

Our Mission

Healing through mind, body and spirit, empowering and teaching people to release emotional blocks and fears, to let go of the past and find their path to health, well being and peace in their lives...



NATURAL HEALING ARTS CENTRE

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2018/19 Schedule

Touch For Health Consultant
(Levels 1, 2, 3 and 4)

Reflexology Practitioner

Reiki Master

Indian Head Massage

Anne Catherine

647-323-1049

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Touch For Health

Touch for Health (TFH) uses principles from Chinese medicine, acupuncture and massage to bring the body into Balance and release physical and mental pain. Touch for Health enables you to do muscle testing and muscle balancing as well as allergy and food sensitivity testing. A certificate is obtained with each level.

Duration: 16hrs over 2 Saturdays

Note: *Evening courses are available. Please call for details.*

Cost: \$ 250.00 per level

	Spring 2018	Fall 2018	Winter 2019
Level 1	May 26 & 27	October 27 & 28	January 26 & 27
Level 2	June 23 & 24	November 10 & 11	February 23 & 24
Level 3	July 28 & 29	November 24 & 25	March 23 & 24
Level 4	August 25 & 26	December 1 & 2	April 27 & 28



Indian Head Massage Course

Indian Head Massage, also known as Champissage, is a form of relaxation massage which focuses on the face, head, neck, and shoulders, upper back and upper arms which are important energy centers within the body. It is very relaxing and has a balancing effect on the recipient as it helps release stress and tension. This is a massage done over the clothing in a seated position, therefore can be done anywhere and at any time.

Duration: One day course, 10am - 3pm

Cost: \$ 200.00 (plus \$10 for manual) or \$40 for 40min

Dates Available 2018: May 6, June 17, August 6

2019: TBD

Reiki

Reiki (pronounced Ray-key), is a Japanese work which means Universal Life force Energy. This holistic technique is a gentle hands on healing art. It moves natural energy through the body to replace energy that has become blocked or stagnant. Reiki helps to relieve tension and balance the entire mind, body and spirit system. It also restores energy and aids the body in its ability to heal itself.

Reiki is a safe and loving energy.

Please call for details of the course that you wish to take.

Cell: 647-323-1049

	Cost	Spring 2018	Fall 2018	Winter 2019
Level 1	\$200	March 10	August 19	January 5
Level 2	\$225	April 7	October 28	January 6
Masters	\$300	June 1 & 2	Dec 14 & 15	Apr 5 & 6

Note: Classes are subject to the number of participants that have registered