



Decatur Healing Arts

Workshops & Special Sessions

<p>Tuesday, April 3 7:30–9:00 pm</p> <p>Returning to Love, Yourself, and Spirit with Stan Holt</p> <p>This is a time for a centering, grounding, and healing. You will experience more of yourself, your own presence; feel energies shifting around and through your body. This will be a healing time, a meditative time. You'll learn and experience the layers of your energy field, the chakras, and the beauty of the very core of YOUR Being.</p> <p>There will be individual as well as a group healing.</p> <p>We will talk about energy that is distinctly YOURS vs. energies that are depleting and NOT yours, and how to handle them.</p> <p>Suggested \$10 Please pay cash at the door.</p>	<p>Sunday, April 8 2:00–5:00 pm</p> <p>Second Sunday Specials</p> <p>Crystal Singing Bowls with Daniel Bastacky \$10/10 min or \$20/20min</p> <p>Receive a sound massage as crystal bowls are placed on your body and played.</p> <p>Chakra Balancing Reflexology with Cleopatra Hassan</p> <p>Reflexology uses pressure on specific reflex areas in the feet. This process is a gentle, yet effective means of removing toxins from the body.</p> <p>\$20/20min</p> <p><i>"...my hands insisted, 'we want to heal!' so I let them..."</i></p>	<p>Tuesday, April 10 7:30–9:00 pm</p> <p>Answers to our Experiential Challenges Shamanic Talk by Don Theo Paredes</p> <p>Life will keep sending us the same experience in a different guise "until we learn whatever it has to teach us about where we are separating ourselves from reality, how we are pulling back instead of opening up, closing down instead of allowing ourselves to experience fully whatever we encounter, without hesitating or retreating into ourselves."</p> <p>\$25</p>
<p>Sunday, April 15 3:00–4:00 pm</p> <p>Sacred Sound Meditation with Gabriel Nelson Sears</p> <p>A meditative Journey with crystal singing bowls, chimes, tuning forks, rattles and other sacred sound instruments.</p> <p>Harmonious overtones create profound relaxation. Set your intention and allow the mind to soar!</p> <p>\$15 suggested donation Cash is requested for this donation only event.</p>	<p>Monday, April 16 7:00–8:30 pm</p> <p>Breathwork Presentation and Group Breathe Dragon Spirit Breathwork</p> <p>The Conscious Connected Breath used in this workshop can remove physical, mental and emotional blocks. \$30</p> <p>Sunday, April 22, 2:00-4:00pm</p> <p>Awakening the Spirit through Shamanic Practices with Phenix RavenWolf</p> <p>During the Spirit circle, participants will gather in sacred space for shamanic journeys of self-discovery and communication with Spirit, personal healing, guided meditations, teaching and hands-on exercises for spiritual and personal growth. \$15</p>	<p>Saturday, April 21 4:00–6:00 pm</p> <p>Restorative Yoga & Meditative Sound Immersion with Bobbye Brown & Daniel Bastacky</p> <p><i>Celebrating Mother Earth Planting Seeds of Love</i></p> <p>"To see a world in a grain of sand, and a heaven in a wild flower, Hold infinity in the palm of your hand" <i>"Just like an orchestra; you can tune your body."</i></p> <p>\$20 - Please Register at www.decaturrealingarts.com/events.html Advance registration is suggested as space is limited. Cash is requested if paying at the door</p>