

NAN'S ROCK SHOP & SPIRITUAL CENTER



A PLACE LIKE COMING HOME

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Oct 2015

Carol Shares: Simple Pleasures

I wake up in the morning
My bed warm, soft and snuggly
My view out the window is sunshine, blue skies framing a large maple tree
I play with my kitten Bella as she romps across my bedspread
My dog "Storm" jumps up and gives me wet morning kisses, tail wagging and enthusiastic
The beginning of my everyday morning routine.
A new day for opportunities and accomplishments, yet to unfold.

Other simple pleasures include:
The sun on my face, time in nature, breakfast on the patio in the morning
Watching the variety of flowers in my garden bloom through a season
Sharing time with my family.

With my busy schedule called "Life"
Sometimes I forget to appreciate the so many blessings all around me
The simple things that fill my heart with joy, happiness, contentment, and most important ... **love**
It can be so easy to put the focus on: the to-do-list, finance, wants, goals, and expectations
Finding the balance of accomplishment vs appreciation.

I encourage you to enjoy your day, notice the simple pleasures that nurture your soul
They are like "energy vitamins" that can keep us strong and healthy
A natural source of healing / happy / humorous / hugging / heart-felt
Discover the joy that you been searching for
It has been within you all this time
Hoping that you just take the time to notice.

A new addition to my family, my "grand-pup": Teddy
Puppy snuggles
Precious.

***"Living big and joyful and content is almost always the result of our finding satisfaction in life's ordinary day-to-day pleasures. And God must be fond of them, too, for He made so many of them for us to enjoy." H. Jackson Brown, Jr.
Author: Life's Little Instruction Book.***



Workshops and Events

Mondays Tribal **Belly Dancing** with Terri Nichols. Feel good about yourself and your body image, for all women are beautiful. Allow the goddess energy within you to shine. Every woman has parts of her body she has issues with! Why not come out and dance like no one is watching, have fun, learn moves and tone that belly. If you love to dance barefoot, in big skirts and enjoy time for yourself, come out and try Tribal Belly dance. Join us on your first evening for Free! Events will be held in the Warehouse Dance Studio (Behind the shop) (No Jeans and bring water to drink.) * **Time: 7-8:30 pm. Cost \$10 (drop in).**



Tuesdays **Laughter Yoga** with Delena Romo. Delena is a newly Certified Laughter Yoga Leader by Michi Morioka who was certified directly from Dr. Madan Kataria who is the Founder of Laughter Yoga since 1995. Delena is also a Certified Reiki III Practitioner and Reflexologist who loves life. Laughing increases the level of endorphins in your body which leave you feeling refreshed and rejuvenated. Please bring your own yoga mat and dress comfortably. Classes will be in the Dance Studio behind the shop. Delena is offering first class free. **Time: Every Tuesday starting Oct 6 FREE, Oct 13 \$15.00 (registration required)** whisperingwinds@hotmail.com



Wednesdays **Nan's Afternoon Drop In** **Time: 2:30 – 3:30. Cost \$5.00**

Oct 7 **Time with Carol.** Includes tour and stories of how we began, a Labyrinth walk and a visit to Nan's Rock Shop for a crystal healing demonstration - including a free crystal for your pocket!

Oct 14 **Cloud Meditation with Paul Gregory.** Join me as I take you to the clouds to a place of relaxation and clear thoughts. www.weatherspirits.yolasite.com.

Oct 21 **Goddess Meditation with Peggy Gregory.** Let me introduce you to various goddess personalities and the wisdom they can offer when we invite them in for support. www.honouringhestiashearth.yolasite.com.

Oct 28 **Chakra Clearing with Elizabeth Cushing.** Chakra Clearing: allow yourself to clear stress from your aura and chakras. www.elizabethcushing.yolasite.com.



Wednesdays **Chakradance Full Awakening Cycle (nine weeks)** with Leslie Milne No dance experience or prior knowledge of the chakras is necessary. The evening will be guided by music resonating to each of the seven chakras. This is a spiritual dance journey; we will focus on one chakra per evening. As individuals dance to the frequency of each chakra, different issues surface allowing the opportunity to explore the issues and experience the emotional charge related to the issues ("open, notice, release" through dance). Events will be held in the Warehouse Dance Studio (Behind the shop) **Every Wednesday 7-9pm. Cost: 10.00.**



PLUS: Oct 24 **Fall/Winter Chakradance Celebration.** All chakras: crown to base. Come join us for an afternoon of dance, clearing, healing and friendship. Dance with our eyes closed allowing your soul to lead the way. **Time: Saturday 1– 4 pm. Cost: \$30.00.** www.coyotemoonhealingarts.wordpress.com

Thursdays RAW 'N Green Nutrition Boot Camp with Judy N Green, certified RAW Food Nutrition Coach

- Oct 1 Introduction, What is a Nutrition Coach, Goals & Contracts
Oct 8 Whole Food Nutrition vs. Supplementation. Macronutrients, Micronutrients, and Phytonutrients
Oct 15 Sugar, Salt & Oil. Making better choices and why it is important
Oct 22 What is "Clean Eating" and why should I "Eat Clean". Learn how to easily read labels.
Oct 29 Vegetarian, Pescatarian, Lacto-Ovo Vegetarian, Vegan, Raw Food, Low Fat Raw Food (80-10-10) ... what can we learn from each lifestyle?



Time: Thursday afternoons 1:00 - 2:30 pm. Cost \$15.00 plus HST www.rawngreen.com

Oct 24 **NEW: Raw Food Potluck:** All are welcome, bring your favorite raw food dish to show off and share. Eating deliciously! **Time: Saturday 5:30. Cost: no charge.**

Thursdays Laughing Yoga with Dawn-Lea. Laugh like never before. Come feel healthier, energized and lighter. **More importantly, through Laughter Yoga, heal personal relationships as well as relationships with yourself.** Dawn-Lea Greer, a newly certified Laughter Yoga instructor, by Michi Morioka from Japan (trained directly by the creator Dr. Kataria), is excited to share with you the art of laughing and the benefits. Bring your own mat. BYOM. * Events will be held in the Warehouse Dance Studio (Behind the shop) . **Time: Every Thursday 7-8 pm. Cost \$15.00. (drop in). October special: Bring a friend 2 FOR 1 offer.** Two participant fee's for the price of one! Now that is something to laugh about!



https://www.facebook.com/laughingyogawithdawnlea?skip_nax_wizard=true&ref_type=logout_gear

Saturdays (starting Oct 10) Tai Chi Yang Style with Luitgard Budd. Tai Chi is a Chinese Art of Movement. Quiet, fluid movements in unison with your natural rhythm of breathing. The gifts of Tai Chi are relaxation, physical and emotional calmness, balance, better concentration, vitality, well-being and inner peace. I've been practicing Tai Chi for 29 years and have been teaching it for 25. I will guide you step-by-step, at a pace that suits your abilities. Beautiful elements such as Chi Kung, Tao Yoga and Tao Self-massage will flow into our classes and these will bring the flow of your life energy back. **Time: Saturday 10 – 11:00 am. Cost \$35.00 a month for 4 classes. (registration required).**



Oct 8 **Herb Basics in the Kitchen with Monica.** This month we will focus on collecting, foraging and preserving the harvest. We will walk around Nan's yard and collect things and I will show you different ways to preserve them for the long winter months. There is so much around us that is virtually going to waste. Also be aware that I have natural homemade products for sale here at Nan's Rock Shop. Such as: herb teas, salves & balms, cold press soap, smudge supplies, herb starter kits and more. Stop in and have a peek! Bringing Herb Basics into your home. **Time: Thurs 7- 9pm. Cost: \$15.00. (registration required).** **<http://spiritualconnection.yolasite.com>**



Herb of the Month: ROSEHIPS A Rose hip is the fruit of a rose. The wild dog rose is the type of rose most often cultivated for their hips. This plant grows up to ten feet tall and bears a white, very fragrant flower. Once the flower has bloomed, and all the petals have fallen off, the hip is picked and used in a wide variety of preparations. Rose hips are the best source of vitamin C; they contain 50% more vitamin C than oranges. A single tablespoon of the pulp gives an adult more than the recommended daily allowance of 60 mg. They can be eaten raw, after being put through a blender, or soaked in water overnight and then cooked in the water for about half an hour. Because of the high vitamin C content they are an excellent immune system booster, and are often used as a supplement to prevent or treat a cold. The pulp from rose hips may be used in sauces or made into jelly.



Oct 10 **Re-Awakening Our Labyrinth** With Paul Gregory. Jo Leath www.joleath.com gifted us the creation of this Labyrinth Sept 9, 2012. I have added extra granite rock, widened it, and added orange day lilies on the circumference. Plus now have just carpeted and added cedar mulch. Paul is offering to facilitate a re-awakening and re-energizing of the labyrinth through a healing drum acknowledgement and labyrinth walk. We will be encouraging everyone who stops into the shop this day to also walk through it. As we create a place for people to come for peace, healing and connection to spirit in their own personal way with the added opportunity of earth energy connected to this labyrinth. I am so grateful to have this gift here on our property, and we share it with you. For extra labyrinth information stop into the shop or website. **Re-awakening Time: 11:00am. Cost: No Charge.**



Oct 17. **Aromatherapy 101** with Kim Smith. Mood Crafts Natural Healing. **Shift Your Body's Natural Healing Powers into High Gear!** If you are interested in learning more about aromatherapy and how to incorporate it into your daily life, this workshop is for you. The workshop will address the following topics: what are essential oils, how do essential oils work, basic safety precautions, how to use essential oils, what are carrier oils and how are they used. This will be followed by a study of 10 essential oils. Finally, participants will have the opportunity to create a take-home product, custom-blended to their preference. Each participant will have a workshop outline to take home for future reference. **Time: Saturday 2:00 -5:00 pm. Cost: \$30.00 (registration required.) www.moodcrafts.com**



Nov 6 **Healing with Past Life Regression "Talk"** with Darlene Sawler By using this unique method we are able to connect the conscious and subconscious mind. When we do this we are able to tap into past lives, explore the memories and get to the concerns associated with aches, pains, fears and phobias. We also have learned talents in our past lives that can be uncovered during a session that will enable you to make use of them in this life. This "talk" will help you to understand yourself on a deeper level, plus the how's & why's of hypnotherapy and past life healing. Let me help you with this lifetime. **Time: Fri 6-8pm. Cost: \$25.00. (drop in).**

**Touched By An Angel
Spiritual Centre**

Darlene Marie Sawler CHT,PLR
Certified Hypnotherapist,
Specializing in Past Life Regression

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Nov 7 **Past Life Regression Sessions** with Darlene. \$125.00 with Friday talk, \$170.00 without talk. Certified training through Chris Lee, Hypnotherapist and Past Life Regressionist. Call Nan's to book your appointment. <http://angelspiritualcentre.webs.com/>

Nov 28 & 29 **Emotional Freedom Technique: Training Workshop; Level 3** with Al Rodee. Level 1 and 2 are pre-requisites. www.alrodee.com **Time: Saturday & Sunday 9 am – 5 pm. (registration required).**

RAC Foot Reflexology Certification Course with Donna Jones **For more information and registration contact: 902 825-7073** Course date: Spring 2016 www.donnaionesreflexology.com

Stone of the Month: Carnelian

Carnelian is an orange colored variety of chalcedony, a mineral in the quartz family. Its orange varies from pale to deep red orange and sometimes is banded in various shades. It's warm and energizing energy supports our desires of passion, creativity, playful in relationships, helps us to express our joy, and to accept and enjoy our true nature. It increases our "zest" for life and the willingness to put ourselves out there and take risks as we move towards embracing life and transformation. It motivates success in business and life as it encourages us to enjoy the journey, not just the destination. It transforms: procrastination, resentment, envy, rage, physical pain (especially lower back), arthritis, improves absorption of nutrients, and helpful in healing reproductive organ disorders. Known as "The Stone of Pleasure". *"Simply enjoy life and the great pleasures that come with it."* Karolina Kurkova

