



4695 Morse Rd
Columbus, Ohio 43230
614-471-2281
www.gentlewind.net

Gentle Wind

Where the journey begins...

CLASSES / EVENTS **January & February 2010**

NEW YEAR'S PSYCHIC FAIR **Saturday, January 9**

Join us once again for our New Year's Psychic Fair. Enjoy a 15-minute reading from one of our gifted Intuitives, an Angel or Numerology Report, or a 20-minute seated chair massage.

Intuitives:

Dan Cordle
Peace McElwee
Nada Maibach

Matt Muschott
Marc Moody
Joey Smith

Tammi Rager: Angel or Numerology Reports

Time: 12 to 6 pm

Price: 15-minute Mini-Reading, Angel or Numerology Report,
or 20-minute Chair Massage: \$25

Course in Miracles Every Sunday

"This is a course in miracles... (it) does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim...at removing the blocks to the awareness of love's presence, which is your natural inheritance." ~ *from the Introduction to A Course in Miracles*
A Course in Miracles is one of the most talked about collections of writings of the century, yet many approach the sacred text from a standpoint of reading only. The text is meant to be experienced. Come and experience a miracle for yourself! This class meets every Sunday.

Time: 1:30 to 3:30 pm

Price: Love Offering (Suggested \$10)

**Enlightenment Book Study Group: A New Earth by Eckart Tolle
With Vince Lisi**

Sundays, January 10 and February 14

The goal of the Enlightenment Study Group is to help participants move beyond the limiting confines of the egoic identity with its attendant pains and confusion to an understanding of themselves as eternal souls manifesting the "presence of God" on the earth plane. The group will use Eckhart Tolle's A New Earth as the focus of discussion, stressing Tolle's teachings on overcoming the ego and awakening to one's life purpose. Join Vince Lisi, a professor of Philosophy and Religious Studies, Director of the Youngstown Spiritual Society, and President of Now Creations (www.nowcreations.org) for this enriching study group.

Time: 3 to 5:30 pm

Price: Love Offering (Suggested \$10)

Gentle, Functional Fitness with Pam Lauderbach

Tuesdays starting January 5

Pam explains and demonstrates how exercise is becoming *dysfunctional*. As technology continues to advance exercises and equipment, the potential for poor technique increases, potentially doing more harm than good. Learn proper exercise techniques designed for your muscle imbalances and start our New Year's fitness program right! There's a maximum of 10 and a minimum of 3 for this class, so register early.

Time: 1 to 2 pm

Price: \$12.00 pre-registered / \$15.00 day of class

Hooping Fitness Class with Jacki Mann

Wednesdays, January 6 - February 24

A Childhood Past-Time Evolves into a Fitness Craze! Is there a woman around who doesn't have memories of hula hooping for hours on-end as a young girl? Well, those same women from San Francisco to Boston are now spinning hula-hoops for fitness fun. The hoops used aren't the plastic kind we used as a little girl, but a larger, padded type made specifically for fitness and dance. The large size makes hooping easier, as it moves at a slower revolution; however, don't let that fool you in to thinking that the hooping workout is any walk in the park. The health benefits of hooping are numerous: it builds core strength; tones the waistline, glutes, arms and thighs; improves coordination and posture; increases flexibility; helps the digestive process; is energizing; enhances mental focus; and believe it or not, it's a great cardio workout. While the secret is out that hooping is great exercise, another worthwhile benefit is the "fun" factor. For many it is their playtime, dance time, joy time, bliss time and their re-connecting time - to other women and to themselves. Come join the fun, and get some exercise at the same time.

Time: 5:45 to 6:30 pm

Price: \$70 for a 7-week session

**Messages from the Ascended Masters
with Nada Maibach**

Saturday, January 16 and February 20

Making sense out of life can be a challenge. If you are looking for a broader perspective or direction, regeneration and unconditional love, this group session can give you that experience and more. Nada has channeled throughout the United States and Canada to groups and individuals. Her channeling journey began with Jeshua ben Joseph (Jesus) and Mother Mary, and has expanded considerably to include the "Designated Dolphin" named Quixno, Ramdala, St. Germain, Isis, Quan Yin, Ashtar, and others. Participants will receive their own personal message and will be able to ask a question. *Please register early, as there is a 14-participant maximum, 2 minimum.*

Time: 1 to 4 pm

Price: \$25 Pre-registered / \$30 Day of class

**Love Is In the Air -- Happy Valentine's Day!
with Nada Maibach**

Saturday, February 13

We have many love/heart relationships in our lives: life partners, parents, siblings, friends, etc. With our loved ones we have connections that go beyond this present time and place. In this session, I will channel information about past life connections/origins with loved ones. You may bring a special someone with you to share this enlightening experience, or come by yourself and enjoy this unique opportunity for expanded awareness and understanding. *Please register early, as there is a 14-participant maximum.*

Time: 12 to 2:30 pm

Price: \$25 Pre-registered / \$30 Day of class

**Special "Valentine Warm-up" Yoga Class
with Victoria Frisch**

Saturday, February 13

Join Victoria for a Couples Only (full of partner poses) "Valentine Warm-up" Yoga class.

No prior yoga experience necessary!

There must be a minimum of 3 couples (6 people, any gender), pre-registered.

Time: 3:30-4:45 pm

Price: 2 for \$14.00 (priced specially for Valentines)

yoga classes

GENTLE YOGA with Barbara Newell

Tuesdays at 5:30

No previous yoga experience needed! Through the practice of alignment in yoga postures, breathing techniques, and meditation, we will explore body and soul to find healing and relaxation in a gentle environment.

YOGA FOR EVERY BODY with Victoria Frisch

Wednesday at 2 & Friday at 3:45

This beginning yoga class is based upon Hatha yoga for people of all sizes and shapes! The class will begin with relaxation and breathing techniques and end with a guided meditation. The routine will be gentle, sometimes challenging, and modifications for various body types or physical restrictions will be offered.

YOGA FLOW with Barbara Newell

Thursdays at 11

No previous yoga experience necessary! What sense sitting alone in your room, come play the yoga way. Breathing and motion in jovial flow, gently unwinding body and soul. (not responsible for spontaneous enlightenment.)

INNER YOGA with Lori Candon

Thursdays at 5:30

No previous yoga experience needed! Through the practice of alignment in yoga postures, breathing techniques, and meditation, we will explore body and soul to find healing and relaxation in a gentle environment.

INTEGRATIVE YOGA (for all levels) with Susan Keister

Saturdays at 10:30

The class is appropriate for all ability levels. Integrative Yoga is a complete wellness practice that blends the energetic, emotional, mental, and spiritual aspects of ourselves with traditional Hatha Yoga, to reduce stress and induce healing on a holistic level.

YOGA FOR EVERY BODY - Phase 2 with Victoria Frisch

Sundays at 12

This yoga class is based upon Hatha yoga for people of all sizes and shapes! This class is more aerobic than the beginner's *Yoga For Every Body*. Some previous yoga experience preferred, but not required. The routine will be gentle, sometimes challenging, and modifications for various body types or physical restrictions will be offered.

Price: \$12 per class*

Private Yoga Lesson with Barbara Newell available by appointment - \$70 for 1 hour

***Effective January 1, 2010, 6-week and 12-week passes are no longer available for purchase.
If you have a 6-week or 12-week pass, it is still valid and can be used through February.**

Gentle Fitness with Pam Lauderback

By Appointment

Gentle low-impact exercises can help to build bones and are safer on your muscles, tendons, and joints. The goal of these classes is that you learn effective exercises with proper form and technique, the gentle way. This 60 minute exercise session will guide and work closely, instructing you through a fitness routine that is effective for burning off more fat, producing more energy, balancing glycemic levels, trimming and toning you the safe gentle way.

Pamela Lauderback is a nationally certified fitness professional and continues her studies and research for safe, effective exercise. For more information, please visit her website: www.healthyonefitness.com

Price: \$65 for 60 minutes (By appointment only)

Intuitive Services

INTUITIVE READINGS: Available daily

MONDAYS:

12 to 6 pm:
Marti Sinclair

TUESDAYS:

12 to 6 pm:
Marc Moody

WEDNESDAYS:

12 to 6 pm:
Matt Muschott

THURSDAYS:

1 to 6 pm:
Dan Cordle

FRIDAYS:

12 to 6 pm:
Brenda Frazier

SATURDAYS:

12 to 5 pm:

01/02	Dan Cordle	02/06	Dan Cordle
01/16	Joey Smith	02/13	Joey Smith
01/23	Ellen Bone	02/20	Brenda Frazier
01/30	Marc Moody	02/27	Matt Muschott

SUNDAYS:

12 to 5 pm:

01/03	Nada Maibach	02/07	Marti Sinclair
01/10	Nada Maibach	02/14	Aura Machine
01/17	Ravenwolf	02/21	Ravenwolf
01/24	Marti Sinclair	02/28	Marc Moody
01/31	Nada Maibach		

REIKI ATTUNEMENTS

WITH SUZY MCFARLAND, RMT

Level I: \$150 / Level II: \$300 / Level III: \$500
Available by request.

Gentle Wind's Group and Off-site Services

Make your party extra special! Have an office meeting that your staff will thoroughly enjoy! Whether you bring your group here to our facility, or we come to your home or office, everyone can enjoy Gentle Wind's health and well-being services. Available services include Body and Energy work (fully clothed), classes and workshops, and Intuitive Readings. All Off-Site services, classes and workshops are specifically designed for the work place and/or recreational site. Call our Off-Site Coordinator today at 614-471-2281 for further information or to schedule an event.

INTUITIVE ENERGY WORK

WITH MATTHEW MUSCHOTT

Matthew will combine an intuitive reading of your body and emotions with energy work to help you become more balanced, and release any energy blocks you may have. (*by appointment only.*) 30 minutes: \$50



Just Imagine...

*Just imagine feeling less pain in your body.
Just imagine your blood pressure going down a notch.
Just imagine being healthier because your immune system works better.
Just imagine a better feeling of well-being because endorphins are circulating throughout your bloodstream.*

You don't have to imagine these things. You can get them with therapeutic massage. Here at Gentle Wind our licensed therapists have over 70 years of combined experience in massage and energy work. We offer a wide range of treatments that can soothe, pamper and restore you. Massage is so beneficial to a person's health that it is no longer a luxury, it is one of the best ways to maintain a positive lifestyle in our hectic world.

Call 614-471-2281 to schedule an appointment.



**Spinal Decompression Therapy
with Dr. Joe Iuvara, DC**

614-471-9500