

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



Calendar of events for March 2010

March Yoga at Inner Wisdom

INTRODUCTORY & CONTINUING YOGA with LAURA BUSH-COLLINS

4-week session Tuesdays 5:30 - 6:30pm, March 2, 16, 23, 30

\$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-COLLINS

4-week session, Thursdays 10:00 - 11:00am, March 4, 11, 18, 25

\$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

3 week session, Thursday 5:30 - 6:30pm, March 4, 11, 18

\$26.25 / session, \$10 drop in - Limit 12 students.

Student rate available with ID, please inquire within.

Please email or call in advance to register.

SATURDAY MORNING YOGA with SALLY SCOTT

4-week session Saturday 10:00 - 11:00am, March 6, 13, 20, 27

\$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.



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

Classes on Modern Paganism

taught by **Godiva le Fey**

at Inner Wisdom

Saturday, March 13th from 1:00 - 3:00 pm

Cost: \$20.00 per person

Stepping onto the Path of the Mysteries: How to Begin

Many times people find it difficult to find local Pagan/Heathen community. Once found they then are often shy to attend open moons or other gatherings for the first time. Being new to a spiritual path can be a very overwhelming and confusing experience. The topics in this session are designed to encourage those who are new to Paganism/Heathenism to take that first step. To give those who are seeking community enough information so that they can feel comfortable and secure at open gatherings.

Topics include: etiquette and manners, what it means to be an “earth based religion”, a brief overview of some of the many Pagan/Heathen traditions, Pagan Ethics, Elders and teachers, open gatherings, moons and events. We will also discuss how to ready oneself to make a bigger commitment of moving into a Coven, Kindred or another dedicated spiritual group as well as what such a step means.

CHAKRA CLASS

Thursday, March 18 from 5:30 - 6:30 pm

In this class, we will be learning about the fifth chakra, the Throat Chakra.

Location - throat, neck region

Color - blue

Element - ether

Stones - kyanite, sapphire, lapis lazuli, blue topaz, aquamarine, turquoise, chrysocolla & sodalite

Oils - eucalyptus, peppermint, camphor

Sense - hearing

Each class will involve a unique experiential exercise.

Class fee-\$10

Facilitated by Becky Cobb



SOURCE RECONNECTION

\$90 per session - by appointment

Lianna Ita

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

Reiki

Reiki is a natural, simple, safe, effective healing system that uses spiritually guided universal energy, the energy which permeates our entire universe and all living things. This energy is channeled through the hands of the practitioner into the body and aura of the receiver. It is an ancient healing system that has been used for thousands of years and was rediscovered by Dr Mikao Usui. Reiki is a Japanese term meaning universal energy, or spiritually guided universal energy, because it is the divine consciousness, the All-knowing that guides this life force. Because of this, Reiki can also be sent to someone who is not physically present, this is called distance healing. It can also be used on animals and plants. During a Reiki session, the person receiving Reiki lies or sits, fully clothed, while the practitioner places his hands lightly on or a few inches over the person's head and body. Reiki opens the mind and spirit to the causes of disease and pain and the necessity for taking responsibility for one's life. Reiki heals on all levels: physical, mental, emotional and spiritual to help return the body to its natural perfect state. It increases spiritual awareness and progress and is a means for each person to access the richness of his soul and discover his own great potential. Reiki is not a system of religious beliefs.



Free talk on Reiki by Lianna Ita & Anita Fordyce
Saturday, March 20 from 11:00 am – 12:00 noon

BELLY DANCE FOR FUN, FITNESS AND CONNECTION

Beginner's level

Classes start on Saturday March 27 from 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