

# July Classes & Happenings

**July 2, Monday and  
July 9, Monday**

**Nia**

**Description:** Nia is a fusion fitness technique that combines the modalities of dance, martial arts and healing arts. This powerful non-impact aerobic workout is user friendly providing people of all ages and in all stages of life a way to positively affect their health and wellness. We will be dancing barefoot or in stocking feet. Bring bottled water.

**Instructor:** Kimberly Clausen, MS, is a Certified and Licensed Nia Technique Instructor ([www.nianow.com](http://www.nianow.com)) and the creator of Soul Dance ([www.soul-dance.com](http://www.soul-dance.com)).

**Fee:** \$ 9.00 each class

**Supplies:** We will be dancing barefoot or in stocking feet. Bring bottled water.

**6:00 - 7:00 pm**

**2 Classes**

July 2 & 9 (Mondays)

*You may attend  
one or both classes.*

**July 11, Wednesday**

**Group Past-Life Regression**

**Description:** Is there someone in your life you have known "before?" What talents might you bring forth from a past life? After a short discussion of reincarnation, Charlyn will guide everyone into a light trance state to explore some of your past life experiences. If you attended this class in February, you may wish to return for further exploration and insight into past lives.

**Instructor:** Charlyn Scheffelman has conducted people in past life regressions for 30 years. She was trained by noted hypnotist Dick Stuphen and also Isabelle Hickey, and Marcia Moore.

**Fee:** \$20.00

**Supplies:** Wear comfortable clothing; bring a pillow, blanket and/or mat to lie on.

**6:30 - 8:30 pm**

**1 Session**

**July 12, Thursday**

**Let Go of Tobacco ©, A workshop**

**Description:** Tired of smoking or chewing? Have you tried to quit a dozen times? Have you quit and then started again? Would you like to return to ideal health again? Quitting cigarettes and chew tobacco is a process. This workshop teaches positive thinking and self hypnosis to allow you to remove 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.

**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.

**Fee:** \$25.00

**Supplies:** Notebook, comfortable clothing

**7:00 - 8:30 pm**

**1 Session**

**July 13, Friday**

**Introduction To Self-Hypnosis**

**Description:** Learn how you can transform your life! In this introductory talk to Saturday's workshop, you will learn what hypnosis is, what it isn't, and how you can use it effectively. You will learn some simple effective techniques for easily making changes in your life, to instill new habits and behaviors, and gain control of your life. Self-hypnosis is a valuable skill you can use all your life.

**Instructor:** Patrick Marsolek is Certified Clinical Hypnotherapist in private practice in Helena, MT, and the author of **Transform Yourself: A Self-hypnosis Manual**, available at Barjon's Books. He conducts multi-disciplinary research and investigation in many fields including Archeology, Altered States of Consciousness, Hypnosis and Intuition. See [www.irfs.com](http://www.irfs.com) to learn more.

**Fee:** \$5.00

**Enrollment Deadline:** July 7th at 5:30pm

**6:30 - 8:00 pm**

**1 Session**

**July 14, Saturday**

**Self-Hypnosis Workshop**

**Description:** Through this practical, all-day, hands-on workshop, you will learn to recognize and trust your individual experience of hypnosis through class exercises and guide group sessions. You will learn the mechanics of hypnosis: induction techniques, deepenings, and awakening. You will chose a focus for auto-suggestion, develop and empower effective suggestions, and work them into effective auto-hypnosis through much practice and refinement of these techniques.

**Instructor:** Patrick Marsolek is Certified Clinical Hypnotherapist in private practice in Helena, MT, and the author of ,Transform Yourself: A Self-hypnosis Manual, available at Barjon's Books. He conducts multi-disciplinary research and investigation in many fields including Archeology, Altered States of Consciousness, Hypnosis and Intuition. See [www.irfs.com](http://www.irfs.com) to learn more.

**Fee:** \$95.00, includes handouts.

**Supplies:** A pillow and/or blanket for floor use, water, notebook, comfortable clothing. A sack lunch may be eaten at the workshop site or nearby park, if you wish.

**Enrollment Deadline:** July 7th at 5:30pm

**9:00 - 5:00 pm**

(Lunchbreak 12:00 - 1:00 pm)

**1 Session**

**July 16, Monday  
START DATE**

**Soul Dance**

**Description:** Soul Dance is a non-partner, free-dance and movement experience that allows for the awakening of your own creative juices. This is the class that allows you to explore the possibilities and sensations of letting go of the fear of dancing outside the confines of your living room--with the drapes closed!

**Instructor:** Kimberly Clausen, MS, is a Certified and Licensed Nia Technique Instructor([www.nianow.com](http://www.nianow.com)) and the creator of Soul Dance ([www.soul-dance.com](http://www.soul-dance.com)).

**Fee:** \$9.00 per session/class

**Supplies:** We will be dancing barefoot or in stocking feet. Bring bottled water.

**6:00 - 7:00 pm**

**2 Sessions**

July 16 & 23 (Mondays)

**July 17, Tuesday START DATE**

**Dynamic Living**

**Description:** Please join us for a two evening workshop to explore practical ways of making positive, self-directed changes in all areas of your life. Learn and apply natural stress relief techniques. Recognize your own learning style. Shift your perspective, free yourself from limiting beliefs, and access the energy to be in charge of your own life.

**Instructor:** Sally Keele, B.S.Ed, and co-creator of Harmony Gardens, is an Educational Resource Service for parents, teachers and childcare providers. She specializes in the development of the full human potential through the creative spirit, and has taught throughout the Rocky Mountain region.

**Fee:** \$45.00

**Supplies:** notebook and pen.

**7:00 - 9:00 pm**

**2 Sessions**

Tuesday, July 17 and Wednesday July 18

**July 19, Thursday**

**Natural Weight Loss ©,  
and Maintenance, A workshop**

**Description:** Have you been trying to lose weight for a long time? This workshop teaches positive thinking and self hypnosis to allow you to remove the 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 fighting it everyday.

**Instructor:** Dan Geiger, M.S., a native of Billings, is currently an adjunct professor of psychology and counseling at MSU-B and has a private practice, specializing in hypnotherapy.

**Fee:** \$25.00

**7:00 - 8:30 pm**

**1 Session**

# July Classes & Happenings

July 20, Friday

## Spirit Message Circle

**Description:** In these interesting and uplifting group readings, Elizabeth Almann channels messages from spirit guides and angels and explains concepts about intuition and healing of interest to the group.

**Instructor:** Elizabeth Almann, M.Ed.; Intuitive Guidance, Energy Healing, & Personal Development Classes

**Fee:** \$22.00

6:30 - 8:30pm

1 Session

July 28, Saturday

## Create A Suitcase for Your Soul: A Workshop

**Description:** Creativity feeds the soul. Working with your hands frees the mind. When you feed your soul and free your mind, you have a healthier, happier you! What's not to like about that?! Join us as we fuse our perceptions, emotions, and ideas with self-discovery and collage art techniques to creatively explore who we feel we are, who "they" think we are, and who we are "inside our souls," all the while decorating our Soul's Suitcase. No artistic talent required.

**Instructor:** Deb Bonogofsky has been involved with creative design, making glass beads, developing polymer clay techniques, making jewelry, and teaching creativity classes since 1982.

**Fee:** \$49.00, all materials provided. You may bring additional magazines to cut up if you like.

**Supplies:** Wear old comfortable clothing. Bring a sack lunch if you wish. Tea and water provided.

**Enrollment Deadline:** July 25 at 9:00pm

10 am - 4 pm

(Lunchbreak 12:00 - 1:00 pm)

1 Session

# Ongoing

EVERY Thursday

## YogaKids (Preschool)

**Description:** The unique YogaKids approach combines yoga, relaxation techniques, addressing the natural interests, needs and rhythms of children. They will stretch, breathe, relax and enjoy the many benefits of yoga in fun and playful ways.

**Instructor:** Pam Kemmick, YogaKids Facilitator

**Fee:** \$10 per class

10:45 - 11:30 am

EVERY Thursday

## YogaKids (6 - 8 Years Old)

**Description:** A children's yoga class designed specifically around the qualities 6-8 year olds.

**Instructor:** Pam Kemmick, Certified YogaKids Facilitator, with three years experience in Billings.

**Fee:** \$10.00 per class, Please pay at the door. You may attend one or more classes.

**Supplies:** Wear comfortable clothing.

4:30 - 5:30 pm

EVERY Friday

## YogaKids (Tweens)

**Description:** The unique YogaKids approach combines yoga, relaxation techniques, addressing the natural interests, needs and rhythms of children. They will stretch, breathe, relax and enjoy the many benefits of yoga in fun and playful ways.

**Instructor:** Pam Kemmick, YogaKids Facilitator

**Fee:** \$10 per class

4:30 - 5:45 pm

# Free

July 27, Friday

## 4th Friday Book Group: Last Child In the Woods by Richard Louv

**Book for Discussion:** *The Last Child in the Woods, Saving our Children from Nature Deficit Disorder*, by Richard Louv.. Featured book will be \$12.55 (10% off) during the month of July.

In this technological world, our children are not growing up with the woods, rivers, windy days. They miss the chance to know themselves comfortably as earth beings, like chipmunks, bears, snakes and butterflies. Feeling a connection with animal beings and plant beings as we jointly experience these cycles and rhythms is more than poetic fantasy. Belonging in the world and being whole with it are integral to a balanced, healthy life. Some studies suggest a child's experiencing of the wild is as necessary to healthy development as love, good food, and a good night's sleep. What's your opinion?

**Instructor:** Ruhiiyyih, Barjon's staff member

**Fee:** Free admission

**Supplies:** You need not have read the book to attend.

7:00 - 8:00 pm

1 Session

July 30, Monday

## Full Moon Drumming Circle

**Description:** It's that moon time again! Our numbers are growing, the pulse of the drum is increasing. Gather with others eager to share rhythm, movement and sound. This monthly event is always different and always fun. Bring a drum, rattle, anything to keep a beat and join in.

**Instructor:** Everyone! Pass it around, and keep it going!

**Fee:** Free Admission

7:00 - 8:30 pm

1 Session

EVERY Wednesday and  
EVERY Thursday

## Meditation Practice

**Description:** Join us for a half hour of meditation practice **Wednesday evenings** and/or **Thursdays at lunchtime**. Brief instruction will be followed by 20 minutes of silent meditation. You may bring a cushion or pillow if you wish. Anyone may attend; there is no charge.

**Fee:** FREE Admission

5:30 - 6:00 pm Wed. / 12:15 - 12:45 pm Thurs.

EVERY Saturday

## Storytime For Kids

**Description:** This is a fun and free way to introduce your child to fantastic children's stories from around the world, featuring a variety of spiritual views.

**Fee:** FREE Admission

10:30 - 11:15 am

## A few things to keep in mind...

1. Classes can fill quickly, so early registration is recommended.
2. Courses with low enrollment may be cancelled. In such cases your fee will be refunded.
3. If you change your mind about a class, please call to cancel to someone else may attend.
4. In order to receive a refund, cancellation notice MUST be received at least 3 business days IN ADVANCE to the start of the class.
5. Barjon's does not send confirmation cards.

