

# APRIL

## Classes & Happenings

### Natural Weight Loss and Maintenance

**Tuesday, Apr. 1, 7:00 - 8:30 pm**  
**Instructor:** Dan Geiger, M.S  
**1 Class - \$25 by Apr. 1 at Noon**

Have you been trying to loose weight for a long time? Are you tired of diets that don't work in the long run? Would you like to be your ideal size, weight and shape over the long term of your life?

This workshop teaches tools of positive thinking and self hypnosis to remove those obstacles and barriers to good health. Natural Weight Loss© combines the power of the conscious and subconscious mind to create increased metabolism, correct eating habits and untie emotional attachment to food. You can enjoy food, get to and maintain your ideal weight, and feel renewed confidence without struggling everyday. No personal information or self disclosure is required for success with this method.

**About the Instructor:** Dan Geiger, M.S., a native of Billings, has practiced psychology for the past 35 years and has studied and taught in 40 countries and 5 continents. He is currently an adjunct professor of psychology and counseling at MSU-B and has a private practice, specializing in hypnotherapy.

**Bring:** a notebook and wear comfortable clothing.

### DreamScaping

**Wednesday, Apr. 2, 7:00 - 8:30 pm**  
**Instructors:** Harriett Kimball-Hilario, MSW, and Cynthia Hutchinson, LCPC  
**1 Class - \$35 by Mar. 29**

**Description:** Our body holds our dreams. It is by giving expression to our dreams that we have the chance for dream embodiment, a greater connection to self, symbols and the "meaning of dreaming." Our work in this class draws from Robert Bosnak's training with a focus on the telling of dreams. With the use of reflection and incubation within a group session we have the means of discovering a dream's potential for others, beyond the original dreamer. In each session we will ask for one participant (or two if time allows) to share a brief dream. If you have further questions about the workshops, call (406) 657-1049.

**About the Instructors:** Harriett Kimball-Hilario, MSW, and Cynthia Hutchinson, LCPC, have used this process in college classes with students bringing their own dreams and have encouraged clients to bring dreams into their psychotherapy sessions for over 20 years.

**Bring:** Pen and notebook. Recommended, **A Little Course in Dreams**, by Robert Bosnak, \$11.95, available at Barjon's (10% discount with class registration). It is a great resource for our dreaming group process.

### Please Note:

Classes with registration deadlines require a minimum number of participants to be held.

Early registration is recommended. You may attempt to register for a class AFTER it's deadline. Simply call to ensure the class you want to attend is proceeding and has space available.

Courses with low enrollment may be cancelled. In such cases your fee will be refunded.

If you change your mind about a class, please call to cancel so someone else may attend. In order to receive a refund, cancellation notice MUST be received before the Registration Deadline.

### The Essence of Reiki

**Thursday, Apr. 3, 6:30 - 8:00 pm**  
**Instructor:** Sharon Winnett  
**1 Class - \$16 by Mar. 31**

In this introductory class, you will learn what Reiki is and if you are drawn to this sort of healing and energy work. We will explore the roots of Reiki, and its healing powers to align the chakra or energy systems and transmute karma. We will also discuss the attunement process of the sacred healing symbols. As we are in a time on earth when many are re-remembering their gifts and talents to assist in the ascension of earth consciousness many are being drawn to lift the veil of the illusions of illness and the death experience, and to greatly assist in the rapid transmutation of karma. Reiki, as a force of universal love energy, is a profound tool for this transformation.

**About the Instructor:** Sharon Winnett is a Reiki Master/Teacher and massage practitioner. She offers attunement workshops at all levels. She also has 20 years experience in the healing arts and works with many forms of vibrational healing. She is an intuitive healer and offers spiritual life coaching through her private healing practice in Billings.

**Bring:** Notebook and pen. Recommended Reading: Self Healing with Reiki, by Penelope Quest, \$22.95, Reiki Fire by Frank Arjava Petter, \$12.95, and, The Healing Power of Reiki \$20.00, by Tanamaya Honervoght. (All titles available with a 10% discount with class registration.)

### Spirit Message Circle

**Friday, Apr. 4, 6:30 - 8:30 pm**  
**Instructor:** Elizabeth Almamn, M.Ed.  
**1 Class - \$22 by Apr. 2**

Winter is a time for going deep within and re-emerging with a revitalized spirit. Contemplation can be very useful in this process. In these interesting and uplifting group readings, spiritual intuitive Elizabeth Almamn channels messages from spirit guides and angels and explains concepts of intuition and healing that are of interest to the group.

**About the Instructor:** Elizabeth Almamn, M.Ed.; Intuitive Guidance, Energy Healing, & Personal Development Classes. Website [www.elizabethalmamn.com](http://www.elizabethalmamn.com).

**Bring:** Pen and paper for notes may be useful.

### Dances of Universal Peace

**Saturday, Apr. 5, 2:00-3:00 pm**  
**(Ongoing 1st Sat. Of Every Month)**  
**Instructor:** Constance Heidenreich  
**Free Admission**

These dances are created from and inspired by the wisdom and sacred phrases of the many spiritual traditions of humankind. They use simple music, lyrics, and movements to touch the spiritual essence within ourselves and others. This celebration and meditation in sound and movement is practiced in dances around the world. We hope that you will take an hour to enjoy them with us. No experience is required.

### Let Go of Tobacco

**Tuesday, April 8, 7:00 - 8:30 pm**  
**Instructor:** Dan Geiger, M.S.  
**1 Class - \$25 by Apr. 8 at Noon**

Tired of smoking and chewing? Tried to quit a dozen times? Have you quit and then started again? Would you like to return to ideal health again? Stopping using cigarettes and chew tobacco is a process. This workshop teaches positive thinking and self hypnosis to allow you to remove those obstacles and barriers and move away from tobacco permanently. Unlike cold turkey methods that are usually temporary, Let Go of Tobacco © will allow you to live tobacco free without fighting it by combining the power of the conscious and subconscious. No personal information or self disclosure is required for success with this method.

**About the Instructor:** Dan Geiger, M.S., a native of Billings, has practiced psychology for the past 35 years and has studied and taught in 40 countries and 5 continents. He is currently an adjunct professor of psychology and counseling at MSU-B and has a private practice, specializing in hypnotherapy.

**Supplies:** Notebook, comfortable clothing

### DreamScaping

**Wednesday, Apr. 9, 7:00 - 8:30 pm**  
**Instructors:** Harriett Kimball-Hilario, MSW, and Cynthia Hutchinson, LCPC  
**1 Class - \$35 by Apr. 5**

Our body holds our dreams. It is by giving expression to our dreams that we have the chance for dream embodiment, a greater connection to self, symbols and the "meaning of dreaming." Our work in this class draws from Robert Bosnak's training with a focus on the telling of dreams. With the use of reflection and incubation within a group session we have the means of discovering a dream's potential for others, beyond the original dreamer.

In each session we will ask for one participant (or two if time allows) to share a brief dream. If you have further questions about the workshops, call (406) 657-1049.

**About Instructors:** Harriett Kimball-Hilario, MSW, and Cynthia Hutchinson, LCPC, have used this process in college classes with students bringing their own dreams and have encouraged clients to bring dreams into their psychotherapy sessions for over 20 years.

**Bring:** Pen and notebook. Recommended, **A Little Course in Dreams**, by Robert Bosnak, \$11.95, available at Barjon's (10% discount with class registration). It is a great resource for our dreaming group process.

### Art of Writing For Children: A Writing Group

**Thursday, Apr. 10, 7:00 - 9:00 pm**  
**Instructor:** Carina Camamile  
**1 Class - \$10**

**Description:** The Writing Group sessions are continuing, so bring in your manuscript (up to 5 pages double-spaced) and share your story in a warm, supportive--and constructive--environment. In addition, support other emerging writers as they read their work. During part of the session you'll also have an opportunity to discover your talents through evocative writing exercises--surprise yourself! Do come as often as you can and work through the elements of your story, as this will assist your efforts in the Picture Book workshop on April 19, 2008.

**About the Instructor:** Carina Camamile is a published poet, a children's writer and avid children's book reader. She has been writing, reading and studying children's literature for over 8 years. Her studies have included workshops with many Newbery and Caldecott winning children's authors, including Mo Willems, Richard Peck, and Paula Danziger.

**Bring:** Participants may bring five or six manuscript pages, or an entire picture book manuscript for critique. Bring paper and pen for notes and writing exercises.

### Enlightened by the Animals: Animal Communication 101

**Wednesday, Apr. 16, 6:30 - 8:30 pm**  
**Instructor:** Jacque Richey  
**1 Class - \$20 by Apr. 12**

Talk to your pets? Really! Animals see the pictures in our heads and feel our feelings and see the truth of the matter. We have already acknowledged that they are wonderful companions, family members, cheerleaders, and the best of listeners, hence... Master Teachers. In this seminar you are encouraged to bring a photo of your favorite pet, we will then out-line the foundation for the beginner to start a communication with all animals large and small, enhance intuition, faith and feel regarding the spirituality of your pets and what they want to say and teach you.

**About Instructor:** Jacque spent ten years as an instructor of Parelli Natural Horsemanship, which teaches humans how to interact with horses by understanding the psychology of the animal. She has worked as a teacher and consultant for the last ten years, helping people understand and work with their animal friends better. Initially, Jacque began with horses. Her work has grown to include dogs, cats, birds, and even frogs. She lives in Bozeman with her husband, two children and her animal friends.

**Bring:** A photo of your animal or animals that you would like to communicate with and paper and pen.

**Suggested Reading:** Divine Guidance, \$14.95 (or CD, \$19.95)



## Writing A Picture Book - Workshop Intensive

**Saturday, Apr. 19, 9:30 am - 3:30 pm** (with lunchbreak)  
**Instructor:** Carina Camamile  
**1 Workshop - \$50 by April 12 - \$55 after April 12**

Haven't you always wanted to write a picture book? Spring is a good time to dust off your writing and bring your ideas to this workshop intensive. After an examination of the picture book format (commonly 32 pages) we will focus on storyboarding using a classic structure as our model— addressing exposition, character, story 'problem', climax and resolution. Then, with a finished manuscript draft we will build a picture book dummy – and your story will be revealed!

**About the Instructor:** Carina Camamile is a published poet, a children's writer and avid children's book reader. She has been writing, reading and studying children's literature for over 8 years. Her studies have included workshops with many Newbery and Caldecott winning children's authors, including Mo Willems, Richard Peck, and Paula Danziger.

**Bring:** Mock-ups, ideas, paper and pen!

## Body Stress Screenings

**Saturday, Apr. 19, 12:00 - 3:00 pm**  
**Facilitator:** Heidi Chapnick  
**FREE!**

Do you have a healthy spine? The healthier your spine is, the happier your life is. **Complementary Body Stress Screenings** with **Heidi Chapnick** on the 3rd Saturday of each month at Barjon's from 12 noon to 3:00 pm. It takes just five minutes! Screenings are FREE!

## Full Moon Drumming Circle

**Monday, Apr. 21, 7:00 - 8:30 pm**  
**Instructor:** This is a shared leadership event. Everyone is welcome, and encouraged but not required, to take a turn leading the Circle  
**FREE!**

The actual April full moon coincides with Passover this year, on Sunday, the 20th at 3:36 am MDT. The Drumming Circle will be the evening after. Drumming, dancing, good company. It's a real workout! Join in with your flute, fiddle, bongos, congas, or tambourine. All you need is something to keep a beat.

**Bring:** An extra drum to share for the evening, if you can.

## Healing With Teas

**Wednesday, Apr 23 7:00-8:30 pm**  
**Instructor:** Cathie Boston  
**1 Class - \$18.00 by Apr 19**

Can you brew a perfect cup of tea? Tea properly brewed maintains its nutritional and healthful benefits, as well as having a good flavor. Cathie Boston will tell us how, plus much more about the world of teas. She will cover the four basic categories of teas: herbals, medicinals, yerba mates, and rooibos; explain the many beneficial uses of teas; and give suggestions for detoxing and cleansing the liver, lymph and digestive systems with specific teas. There will be time for questions in this lively hour and half program.

**Instructor:** Cathie Boston has been studying herbal and medicinal teas since 1990. She opened her tea business, Boston Harbor, in Billings, in 2002.

**Bring:** Note book and pen. Recommended Reading: 20,000 Secrets of Tea, by Victoria Zak, \$7.50; Prescription for Nutritional Healing by Phyllis Balch, \$23.95, and Handbook of Native American Herbs, by Alma Hutchens, \$14.95. 10% discount on books with class registration.

## Laughing Meditation: How To Do It

1. Sit down, preferably with several people, but alone works too.
2. Start laughing. (Even if you're just saying "ha, ha ha" and are completely faking it— Just keep doing it!)
3. With just a bit of perseverance, you'll be laughing for real. (And feel better.)



## Art of Writing for Children: Book Critique Group

**Thursday, Apr. 24, 7:00 - 9:00 pm**  
**Instructor:** Carina Camamile  
**1 Class - \$10**

"READ READ READ!" You'll hear this over and over from a multitude of talented, award-winning writers. Reading fun, inspiring and imaginative children's books will not only provide enjoyment—it will open your eyes to the diversity of writing styles. And, provide a profound way to expand, improve and polish your own writing skills. In this session we explore picture books, middle grade and young adult novels in lively discussions. As time permits, we also provide constructive feedback to writers who have brought in their own pages (up to 5 pages double-spaced) for class review.

**About the Instructor:** See description in above class.

**Reading for Class:** Instructor will bring books to be reviewed.

## How to Choose and Use a Pendulum

**Saturday, Apr. 26, 1:30 - 2:30 pm**  
**Instructor:** Robin Kratschmer  
**1 Class - \$11**

In this class we will learn how to choose, program and use of a pendulum to answer questions and get information. Using a pendulum circumvents logical thinking and allows for intuition to come forth. If you have a pendulum and don't know how to use it, or are just simply curious, this class is for you. We will also explore muscle-testing, another means of accessing the body's intuitive awareness regarding personal issues. Young people 12 years and older are also welcome.

**About the Instructor:** Robin Kratschmer graduated from the New Mexico School of Natural Therapeutics, The Rolf Institute of Structural Integration, and is a certified Reiki Master. She has 25 years experience as an alternative health & bodywork practitioner. She owns Big Sky Wellness in Billings.

**Bring:** A pendulum. If you don't have one you may borrow or buy one from Barjon's. Recommended title: Pendulums and the Light, \$14.95, by Diane Stein., 10% discount on supplies with class registration.

## MAY Classes & Happenings

### Art Walk

**Friday, May 2, 5:00 - 9:00 pm**  
**Artist:** Ruhyyih Olsen  
**Show Name:** "Intimate Latitudes"  
**Media:** Acrylic and Yarn

The artist, through paint and yarn, is creating a spiritual mapping of her geographic history. These works serve to represent the significant markers on the path that have lead her to where she is today.

Ruhyyih Olsen is currently an affectionate resident of Billings, Montana, who has also lived in and deeply loved Central Wyoming, Northern Finland, and Eastern Washington. She studies art and creative writing at MSUB, and is an aspiring midwife.

Please join us Friday, May 2 from 5 - 9 pm  
at Barjon's Art Gallery!

## Exploring the Possibilities of Hypnotherapy

**Monday May 5, 7:00 - 8:30 pm**  
**Instructor:** Dan Geiger, M.S.  
**Free Admission**

Dan Geiger will provide an overview of hypnotherapy and teach practical tools for making positive changes in your daily life. Participants will experience a group hypnotherapy session and training to continue self hypnosis. These techniques can be used to address problems of physical health, addictions, memory, emotional swings, weight loss and general well being or areas specific in your life. In these days when many people feel overwhelmed, self hypnosis a method to help you take control of your life. This is a very safe environment and self disclosure is not required.

**About the Instructor:** Dan Geiger, M.S., is an adjunct professor of psychology and counseling at MSU-B and conducts a private practice, specializing in hypnotherapy.

**Bring:** Pencil and paper. Dan recommends The Power of Your Subconscious Mind, by Joseph Murphy, available at Barjon's for \$7.50 or \$14.95. 10% discount on books during event.

## Natural Weight Loss and Management: A Workshop

**Tuesday May 6, 7:00 - 8:30 pm**  
**Instructor:** Dan Geiger, M.S.  
**1 Class - \$25.00 by May 6, at Noon**

Have you been trying to loose weight for a long time? Are you tired of diets that don't work in the long run? Would you like to be your ideal size, weight and shape over the long term of your life?

This workshop teaches tools of positive thinking and self hypnosis to remove those obstacles and barriers to good health. Natural Weight Loss© combines the power of the conscious and subconscious mind to create increased metabolism, correct eating habits and untie emotional attachment to food. You can enjoy food, get to and maintain your ideal weight, and feel renewed confidence without struggling everyday. No personal information or self disclosure is required for success with this method.

**About the Instructor:** Dan Geiger, M.S., is an adjunct professor of psychology and counseling at MSU-B and conducts a private practice, specializing in hypnotherapy.

**Bring:** Pencil and paper. Dan recommends The Power of Your Subconscious Mind, by Joseph Murphy, \$7.50 or \$14.95. 10% discount with class registration.

## DreamScaping

**Wednesday, May 7, 7:00 - 8:30 pm**  
**Instructors:** Harriett Kimball-Hilario, MSW, and Cynthia Hutchinson, LCPC,  
**1 Class - \$35.00 by May 3**

Our body is and continues to be the expression of our dreams, whether we know it or not. By freely exploring our dreams, our body and our life can better express of the symbols of dreams in ways that integrate self, its symbols, and the "meaning of dreaming." Our work in this class draws from Robert Bosnak's training with a focus on the telling of dreams. With the use of reflection and incubation within a group session we have the means of discovering a dream's potential for others, beyond the original dreamer.

In each session we will ask one participant (or two if time allows) to share a brief dream. If you have further questions about the class or the process, call Cynthia at (406) 657-1049.

**About the Instructors:** Harriett Kimball-Hilario, MSW, and Cynthia Hutchinson, LCPC, have used this process in college classes with students bringing their own dreams and have encouraged clients to bring dreams into their psychotherapy sessions for over 20 years.

**Bring:** Pen and notebook. Recommended, A Little Course in Dreams, by Robert Bosnak, \$11.95, 10% discount with class registration. A great resource for our dreaming group process.



# MAY Con't

## Art of Writing For Children A Writing Group

**Thursday, May 8, 7:00 - 9:00 pm**  
**Instructor:** Carina Camamile  
**1 Class - \$10**

Bring your manuscript and share your story in a warm, supportive--and constructive--environment. In addition, support other emerging writers as they read their work. You'll also have an opportunity to discover your talents through evocative writing exercises--surprise yourself! Writing is a process. You are encouraged to come as often as you can.

**About the Instructor:** Carina Camamile is a published poet, a children's writer and avid children's book reader. She has been writing, reading and studying children's literature for over 8 years. Her studies have included workshops with many Newbery and Caldecott winning children's authors, including Mo Willems, Richard Peck, and Paula Danziger.

**Bring:** Participants may bring five or six manuscript pages, or an entire picture book manuscript for critique. Bring paper and pen for notes and writing exercises.

## Dreaming of Animals

**Friday, May 9, 7:00 - 9:00 pm**  
**Instructor:** Valerie Harms.  
**1 Class - \$20 by Apr 29**

Wild and tamed animals live all around us, but have you stopped to think about those who live inside you? I offer techniques for working with animals as wisdom figures in order to enable you to live your life more powerfully. I provide interpretation of thoughts, dreams and encounters with specific animals. You will be able to ask questions and share. Bring dreams, pen and paper!

**About the Instructor:** Valerie Harms is the author of *Dreaming of Animals*, and nine other books. For 20 years she has been an Intensive Journal consultant and C.G. Jung scholar. She sees it as essential that people recognize their inner relationship to animals and the environment in order to bring healing to our planet. She is the founder of Magic Circle Press. Please view for more complete information.

**Recommended Reading:** *Dreaming of Animals*, \$17.95, 10% discount with class registration.

## How To Be a Successful NewAge Parent (or Grandparent!)

**Monday, May 12, 7:00 - 8:30 pm**  
**Instructor:** Karen Pearson, LCPC  
**1 Class - \$22 by May 8**

We face many challenges parenting the children of the 21st Century. Many refer to them as Indigo Children and Crystal Children. Others call them sensitive, ADD, or ADHD. Whatever the label, the challenges can be overwhelming. These children can be sensitive to sounds, foods, sights, textures, and smells. Their emotions can be extreme and unpredictable. School can be a real challenge. They dislike the current educational system and respond much better to a cooperative learning environment. This workshop will assist in identifying ways to help your children or grandchildren navigate the world in a way that brings peace not only to the world but harmony back to your home.

**About the Instructor:** Karen Pearson, LCPC has been in private practice in Billings for 13 years. She has worked extensively with children and parents identifying ways to cope with a variety of emotional and behavioral needs. She also parents her own 8 year old Indigo Child.

**Suggested Reading:** *Children of Now* (\$15.99) and *Conversations with The Children of Now*, (\$15.99), by Meg Blackburn Losey, Msc.D, Ph.D. 10% discount on books with class registration.



## Let Go of Tobacco

**Tuesday May 13, 7:00 - 8:30 pm**  
**Instructor:** Dan Geiger, M.S.  
**1 Class - \$25.00 by May 13 at Noon**

Tired of smoking and chewing? Tried to quit a dozen times? Quit, and then started up-- again? Would you like to return to optimum health? Stopping the use of cigarettes and chew tobacco is a process. This workshop teaches positive thinking and self hypnosis to allow you to remove those obstacles and barriers and move away from tobacco permanently. Unlike cold turkey methods, that are usually temporary, Let Go of Tobacco © will allow you to live tobacco free without fighting, by combining the power of the conscious and subconscious mind. No personal information or self disclosure is required for success with this method.

**About the Instructor:** Dan Geiger, M.S., a native of Billings, has practiced psychology for the past 35 years and has studied and taught in 40 countries and 5 continents. He is currently an adjunct professor of psychology and counseling at MSU-B and has a private practice, specializing in hypnotherapy.

## DreamScaping

**Wednesday, May 14, 7:00 - 8:30 pm**  
**Instructors:** Harriett Kimball-Hilario, MSW, and Cynthia Hutchinson, LCPC,  
**1 Class - \$35 by May 10**

Our body is and continues to be the expression of our dreams, whether we know it or not. By freely exploring our dreams, our body and our life can better express of the symbols of dreams in ways that integrate self, its symbols, and the "meaning of dreaming." Our work in this class draws from Robert Bosnak's training with a focus on the telling of dreams. With the use of reflection and incubation within a group session we have the means of discovering a dream's potential for others, beyond the original dreamer. In each session we will ask one participant (or two if time allows) to share a brief dream.

**About the Instructors:** Harriett Kimball-Hilario, MSW, and Cynthia Hutchinson, LCPC, have used this process in college classes with students bringing their own dreams and have encouraged clients to bring dreams into their psychotherapy sessions for over 20 years.

**Bring:** Pen and notebook. Recommended, *A Little Course in Dreams*, by Robert Bosnak, \$11.95, 10% discount with class registration. A great resource for our dreaming group process.

## Local Author Book Signing: The Spirit And Me (\$19.99 paperback)

**Thursday, May 15, 11:00 - 2:00 pm**  
**Author:** Frank A. J. Braun, M.A., Religious Studies.  
**FREE Admission**

In his book, the author provides new insights into how the human spirit is integrated with the mind and body in the functioning of the human soul. He separates the human spirit, visualized as an aura, from the faculties of the mind and body. The author defines the human spirit as a computer-like programmer that controls the instincts, reflexes and habits that form human conduct and reflects the character and personality of human beings. He uses scripture along with science and personal experience to show how the human soul is formed in the image of the Triune God and develops through the gifts of the Holy Spirit (grace) into the likeness of the Creator. This view gives a whole new approach to pneumatology, the study of the spirit. Frank's book is available at Barjon's Books. You may request personally autographed copies.

## The Naked Ladies' Great Garment Exchange

**Saturday, May 17, 2:00 - 3:30 pm**  
**FREE Admission**

Ladies, surely it is better to be naked than dissatisfied with what we're wearing. But why be dissatisfied when we can trade what we have with other women and everyone gets something they love!? Bring the clothing, jewelry, scarves that no longer suit your desires to a free garment exchange for women of all ages. At the end of the day, we will have delighted ourselves all over again, the remaining garments and accessories will be donated to charity. Bring clothing to exchange.

## Full Moon Drumming Circle

**Tuesday, May 20, 7:00 - 8:30 pm**  
**FREE!**

Our monthly Drumming Circles are terrific! Drumming, dancing, good company. It's a high energy workout! Join in with your flute, fiddle, bongos, congas, or tambourine. All you need is something to keep a rhythm. This is a shared leadership event. Everyone is welcome, and welcome to take their turn leading the Circle. So if you haven't come before, don't be shy. This is a time to be social without having to make (verbal) conversation. Bring an extra drum to share for the evening, if you can.

## Himalayan Chakra Healing Bowls (Beginners)

**Wednesday, May 21, 6:00 - 9:00 pm**  
**Instructor:** Suren Shrestha  
**1 Class - \$69 limited enrollment**

Experience the Tibetan way of sound healing with Suren Shrestha. In this hands-on workshop we will use the vibrational energy of the bowls to align physically and emotionally so we may live in harmony with the unseen forces of the universe. Suren uses Seven Bowls, forged from the seven sacred metals, which align with the seven chakras of our body. Each bowl is fine tuned to the specific note that affects each individual chakra. Reiki, Massage, and other practitioners of the Healing Arts may also benefit from this class.

**About the Instructor:** Suren Shrestha was born in Nepal. He grew up in a village where people were healed by herbalists, shamans' drums and gongs, and mantras of monks. Suren has given workshops and assisted clients with healing bowl work throughout the United States. This is his second visit to Billings.

**Bring:** You will be lying on the floor to receive the healing treatment practice. Dress comfortably and wear pants. If you have a Tibetan bowl, you may wish to bring it. Bowls will also be available to buy at the workshop.

## Meditation with Himalayan Chakra Healing Bowls

**Thursday, May 22, 3:30 - 4:15 pm**  
**With:** Suren Shrestha  
**1 Class - \$20**

Suren Shrestha will play the Tibetan Singing Bowls and Tingshas for a half hour. Meditation will continue with 15 minutes of silence. Please arrive early. In respect to Suren, the participants, and the meditation practice, this class will start promptly.

**Bring:** Wear comfortable clothing; you may bring a zafu or cushion for sitting. Chairs provided.

## Himalayan Chakra Healing Bowls (Beginners - Repeat Class)

**Friday, May 23, 6:00 - 9:00 pm,**  
**Instructor:** Suren Shrestha  
**1 Class - \$69 limited enrollment**  
See Listing Wednesday, May 21, for details on Workshop and Instructor

## Himalayan Chakra Healing Bowls (Advanced)

**Saturday, May 24, 3:00 - 5:00 pm**  
**Instructor:** Suren Shrestha  
**1 Class - \$49, Beginning Class is a pre-requisite**

This class will involve more advanced applications of the bowls; working directly with chakras; and an understanding of Mantra (chant), various mantras, and their combined use in healing and balancing.

## Art of Writing for Children Book Critique Group

**Thursday, May 29, 7:00 - 9:00 pm**  
**Instructor:** Carina Camamile  
**1 Class - \$10**

See *April 24th class on Page 6* for details on class and instructor.