



Maya Health Centre

2, 1922 - 9 Avenue SE, Calgary, Alberta T2G 0V2

Maya Wisdom School Class Series

Class Instructors: Dr. Susan Janssens, BScND and Ashleigh B. Whitworth, PhD, C.Ht

Personal Power Through Conscious Awareness

September 17th, 2007 7:00 pm – 9:30 pm
Exploring the soul (superconscious), and unconscious and subconscious aspects of the mind to develop an understanding of the relationship to physical, mental, emotional and spiritual well-being.

Meditation as Medicine

September 24th, 2007 7:00 pm – 9:30 pm
Activate the power of your natural healing force by going into the silence, where the inner healer, internal genius and creative energies can heal personal chaos, depression, anxiety and disease on all levels.

Holographic Memory Resolution

October 1st, 2007 7:00 pm – 9:30 pm
Re-pattern old cellular traumas, patterns, memories, and stories no longer serving you into the health and wellness you deserve.

Qigong Energy Exercises

October 8th, 2007 7:00 pm – 9:30 pm
This ancient and relaxing, yet energizing and gentle exercise routine enables the body to heal itself, and eliminate the blocks that create illness. Qigong is powerful, easy and effortless and like yoga, teaches you to balance energy for remarkable natural health benefits.

Creative Impulse

October 15th, 2007 7:00 pm – 9:30 pm
Awaken your creativity through movement, art & sound therapy.
(Instructor - Keith Dalgleish)

The Journey

October 22nd, 2007 7:00 – 9:30 pm
Awaken to your boundless potential and completely clear long-standing emotional blocks and physical manifestations using Brandon Bays inspiring mind body journey process.

For more information:

Phone: (403) 288-4880

Email: info@mayacentre.com

Breath of Life

October 29th, 2007 7:00 pm – 9:30 pm
Experience the power of holotropic breath work and it's amazing gift of releasing old pain patterns and discovering a new way to breathe easier through life on all levels of our being.

Nurturing Evening

November 5th, 2007 7:00 pm – 9:30 pm
Ahhh... enjoy a purely pampering evening being served with refreshing gentleness, fun, decadent food, healing touch and movement therapies.

Chakra Clearing

November 12th, 2007 7:00 pm – 9:30 pm
Join us in this heavenly clearing of the 7 chakras with the magic of singing bowls sound therapy and gentle exercises to remove energy blocks to a more healthy you!

Drama Therapy

November 19th, 2007 7:00 pm – 9:30 pm
Be the drama king or queen you've always dreamed of being! Fun, fun and more fun in this opportunity to play a role you've always wanted to play and experience in life, if only for the gift of trying on a new persona.

Conscious Creating

November 26th, 2007 7:00 pm – 9:30 pm
Transform your experience of love, health, prosperity and happiness to what you really desire, by learning the secret behind the law of attraction and how to truly manifest your dreams.

Energy and Intuition

December 3rd, 2007 7:00 pm – 9:30 pm
Learning how your 'gut feelings' can work for you, and how to move the blocks keeping you from the most important gift we all possess... the gift of our intuition and tapping into it's wealth of wisdom.

Classes are limited to 20 people
Cost per class is \$40.00

www.mayacentre.com

www.naturalmoodcure.com