.
Student rate available with ID, please inquire within.
Please email or call in advance to register.
BONUS CLASS - JULY 29 \$10 drop in fee

SATURDAY YOGA with SALLY SCOTT

4-week session, Saturday 10:00 - 11:00am
Aug. 7, 14, 21, & 28
\$35.00 / session, \$10 drop in - Limit 12 students.
Student rate available with ID, please inquire within.
Please email or call in advance to register.

PRENATAL YOGA CLASS WITH LAURA BUSH

One hour of yoga – 2-week session
Wednesdays 5:00 - 6:00pm
Aug. 11 & 25
\$10 / class drop-in
Open to all women at all stages of pregnancy, no previous yoga experience required. Taught by a mother of two and YogaFit® trained instructor.
Please consult with your health care provider before starting yoga.



PSYCHIC FAIR

Saturday, August 14 • 10:00 – 4:00

John Porter — Intuitive

Fourth-generation intuitive from Arizona who studied under Linda Madrid. John shares his own unique method of intuitive readings through Numerology, Psychometry and Intuitive Tarot which enlightens people through the empowerment of connecting them with the unlimited Christ consciousness. \$35 for ½ hour, \$60 for one hour.



Pat Reed — Handwriting Analysis

Handwriting Analysis or Graphology is a method of identifying, evaluating, and understanding a person's personality through the patterns revealed by his handwriting. Discover the secrets held in your writing, and what it communicates to others about you!

Becky Cobb — Toe Readings

You may think you inherited your feet from your parents or blame your shoes, but your toes tell the story of your life. From your destiny toe to your trust toe, each toe tells a chapter from your life about how you relate to the world around you to your inner feelings about yourself. Find out what your feet are saying about you.



Scott Guariglia — Aura Readings

RFI is an electromagnetic measurement and imaging process which provides informative interpretations for Auras and bioenergy fields. It identifies the type and function of bioenergies present in specific regions of the human brain. RFI software generates complete psychological profiles that reveal the role of a person's psychology in their health condition.

Elysse Helms — Tarot Readings

The tarot can help you understand yourself better and teach you how to tap your inner resources more confidently. Elysse will be using a Celtic Tarot deck and bringing her own intuitive skills and sense of humor to help you understand what the cards say about your life.



*Lianna will be doing Matrix Energetics and much more.
Stop in and explore with us!*



TOE READINGS

*Saturday August 7, 10:00 – 4:00 by appt.
with Becky Cobb*

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*

the RECONNECTION

\$69 per session - by appointment
Leann McWhorter

REFLEXOLOGY

\$30 per 1/2 hour, \$45 per 3/4 of an hour
- by appointment
Becky Cobb - Reflexologist

SOURCE RECONNECTION

\$90 per session - by appointment
Lianna Ita

MATRIX ENERGETICS

by appointment
Anita Fordyce, Becky Cobb, & Lianna Ita

SOUND HEALING

WITH BECKY COBB - by appointment

Sound Healing is an effective and proven modality that uses vibrational sound to help reduce stress, alter consciousness and create a deep sense of peace, well being and better health. Sound has also been shown to be a vital part of the healing process for cancer patients undergoing chemotherapy and side effects especially for pain relief management.

During our waking state, the normal frequency of our brain waves is that of Beta. Sound tools entrain the brain to move into the deeper Alpha and Theta brain wave frequencies. These are the frequencies that induce deep meditative and peaceful states, clarity of mind and intuition. Modern medicine can now measure and thus confirm the practice of sound as a means to promote healing. Thus, sound is a type of energy medicine that creates the sacred space in which people can heal from stress disorders, pain, depression, the emotional roller coaster and more.

A session usually lasts between 30-40 minutes and costs \$45.

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 depossession and helping clients connect with their inner wisdom for healing. She leads the "Reading Signs & Messages" and "Accessing Your Wisdom Keeper" weekend workshops.

Galesburg A Course in Miracles

Meets each Wednesday,
7:00 – 8:30 p.m.
at Dr. Harsha Mehta's office at
575 N. Kellogg St.
For more information, call Tom
Colclasure, Sr. (309)368-4932

*Appointment slots for a private healing session are available at Inner Wisdom for:
Thursday, August 12 at noon and 3 p.m.*

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.

Guest Reader Sherry Lord **Sunday, August 22nd • 10:30 to 3:30 pm**

Psychic, Intuitive Channel & Deep Trance Channel

Sherry can see Angels, Guides and Auras; she draws from her unique and versatile spiritual abilities to help people, thru guidance; also channels loved ones who have crossed over to the other side. Sherry says, "I have been on a deep spiritual Journey for many years. My personal experiences have resulted in a passion for helping others discover their own abilities and to love self and other unconditionally with compassion."



Guided Journeys by Sherry Lord

4:00 - 6:00 pm • Sunday, August 22

\$35.00 — pre-register through Inner Wisdom at 309-343-8806

A sacred space is created for your personal spiritual experience. These journeys are freshly channeled by Sherry to help you to empower yourself and enhance your psychic abilities. Meet your Higher Self, Angels, Guides, & receive both a healing and gifts.

Sherry Lord is the Founder of the Flowing Liquid Light Healing Modalities. Reiki Master, Psychic Channel & Deep Trance Channel, Teacher, an Ordained Reverend, Writer, Also does Radio, travels worldwide, teaches classes, does expos, seminars, and phone readings. Visit Sherry's website: www.liquidlightnamara.net

BELLY DANCE FOR FUN, FITNESS AND CONNECTION

Beginner's level

Saturday September 25, 1:00-2:00 pm

Cost \$15.00 per class per person

Space is limited; please call Inner Wisdom to reserve a space in class

Also known as Middle Eastern Dance or Oriental Dance, Belly Dance is an art form that embraces the female body. No matter your age, shape, size or weight, this is a dance that is open to all. Come explore the exotic sounds and rhythms of the East. Allow yourself to experience the sheer joy of movement. Allow the perceptions you have of yourself and your body to transform with each shimmy.



Cymbri has been a belly dancer for 10 years. She was a member of Desert Odyssey and Four Women Dancing in Ma and is now a member of Dance Troupe Pava's Gems.

Namaste