



Holistic Health Practice Back to School!



Welcome Matthew Berean! Certified Rolfer™

Holistic Health would like to formally welcome Matthew Berean to the HHP community!

Many of you had the opportunity to experience Matt's *phenomenal* work when he visited us in June. Now he has made the move to Chicago and is available for sessions at HHP every Wednesday.

Very different from massage, Rolfing® focuses on realigning the fascia - the connective tissue that envelops the muscles and organs. The goal of Rolfing is structural integrity, or making sure that all of the organs, bones, and tissues are properly positioned within the body.

It's Not What You Think

At one time, Rolfing had a reputation for being painful. In fine tuning the technique, practitioners have made significant refinements, so while treatments are still intense, they are no longer as jarring. Says Matt, "It's the difference between the 'slice and dice' surgery of fifty years ago and the arthroscopy of today."

Our clients concur; "I came to Rolfing because I like intense bodywork. I was very pleasantly surprised to discover that, while the treatment with Matt was indeed a transformative experience, it was also very gentle! I highly recommend it!"

Sessions are \$165 and run approximately 90 minutes.

Learn more about Matt [here](#) or check out his upcoming workshop below.

Upcoming Events 2008

Please click link for more information on our upcoming classes & workshops!

You must register for any of the events listed. If needed, security codes will be given and advance payments can be made. Please call Holistic Health Practice at 312.664.8376.

[Attracting More Clients](#)

With Sheree Franklin & Karyn Pettigrew

Date: Saturday, September 20th

Time: 9 AM to 1 PM

[Advanced Psychosomatic Character Therapy 3: Exploring the Pleroma](#)

With Kurt Hill

Date: Classes will be held every other Saturday beginning September 20, 2008 and ending July 11, 2009.

Time: 2 to 6PM

*Prerequisites for this course include APCT 1 & 2

[Advanced Psychosomatic Character Therapy 1: The Art of Mystical Healing](#)

With Tara Sullivan

Date: Classes will be held every other Saturday beginning September 27, 2008 and ending July 18, 2009.

Time: 2 to 6PM

This class is a prerequisite for APCT 2 & 3

[Rolfing Seminar: Hip & Low Back Pain](#)

With Matthew Berean

Date: Friday, October 3rd

Time: 6 to 7:30PM

Cost: Free!

[Group Dream Work](#)

Date: 8 weeks, beginning Tuesday, October 7th

Time: 6:30 to 8:30PM

Cost: \$120

End-of-the-Work-Week Meditation

Let go of your work stress and get in the weekend mood! Join HHP practitioners & friends for an hour of guided meditation.

Date: 1st & 3rd Fridays, Beginning October 17th

Time: 6 to 7 PM

Cost: FREE!

Thanksgiving Open House

Please join Kurt, Sara, and all the HHP practitioners and staff for our Open House as we give thanks to you, our clients and community! Appetizers and wine will be served, and a good time will be had by all!

Date: Friday, November 21st

Time: 5:30 to 8 PM

Cost: FREE!

Upcoming Events 2009**What the BLEEP Do We Know!?**

Movie Showing & Discussion
with Kurt Hill

Date: Saturday, January 3rd

Time: 5:00

Cost: FREE!

To Our Valued Clients,

Please note that after two years, we are making changes to our rates, effective October 1, 2008. For those who would like to lock in the current rates, packages are available. The new prices can be found [here](#).

As always, thank you for your trust in our services. We appreciate you very much!

Sincerely,

Kurt Hill, Founder HHP

Sara Davenport, Director HHP

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