

NAN'S ROCK SHOP & SPIRITUAL CENTER



Email nan@nansrockshop.com

website: www.nansrockshop.com

#13995 HWY #1. Wilmot, Annapolis County, Nova Scotia

NEW : Nan's 2014 Slide Show click on: www.nslocal.ca/nansrockshop

902 825-2700

May / June 2014

Carol Shares: Vacation Time

My sister invited us to her wedding April 19 ... in CUBA
Thoughts first were ... are you crazy?
But then after some thought, planning, we decided ... why not!
Skip (my partner) and I, our first trip to a warm climate, and our first big trip together
We organized, packed, researched, worry and excitement ... flew there.

Our experience was as if we entered a fairy tale, the resort was beyond our expectations
The beautiful palm trees, the ocean of turquoise blue waters
The giraffe of the local safari that ate a banana off the top of my head
The two foot iguana that lived in the flower garden by the restaurant
The beautiful walks, night entertainment, new foods and the joyful Cuba music
And I got to share all this and so much more ... with my favorite people ... my family
The wedding was so exceptionally beautiful; I was overwhelmingly happy for my sister
Thank you to my sister Janet and new husband Steve for inviting us
Thank you to Skip for being with me, and all the fun we had together
Thank you to the earth for sharing its multitude of beauty and opportunities
Thank you to the people of Cuba who were so gracious and hospitable.

Vacation time: whether it be abroad, across the country to a new place, or down the street.
It is a time to delight in life, to give yourself the pleasure of pleasant things
Meeting new people and sharing life stories, trying new foods
And treating your eyes to beautiful surroundings
Vacation time is beginning to bloom in Nova Scotia
I encourage you to take some time to celebrate your life, at a place that is just right for you
Take some time to play!
You are so worth it!

***Travel is like a good, challenging book; it demands presentness –the ability to live completely in the moment
Absorbed in the words or vision of reality before you.
Robert Kaplan***

***I share with you, I live with you
Gratitude for the system we call LIFE.
Carol Layton***



Workshops and Events

**Nan's Rock Shop Summer Hours: Open Wed – Friday 12:00 – 5:00pm,
Saturday 10:30 – 5:00 pm. Closed on Sunday, Monday & Tuesday
Other times by chance or appointment**

WEDNESDAY AFTERNOON MEDITATION GROUP with Paul Gregory. Come out to relax, be in a quiet place, and forget the hurly burly activities of life. This is an opportunity to connect with your inner self and guides for guidance on your life journey. Each week there will be a topic that I will offer, we will then settle into meditation, there will be time to share experiences in a talking circle, then we finish with a guidance card for an affirmation. This is a great opportunity for beginners, experienced and all in between. A place created to come together to share, grow and find the peace we all tend to be looking for. I welcome you. **Time: Wednesday's 2:30-3:30 pm. Cost \$5.00...Drop In. www.weatherspirits.yolasite.com**

Nan's Rock Shop Retreat Day, EVERY MONDAY at the Wilmot Community Centre (almost across the street) We continue to offer: Yoga (11 – 12noon), Taoist Tai Chi tm www.taoist.org (full), Meditation (3:30 – 4:30pm), Tribal Belly Dance (full), and Monday Dance Drop In Social Nite (8:00 – 10.00 pm). See who I have gathered to offer a fun day of activity, exercise and time away from home. For more information please call Nan's Rock Shop. I personally am enjoying all of the events, a great day to get active and spend time with great people! Events and times may change in June as we bring our activities to Nan's Rock Shop for the summer months to be held outside in nature at our community fire place.



May 14 **Meditation with Paul:** Connecting to the Cloud Spirits. Details see above.

May 21 **Meditation with Paul:** Connecting to the energies of Nature. Details see above.

May 21 **Quantum Light Weaving with Linda Rozee.** I continue to offer mini-introduction on QLW and then give sessions within the group setting. The gentle and peaceful QL wave experiences help guide and prepare you for your next step in spiritual evolution. Come play in the quantum, awaken your authentic self and leave feeling lighter. Come with a goal or state that you would like to achieve or resolve, surrender, receive and allow. You will be downloaded the state that you are ready to receive. Example: less stress ... more contentment; struggles with health conditions, wanting help in matters of love, letting go of fear and bringing in courage etc. I am also booking full sessions, call to book an appointment. For more info see www.Quantumlightweaving.com



Irozee2013@gmail.com **Time: Wednesday 7–9 pm. Cost \$10.00 (registration required)**

May 28 **Meditation with Paul:** Connecting to the Animal Spirits. Details see above.

May 25 **Medicinal Plant Walk with Herbalist, Angie Oriana Jenkins of Sister Lotus.** We will walk around Carol's Herb garden, flower gardens, and local plants in the yard and nearby nature paths. Learn how to start using herbs or pick up a few new tips! Starting with herbs made simple. They are all around us and can help add healthy choices to our life. Simple, interesting and informative!

Time: Sunday 1 – 2:30 pm Cost: \$ \$20.00 oriana@sisterlotus.com





May 31 & June 1 Reiki Level 1 with Elizabeth Cushing Master /

Teacher. This gentle healing energy will allow you to help yourself, others and pets. Ready for a life adjustment - physical, emotional & spiritual? It is hard to put into words what Reiki means to me. I am a different person because of it & grateful for the ability to help others. Reiki is very spiritual & connects me intimately to a higher source of “love peace & harmony”. A gift has been opened up to me, & a desire to share this gift with others has led to my practice of this energy balancing touch. I look forward to sharing this ancient and wise training with you. **Time: Sat & sun 10 – 5pm Cost:\$195.00 or \$50.00**

for a refresher course - registration required - limited spaces.

www.elizabethcushing.yolasite.com

Jun 4 **Meditation with Paul** Connecting to the wisdom of Native Americans **Wednesday 2:30– 3:30**

Jun 11 **Meditation with Paul** Connecting to the Cloud Spirits **Cost: \$5.00**

Jun 12 **Full Moon Healing Drumming at our community Fire Circle with Paul Gregory.** Drumming connects us to our own individual heartbeat and to the heartbeat of Mother Earth. Mother Earth nurtures us with all we need for life, and is our Home during our lifetimes. She helps us to connect to our True Higher Selves through rhythm and sound, which in turn helps us to heal and balance ourselves and others. Come out and connect to the beat of Drumming, which is a very ancient tradition and can release stress, anger, confusion and bring in a sense of peace and relaxation. Drum, share and support for us all. Bring along your drum, rattle, flute or other instrument. Extras are also available. All welcome, no experience required. **Time Thursday 7-9pm. Registration Required Cost: \$5.00. www.weatherspirits.yolasite.com**



Jun 14 & 15 **Emotional Freedom Technique (EFT) Level 1 & Level 2** by Al Rodee Do you have things in your life that you wish were different ... but do not know how to change? EFT is a powerful tool for improving your life: mental, emotional, and physical. It is a simple technique somewhere between hypnosis, meditation and acupuncture. You can learn it in minutes and use it to apply instant relief. Rather than burying stress and emotions as we were trained ... it is about bringing them up, feeling them, and tapping them out. I am excited to have Al come to Nan’s Rock Shop. I personally have taken EFT level 1 & 2 this past winter along with his coaching in private sessions. I highly recommend this training whether it is for your healing practice, self healing, or working with family & friends. Thank you Al for so many things! Check his attachment and website for more details. **www.alrodee.com Time: Saturday & Sunday 9-5pm. Cost: EFT Level 1 \$100.00, EFT Level 1 & 2 \$180.00**



Jun 18 **Meditation with Paul** Connecting to the Energies of the Mermaids **Wednesday 2:30– 3:30**

June 18 **Quantum Light Weaving with Linda Rozee.** **Time: Wednesday 7–9 pm. Cost \$10.00 (Registration required)** Details see above

Jun 25 **Afternoon Meditation with Paul** connecting to the Energies of Nature **Wed 2:30 – 3:30pm**

July 12 **Communicating with Nature** with Rashana **www.rashana.ca**

Aug 10 **Subject to be announced with Linda Rozee.**

Sept 21 **Living in Sacred Awareness** by Beth Lenco **www.bethlenco.com**

Stone of the month: Opalite



Opalite is often used to describe a rock containing small deposits of Opal. Though most often it is a man-made opalized glass resin that is fused with metal to create an opalescent effect. The word "opalite" refers to the luminous blue, manmade "sea opal glass". Opalite has a soft, gentle and soothing effect. It may be man made but is nevertheless a stone of love. It is a very gentle, calming stone and is ideal to have in your work space or in situations that may be difficult or tense. This stone can help us to achieve our goals and to be successful. Also, Opalite help's to soften a harsh atmosphere or to soften a "hardened soul". This is a good stone for the release of fears and worries. Opalite strongly attracts light beings, it is a stone to use in communication to the Angelic kind and to attract positive light energies to any being or any area. It is known to help stabilize mood swings, deepen meditation, increases self-esteem, aids in times of change & smooths transition times, encourages good business and wealth. It helps to balance yin-yang, the balance of male and female, light and dark, active and passive, daytime and nighttime energies. The opalescent glow gives us a feeling of turquoise waters, vacation times on gentle seas, a moment to rest as if on vacation ... to take some time out, gather our thoughts, and come back to our reality with confidence and clarity. **Known as the stone of beauty and vacation for the mind.**

Therapy Room available for rent. Part time space is available. Join us here at Nan's. Begin a practice, or add to an existing practice. Enjoy our retreat like setting, comfort and a feeling like coming home atmosphere. We have interest in: Esthetician services, Reflexology, Massage, Counselling services, Energy Practices, Herbalist, Relaxation, Holistic Services, etc. Stop in and see our space and the room choices that are available. Contact person: Carol Layton



We're more than just rocks...

Rooms to Rent
Part time or full time
Massage tables & furnished

For upcoming workshops & events, go to
www.nansrockshop.com

Nan's Rock Shop
13995 Hwy #1 Wilmot, Annapolis County
(902) 825-2700
Rooms to rent for Holistic Practices are currently available.

Our Team

Carol Layton: owner www.nansrockshop.com

Paul Gregory: Healing Drum Circles, Meditation Groups, www.weatherspirits.yolasite.com

Elizabeth Cushing: Reiki, Raindrop Therapy, Ionic Foot Bath www.elizabethcushing.yolasite.com

Honour Tett: Registered Massage Therapist (full clientele)

Nan: retired (drops in regularly)

Be the change you want to see in the world. Mahatma Gandhi