

[<Back](#) [Print](#)

You are receiving this email from Holistic Health Practice because you are currently on our email. To ensure that you continue to receive emails from us, add to your address book today.

You may [unsubscribe](#) if you no longer wish to receive our emails.



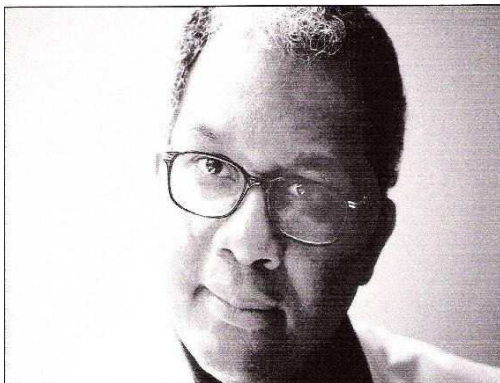
HOLISTIC HEALTH PRACTICE

HHP Labyrinth

www.holistichealthpractice.net
August 2006 Newsletter

The Month in Preview

- :: Medicine Wheel Teaching: Healthy Relationships
- :: Instant Messaging with Your Child
- :: An Evening of Transformative Art
- :: Energetic Protection for Bodyworkers
- :: All About Soul Retrieval
- :: Open the Doorway to Your Mind!
- :: Practitioner Profile: Britt Posmer
- :: Holistic Lifestyle Opportunity: Yoga Now



Dear Sara,

What is your life desideration?

Are you simply wandering about the planet living life without a plan?

It is important to know what it is you want in life. This knowledge gives you direction and structure. This is why it is imperative to know that you are living your dream and not someone else's. You can never star in another person's dream.

Yet you can be the protagonist in your own.

So, yes, it does require a willingness to take risks. It

really is okay.

This is not a dress rehearsal. You are a spirit having a human experience.

Socrates said: "Since you are the sum total of your experiences - live."

Do not live this life with caution because you have given in to fear.

Remember the words of Meladoma Some': "Your purpose protects you."

So determine your wish through your imagination and explore a new realm of possibility.

You are truly the author of your own story (J. Houston).

Good writing and keep an eraser close by.

Kurt Hill

Please see our website www.holistichealthpractice.net for full descriptions of the following events.

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.

Medicine Wheel Teaching: Healthy Relationships

Joan Forest Mage

Tuesday, August 1st
6:30 to 8:00 PM
Free

The medicine wheel is an ancient spiritual teaching for wholeness and right relationship. Through the wisdom of the Medicine Wheel, we learn to create healthy relationships, not only with our families, friends, co-workers and others in the human community, but also within ourselves, with nature and the spirit realm. In this informational evening, Shaman Joan Forest Mage will explain the Medicine Wheel and lead participants in some of its practices, such as enacting the Eight Archetypes. Discover how this modern Medicine Wheel can help you create better relationships in all aspects of life. Joan Forest Mage received a vision of the Creative Community Medicine Wheel in 1985 and has been teaching its healing ways ever since.

An Evening of Transformative Art

Joan Forest Mage

Tuesday, August 8th
6:00 – 8:00 PM
Free

Experience uplifting spiritual art produced by some of the best visual and performing artists in Chicago! Transformative Art evokes spiritual truths & higher states of consciousness towards a greater understanding of oneself, humanity, nature, the cosmos and their interdependence. Enjoy an inspirational evening of music, painting, photography, dance and theater that will heal and empower you.

Energetic Protection for Bodyworkers

Joan Forest Mage

Instant Messaging with Your Child

Sheree Franklin



Wednesday, August 23rd
7:00 – 9:00 PM
Cost: \$75

The communication process is simplified in this two-hour interactive workshop with Intuitive Counselor Sheree Franklin. Everything moves in an accelerated pace and grabbing a few minutes to talk seems next to impossible. Strengthening the communication core with your family will mean less arguments, the ability to clearly define goals and the structure to create the life you want! The \$75 family cost includes one parent and one child (age range is from 6 to 12 years.)

Practitioner Profile: Britt Posmer

Licensed Massage Therapist, Reiki master, Hawaiian Huna

This month we spotlight Britt Posmer, Licensed Massage Therapist and Reiki Master/Teacher who practices Integrative Bodywork Therapies here at HHP.

Sunday, August 13th
10:00 AM to 5:00 PM
Cost: \$125

As professional bodyworkers, we are trained to heal the physical body. Yet, creating changes in the body can also affect the mind, emotions and spirit/energy. This workshop is one in a series of trainings designed to teach bodywork professionals how to handle the mental, emotional and spiritual aspects of bodywork sessions. In "Energetic Protection" you will learn self-care: recognizing energy, how to set up energetic boundaries to prevent a client from draining your energy and how to release negative energy. We will be working with shamanic energy work and with the energy-body systems of Gabrielle Roth and Rudolf Laban. Massage therapists, chiropractors, physical therapists, personal trainers and any professional who works with physical treatment modalities can benefit from this training. Instructor Joan Forest Mage is a bodyworker and shamanic healer, with over thirty years experience teaching dance, fitness and yoga.

[Details on Joan Forest Mage](#)

All About Soul Retrieval

Joan Forest Mage

Friday August 25
6:30 to 8:00 PM
FREE

Have you ever felt after some painful experience in your life that you never recovered, you weren't your "old self" or that a part of you "died"? These feelings may indicate what shamans call soul loss – a vital part of your energy (soul) left you during a traumatic event such as an accident, illness, loss of a loved one, or physical, sexual or emotional abuse. The shamanic healing practice of soul retrieval recovers lost soul parts and is one of the most ancient and effective forms of healing ever created. In this information evening, Shaman Joan Forest Mage will explain how to recognize soul loss, how a soul retrieval is performed and what a client can expect during the soul integration process.

[Details on Soul Retrieval](#)

Open the Doorway to Your Mind!

Sheree Franklin

Saturday,



Britt has also trained in Hawaiian Huna and is undergoing an alakai apprenticeship with kauna Serge Kahili King, Head of Aloha International in Kauai.

Brit recently journeyed to Teotihuacan, Mexico to study with ritual masters initiated in the Toltec wisdom of Don Miguel Ruiz, author of the Four Agreements.

In all healing modalities, Britt strives to assist her clients in the cultivation of awareness, empowerment and integration.

Britt brings extraordinary talent and a gracefulness to her practice.

She has been a professional dancer, is an avid yogi and insatiable student of movement which culminates in an extensive knowledge of both the structure and possibility of the human body into her sessions. She is also a published poet, with the gift of integrating the spiritual and the symbolic into an easily accessible visual language.

[Details on Britt Posmer](#)

Holistic Lifestyle Opportunity: Yoga Now

Yoga Now and Holistic Health Practice Alliance



In this season of sun and lightness, we bare our bodies to honor the sun. Of course, we want to look and feel our best in the process.

Holistic Health Practice and Yoga Now are committed to healing, balancing and enhancing every part of ourselves. Through this introduction of our integrated collection of modalities, you can experience a fuller, more well rounded vibrancy to your physical, emotional and mental existence.

Our goal is to enable you to be able to have both feet on the ground as well as have a leg up (pun intended), being able to breathe through your week with a smile on your face.

Check out our websites for photos and details:

www.holistichealthpractice.net

www.yoganowchicago.com

[Details on HHP/Yoga Now collaboration](#)

August 19th
10:00 AM to
Noon
Cost: \$60



This 2-hour workshop experience is designed to guide individuals to hear their inner voice. Intuitive Counselor Sheree Franklin will teach you to quiet the incessant chatter of your mind that blocks God-realization. Wear comfortable clothing and bring your cluttered, stressed out mind to this cosmic playground experience. Three different mediation techniques will be explored.

Sara Speaks

At the time of this writing, Chicago has experienced one of the worst spells of hot weather in a very long time. While we have all been adjusting and coping with the heat, Kurt and I have also been blessed with the joy and celebration of family gatherings – including the wedding of Kurt's son, Erik.

Through planning, organizing, worrying about the details surrounding these precious family gatherings – plus keeping an eye on all things relating to HHP, I am reminded of how important it has been for me to put first things first and focus on the beautiful opportunities we have when we are with loved ones.

We can often live such separate lives – geographically and circumstantially – and the times when we can gather together is truly a privilege – especially for happy occasions!

I realize that there are many who are less fortunate than I who don't have the comfort of cool spaces, and I pray for their safety through these inclement times, and for me, I will continue to work on not being so annoyed by the inconvenience of the heat – and realize that I am truly blessed to have the love of my family close by.

Happy Summer!

Sara Davenport, Director
Holistic Health Practice

email: info@holistichealthpractice.net

phone: 312.664.8376

web: <http://www.holistichealthpractice.net>

[Forward email](#)

SafeUnsubscribe®

This email was sent to info@holistichealthpractice.net, by

info@holistichealthpractice.net

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) |

[Privacy Policy](#).

Email Marketing
by



Holistic Health Practice | One East Superior, Suite 307 | Chicago | IL | 60611