

FALL 2006

A community publication for and about Valade Healing Arts Center at Van Elslander Cancer Center

HEALING ARTS

VALADE

(renew your spirit)

Clients share their experience with Reiki...

"My experience at the Valade Healing Arts Center has been a powerful one. From the moment I walked through the doors, I am filled with the most overwhelming sense of peace and comfort. I have the feeling I am walking among angels. The soft music and water fountain adds to this ambience of peace. I feel cherished. This is a place that offers me hope on my healing journey."

— Kathleen E. Kendzierski

"A memory of a challenging, terrifying experience, through which I emerged a more complete person. Through Reiki and Yoga at the Healing Arts Center, I found the personal strength and support to draw on in the middle of the night or when I was alone. How fortunate we are to have a center available in the midst of our community, not just for people with cancer. They have held my heart and touched my soul."

See inside for monthly "Intro to Reiki nights", classes and services.

Inside This Issue

- Ongoing Favorites
- Class Offerings

NEW SPECIAL EVENT

1000 Candle Light Labyrinth Walk:

Join us for an inspirational gateway as we illumine the path of the labyrinth with beautiful candles. Discover the peacefulness and well-being of a labyrinth walk. Please call 313-647-3320 to register. You may purchase a candle from the Healing Arts Center (proceeds go to the Van Elslander Cancer Center) Donations for the evening are welcomed and appreciated. **Candle price is \$10. Saturday, Sept. 16, 7:00 p.m. Chair massage available \$1/minute (10 minutes minimum). RM**



VAN ELSLANDER
CANCER CENTER

REAL MEDICINE™

Registration Form



Class	Date	Time	Location	Cost

Please Print: TOTAL: _____

Registrant name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone number: () _____

Check/Cardholder's name: _____

Credit Card # _____ Exp. Date. _____

Signature: _____

Visit our website at www.realmedicine.org/valadehealingarts



Valade Healing Arts Center

Van Elslander Cancer Center
19229 Mack Avenue, Suite 30
Grosse Pointe Woods, MI 48236

Phone: 313-647-3320
Toll Free: 866-246-4673
FAX: 313-647-3322

HOURS OF BUSINESS:

Monday – 12:30- 8:30 p.m.
Tuesday – 8:30 a.m. - 8:30 p.m.
Wednesday – 8:30 a.m. - 3:30 p.m.
Thursday – 8:30 a.m. - 8:30 p.m.
Friday – 8:30 a.m. - 3:30 p.m.
Saturday (every other) 8:30 a.m. 2:30 p.m.

NON PROFIT ORG
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ST JOHN HEALTH

REAL MEDICINE™

Valade Healing Arts Center Ongoing Favorites

(New prices effective 9/1/06)

Swedish Massage: \$65
Reflexology: \$65
Reiki: \$65
CranioSacral Therapy: \$75
River Rock Massage: \$75
Prenatal Massage: \$75
Therapeutic Massage: \$75
 (deep tissue)
Hypnotherapy: \$85

All St. John associates receive
a \$5 discount on services.



PUNCH CARD PROMOTION

Buy three (3) same dollar services
and receive the fourth—HALF OFF!
Not available with any other
discount. **RM**

Cranial Osteopathy

A comprehensive system that works with the complex rhythms of the head to discern normal as well as restricted motions through out the entire body. Cranial Osteopathy is a gentle, safe approach that can help with many different disorders including chronic headaches, low back pain, breathing and digestive disorders, chronic ear infections and birth trauma as well as certain pain symptoms in autistic children. Cranial Osteopathy can complement the use of drugs or surgery in traditional medical care. Physician fees apply. **RM**



REAL MEDICINE™

FALL 2006 CLASS OFFERINGS

All classes held at VHAC
unless otherwise noted

Advanced Yang Tai Chi:

Monday 6:15 - 7:15 p.m.,
\$70 (7 wks)

Session I: Sept. 11 - Oct. 23
Session II: Oct. 30 - Dec. 11

NEW Beginner Wu Tai Chi:

Monday 7:30 - 8:30 p.m.,
Session I: Sept. 18 - Oct. 30,
\$70 (7 wks)
Session II: Nov. 6 - Dec. 11,
\$60 (6 wks)

FREE DEMO Wu Tai Chi:

Monday, Sept. 11, 7:30 - 8:30 p.m.

NEW Wu Tai Chi for SENIORS:

Gentle form of exercise using
smooth and continuous motions.
The postures are easily modified to
suit anyone's level of fitness, making
it ideal training for seniors. Training
in Tai Chi helps boost circulation,
ease muscle tension and improve
breathing and balance.
Thursday, 1:00 - 2:00 p.m.,
Session I: Sept. 21 - Nov. 2,
\$70 (7 wks)
Session II: Nov. 9 - Dec. 21,
\$60 (6 wks)

FREE DEMO Wu Tai Chi for

Seniors: Thursday
Sept. 14, 1:00 - 2:00 p.m.

Prenatal Yoga: Monday

5:15 - 6:15 p.m., **\$60** (6 wks)
Session I: Sept. 11 - Oct. 16
Session II: Oct. 30 - Dec. 4

Hatha Yoga: Monday

6:30 - 7:45 pm, **\$60** (6wks)
Session I: Sept. 25 - Oct. 30
Session II: Nov. 13 - Dec. 18

Hatha Yoga: Tuesday

4:45 - 6:00 p.m., **\$60** (6 wks)
Session I: Sept. 26 - Oct. 31
Session II: Nov. 14 - Dec. 19

NEW Chair Yoga: Gentle Yoga

for those who would like to
experience the benefits of Yoga
but are unable to do the floor
exercises. Appropriate for those
recovering from health challenges.
Wednesday, 4:00 - 5:00 p.m.,
\$60 (6 wks)

Session I: Sept. 27 - Nov. 1
Session II: Nov. 15 - Dec. 20

Iyengar Yoga: Wednesday, 5:45

- 7:00 p.m., **\$60** (6 wks)
Session I: Sept. 13 - Oct. 18
Session II: Nov. 1 - Dec. 6

"Reiki - Intro to Energy"

Evening: A opportunity to experi-
ence a mini hands-on Reiki session
and receive an explanation about
Reiki energy healing.
7:00 - 8:30 p.m.,
\$5 Donation appreciated
Thursday, Sept. 21
Thursday, Oct. 19
Thursday, Nov. 16
Thursday, Dec. 14

Reiki Level I: Reiki is an ancient,
Japanese hand-on healing method.
Students learn the history of Reiki,
basic hand positions and ways to use
this energy in their own lives and in
service to others.
9:30 a.m. - 4:30 p.m., **\$125**
Saturday, Oct. 14
Saturday, Nov. 11

Reiki Level II: Students receive
attunements that intensify the Reiki
energy. Learn techniques for
distance healing and furthering
mental, spiritual and emotional
healing processes.
9:30 a.m. - 4:30 p.m., **\$195.00**
Saturday, Sept. 16
Saturday, Dec. 9

NEW Lunch & Learn: Essen- tial Oils for Everyday & Critical Illness, **\$15** per session

In this 3 part series, we will explore
history, benefits, safety and effective
use of specific essential oils. Three
new oils will be explored each
month and participants will enjoy a
hand's on experience with the oils.
Bring your lunch and join us for an
hour of healing.
Tuesday, Sept. 12, noon - 1:00 p.m.
Valor, Peppermint & Lavender oils.
Tuesday, Oct. 10, noon - 1:00 p.m.
Purification Blend, Lemon, Endoflex
Blend oils.
Tuesday, Nov. 14, noon - 1:00 p.m.
Peace & Calm, Aroma Life blend &
Frankincense oils.

EFT: (Emotional Freedom

Technique), Saturday, Oct. 14
Basic EFT 9:00 a.m. - 12:30 p.m.
\$40 + \$5 book fee
Oncology EFT, 9:00 a.m. -
1:30 p.m. **\$50 + \$5** book fee

II) Reflexology Workshop:

Learn the fundamentals of reflexol-
ogy for family, friends and your own
well-being. Explore and discover the
health benefits, theory and basic
techniques of this age-old art in this
very experiential workshop. Bring a
friend and each receives \$10
discount!
\$85 (includes book fee)
Saturday, Oct. 28, 9:00 a.m. -
3:30 p.m.

Aura Photography: Come and
discover your aura—the energy field
that radiates through and around all
living things. You will be provided
with a color photo of your aura and
chakra's with state of the art
equipment. This information is for
educational or entertaining purposes
only. 9:00 a.m. - 1:00 p.m.
(20 min. appts.) **\$25**
Saturday, Oct. 14
Saturday, Dec. 9

NEW Managing Pain with

Medical Hypnotherapy: In this
experiential workshop, you will
learn techniques to help reduce pain
and release stress from your body.
Come and experience the benefit of
some simple, safe techniques by our
certified medical hypnotherapist.
Beneficial for those who suffer from
various medical conditions, accidents
and/or trauma. 6:30 - 8:30 p.m.
\$35, Thursday, Sept. 28

NEW Creating a Space for

Healing: Using the principles
of feng shui – the Chinese art of
arranging your space – we will create
a plan to transform one area of your
home or office. You will move from
chaos and discomfort to peace,
prosperity and healing. Recom-
mended reading: "Western Guide
to Feng Shui" by Terah Kathryn
Collins. 2 - 2 hour sessions, **\$75**
Tuesday:
Oct. 10 AND Oct. 24,
6:30 - 8:30 p.m.

NEW Labyrinths & Legends:

Explore the history and legends of
the Labyrinth. Learn some basic pat-
terns; discuss ways to experience the
labyrinth for prayer, meditation and
reflection. Experience a labyrinth
walk by candle light on the Healing
Arts Center's Santa Rosa Labyrinth.
Tuesday, Nov, 7 6:30 - 8:30 p.m.
\$30

NEW The Flame of the Soul:

This workshop explores the tradi-
tions and history of the use of flame
and candles in prayer and spiritual
practice. Each person will decorate
a candle as a prayer. There will be a
guided meditation focusing on candle
light and how it reflects the soul.
Tuesday, Oct. 3, 6:30 - 8:30 p.m.
\$35 (includes material fee)

NEW The Hearth of the

Heart: The early Celts started their
day with gratitude for the gifts of
the elements, the Native American
Medicine Wheel honors the energies
of the directions and all creation.
The weaving of St. Brigit's cross
from straw, crafting a dream catcher,
or piecing a log cabin quilt are some
of these early expressions of prayer,
reflection and meditation. Learn
how this knowledge may deepen
our own meditative/prayer practice.
Tuesday, Dec. 5, 6:30 - 8:30 p.m.
\$35 (includes material fee)

GIFT CERTIFICATES

Looking for a unique opportunity for
gift giving this season or for a special
occasion? Enhance, enrich and explore
the many opportunities available at the
Valade Healing Arts Center. Gift
certificates are available in any denomi-
nation and good towards all services,
classes, and gift shop items.

Location Key:

VHAC = Valade Healing Arts Center,
Grosse Pointe Woods
CSB = Corporate Service Building, Warren

Refund Policy:

Payment must be received one week prior to
start of class. No refunds will be processed
after the first class. A \$6 processing fee will be
charged for each refund that is granted. Re-
funds will be made as "store credit" only. If the
Valade Healing Arts Center cancels any activ-
ity due to insufficient enrollment, registrants
will be notified by phone and a full refund will
be issued. See enclosed mail-in registration
form for your convenience.