

# MARCH

## Classes & Happenings

### Dances of Universal Peace

**Saturday, Mar. 1, 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. "Peace Through the Arts," was the vision of founder Samuel Lewis. 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. Young and old alike are invited; no experience is required.

**About the Instructor:** Constance Heidenreich is a certified Dance leader. She has been teaching and leading Dances in Montana for twelve years.

### Tending the Flame: Living Fully

**Monday, Mar. 3, 7:00 - 8:30 pm**  
**Instructor:** Terri Steinbrink  
**6 wks - \$149** (fee may be paid in two parts – \$75 due by Mar. 4, \$74 due by Mar. 10)

This class is supports living a passionate, authentic life. It is an interactive class, designed to invite us deeper into our inner stirrings. We will learn to tend the fires of those influences that bring us to life, and to release those holds where we have chosen anything other than being fully alive. We will explore a different topic each week: Connection, Consciousness, Commitment, Congruency, Compassion and Celebration. Connection within must be established first. From there we become Conscious. Consciously, we can make a clear Commitment, one that is Congruent with our highest nature, and do so Compassionately. Celebration naturally follows.

**About the Instructor:** Terri Steinbrink is an ordained Interfaith Minister, a Certified Life Coach, and a Graduate of the Byron Katie School of Inquiry. She can be reached at her office by calling 256-0554 if you have questions about the workshop.

**Bring:** a pen and notebook.

### Natural Weight Loss and Maintenance

**Tuesday, Mar. 4, 7:00 - 8:30**  
**Instructor:** Dan Geiger  
**1 Class - \$25 by Mar. 4 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, Mar. 5, 7:00 - 8:30 pm AND,**  
**Wednesday, Mar. 12, 7:00 - 8:30 pm (Repeat Class)**  
**Instructors:** Harriett Kimball-Hilario, MSW, and Cynthia Hutchinson, LCPC  
**2 classes - \$35 per class**  
**Register by Mar. 1 for 1st class**  
**Register by Mar. 8 for 2nd class**

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 Book on Dreaming*, by Robert Bosnak, \$11.95, available at Barjon's (10% discount with class registration). It is a great resource for our dreaming group process.

### ADHD : Self-Management with Hypnotherapy

**Thursday, Mar. 6, 7:00 - 8:30 pm**  
**Instructor:** Dan Geiger, M.S.  
**1 Class - \$25**

Some estimate that 15% of our population is affected with Attention Deficit Hyperactive Disorder and/or ADD. These are a few of the symptoms: the inability to pay attention to details, lack of organization skills, distractibility, fidgeting, excessive talking and lack of patience. Medical practitioners admit ADHD can not be cured and attempt to manage the symptoms with medication.

Hypnotherapy has been effective in helping many of those affected with this disorder. The class will teach self hypnosis and offer a group hypnotherapy session. Improvement can be immediate. Children age nine and older are welcome. This is a safe and effective procedure. No self disclosure is required during the class.

**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

### Spirit Message Circle

**Friday, Mar. 7, 6:30 - 8:30 pm**  
**Instructor:** Elizabeth Almamn, M.Ed.  
**1 Class - \$22 by Wed Mar. 5**

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.



### Special Event!

### Ladysmith Black Mambazo & The Drum Brothers

**Pre-concert Event & Autograph Signing**  
**Saturday, Mar. 8, 6:00 - 6:45 pm**  
**Featuring:** Members of Ladysmith Black Mambazo and the Drum Brothers

Meet informally with the African singing group, **Ladysmith Black Mambazo**, and **The Drum Brothers** from Missoula from 6:00 to 6:45 pm prior to attending their concert at the Alberta Bair on Saturday night, March 8th. We will begin with a singing prayer lead by the Drum Brothers, asking for unity of our commonality with acceptance of our different ways. Both groups will have their recent CD's and be available for personal autographs.

The Pre-concert Event at Barjon's is jointly hosted by Global Village and Barjon's Books. We hope you will come and meet the artists you will see perform in concert. For more information on either group, visit their websites at [www.drumbrothers.com](http://www.drumbrothers.com) and/or [www.mambazo.com](http://www.mambazo.com).

The concert at the Alberta Bair is a community event with the stage art work by the Yellowstone Art Museum's Teen Ambassadors and the Bozeman Art Museum's Teen Initiative groups. To purchase tickets to the concert contact the Alberta Bair Theater (406)256-6025

### Let Go of Tobacco

**Tuesday, Mar. 11, 7:00 - 8:30 pm**  
**Instructor:** Dan Geiger, M.S.  
**1 Class - \$25 by Mar. 11 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

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

**Thursday, Mar. 13, 7:00 - 9:00 pm**  
**Instructor:** Carina Camamile  
**1 Class - \$10**

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

### 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.

Monday - Friday 9:30am - 9:00pm • Saturday 9:30am - 5:30pm • Closed Sunday • [www.barjonsbooks.com](http://www.barjonsbooks.com)

# MARCH Con't

## Classes & Happenings

### Coming Home: A One Day Workshop

**Saturday, Mar. 15, 9:30 - 4:00 pm** (lunch break from 12:30 - 1:30)  
**Instructor:** Terri Steinbrink  
**1 Workshop - \$65 by Mar. 13**

The concept of Coming Home is a theme that shows up within many spiritual traditions and religions. What is Home? By exploring your own inner wisdom and studying the wisdom of a variety of spiritual paths this class will provide an opportunity for you to experience what Home is for you. Some of the things that I will cover in this class are: an exploration of the sacred Home within; being comfortable with who you see looking back at you in the mirror; is Home a final destination or are there many homecomings as we continue to evolve?; and the importance of coming home to ourselves.

**About the Instructor:** Terri Steinbrink is an ordained Interfaith Minister, a Certified Life Coach, and a Graduate of the Byron Katie School of Inquiry. If you have questions, she can be reached at her office by calling 256-0554.

**Bring:** Pen and notebook.

### Full Moon Drumming Circle

**Friday, Mar. 21, 7:00 - 8:30 pm**  
**Instructor:** This is a shared leadership event. Everyone is welcome, and welcome to take their turn leading the Circle.  
**FREE!**

Our monthly Drumming Circles are terrific! 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. This full moon is preceded by the Vernal Equinox on Wednesday at 11:49 pm MDT. This celestial conjunction may be seen as a positive influence for some.

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

### Beginning Belly Dance

**Saturday, Mar. 22, 9:30 - 11:00 am**  
**Instructor:** Julia Murphy and Laura Harper  
**8 Wks - \$60 by Mar. 19**

This class is for the fresh beginner, and those needing to re-fresh the basics before moving to the next level. Suggested age is 12 years or older. And you can never be too old! We will learn the basics of Belly Dance, gain a more positive body image, increased self-confidence, and develop poise and grace. Plus, it is ever so much fun! All elements of Belly Dance are introduced in the eight (8) weeks of classes.

**About the Instructors:** Julia Murphy and Laura Harper both have several years' experience in all areas of Belly Dance: steps, veils, sword and elements, including costume design, jewelry and makeup.

**Wear:** relaxed loose clothing. Barjon's carries a variety of jingly Egyptian hipscarves.

### Intermediate Belly Dance

**Saturday, Mar. 22, 11:15 am to 12:45 pm**  
**Instructor:** Julia Murphy and Laura Harper  
**8 Wks - \$60 by Mar. 19**

Pre-requisite: Basic Belly Dance, from any instructor. Elements of dance introduced in Basic Belly Dance are taken to the next level. Students will learn more about performance.

**About the Instructors:** Julia Murphy and Laura Harper both have several years' experience in all areas of Belly Dance: steps, veils, sword and elements, including costume design, jewelry and makeup.

**Wear:** relaxed loose clothing. Barjon's sells beautiful jingly hip scarves priced from \$16.00 up.

### Art of Writing for Children: Book Critique Group

**Thursday, Mar. 27, 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 will 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:** 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.

**Reading for Class:** Please contact Barjon's Books by phone or email after March 1 for titles. Receive a 10% on books when purchased with class registration.

# 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 Book on Dreaming, by Robert Bosnak, \$11.95, available at Barjon's (10% discount with class registration). It is a great resource for our dreaming group process.

### 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

# APRIL Con't

## 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 Book on Dreaming*, 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 Parelil 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**

Have n'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!

## 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.

## 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 w 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 now 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 old are also welcome.

**About the Instructor:** Robin Kratschmer is 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 a bodywork and massage practitioner. She owns Big Sky Wellness, a body work and massage practice in Montana.

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

# WEEKLY Classes & Happenings

## YogaKids - Preschool

Every Thursday, 10:45 am - 11:30 am

**Instructor:** Pam Kemmick, *YogaKids Facilitator*

**1 Class - \$10**

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.

## YogaKids - 6 - 8 Years Old

Every Thursday, 4:30 - 5:30 pm

**Instructor:** Pam Kemmick, *YogaKids Facilitator*

**1 Class - \$10**

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.

## YogaKids - Tweens

Every Friday, 4:30 - 5:45 pm

**Instructor:** Pam Kemmick, *YogaKids Facilitator*

**1 Class - \$10**

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.

## Meditation Practice - Evening

Every Wednesday, 5:30 - 6:00 pm

**Instructor:** Barbara Shenkel

**1 Class Weekly - FREE!**

Join us for a half hour of meditation practice **Wednesday evenings**. 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.

## Meditation Practice - Daytime

Every Thursday, 12:15 - 12:45 pm

**Instructor:** Jim Nymeyer

**1 Class Weekly - FREE!**

Join us for a half hour of meditation practice **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.

However young,  
the seeker who sets out  
upon the way  
shines bright over the world.

But day and night  
the person who is awake  
shines in the radiance  
of the spirit.

Meditate.  
Live purely.  
Be quiet.  
Do your work, with mastery.

Like the moon,  
come out from  
behind the clouds!  
Shine.

— From the Dhammapada