

May Starting Classes & Happenings

May 1, Tuesday **Healing Our Animal Friends with Complimentary Medicine**

Description: Learn how you can be an active part of your animal friend's well being and healing process. In this class, the methodology and application of several healing approaches will be discussed. Reiki, Homeopathy, Chinese and western Herbal Medicine, and Anti-homotoxicology are among those to be covered.

Instructors: Dr. Sonya Whiteley, DVM, and Vicka Lanier, Reiki Master and Flower Essence Practitioner.

Fee: \$20

Supplies: Recommended reading: "Four Paws, Five Directions: A Guide to Chinese Medicine for Dogs and Cats" by Cheryl Schwartz, \$28.95 at Barjon's Books.

6:30 - 9:00 pm

1 Session

May 2, Wednesday **Full Moon Drumming Circle**

Description: Anyone with a love of rhythm or wanting to develop one is welcome to participate. Bring a drum, rattle, anything to keep time with and join in for a couple of hours of sound and movement. The Full Moon Drumming Circle is a monthly event at Barjon's. Keep your eye on the night sky and check our calendar for this moving lunar celebration.

Instructor: Pass it around, and keep it going!

Fee: Free Admission

7:00 - 8:30 pm

1 Session

May 3, Thursday **Using Herbs for Magical Purposes II**

Description: Participants, through hands-on activities, will learn in specific detail how to use herbs, individually and in combination, for protection, love, clearing, and empowering. You may attend any or all of the classes in this series. People of all levels of experience are invited to attend.

Instructor: Moon Eagle, High Wiccan Priestess.

Fee: \$25 for this class, includes herb pack and handouts.

Supplies: *The Encyclopedia of Magical Herbs* by Scott Cunningham, available at Barjon's, and notebook and pen.

7:00 - 8:30 pm

Class 2 of 4 (Series)

You may attend any or all of the four classes.
April 26, May 3, 10 & 17 (Thursdays)

May 7, Monday **How To Live With Type II Diabetes**

Description: In this class we will pull together the information from the preceding classes and integrate it into each participant's circumstances. The goal is to establish good habits that support stable conditions on a day to day basis.

Instructor: Dr. Thad Mauney holds a Ph.D. in Chemistry and offers personalized counseling in restorative nutrition.

Fee: \$15

7:00 - 8:30 pm

Class 2 of 2 (Series)

You may either or both of the two classes.
April 30 and May 7 (Mondays)

May 10, Thursday **Using Herbs for Magical Purposes III**

Description: Participants will learn in specific detail how to make sachets, talismans, and poppets. You may attend any or all of the classes in this series. People of all levels of experience are invited to attend.

Instructor: Moon Eagle, High Wiccan Priestess.

Fee: \$25 per class, includes herb pack and handouts.

Supplies: *The Encyclopedia of Magical Herbs*, by Scott Cunningham, available at Barjon's, and notebook and pen.

7:00 - 8:30 pm

Class 3 of 4 (Series)

You may attend any or all of the four classes.
April 26, May 3, 10 & 17 (Thursdays)

May 11, Friday **Spirit Message Circle**

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

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

Fee: \$22

6:30 - 8:30 pm

1 Session

May 15, Tuesday **The Art of Henna Tattoo: Decorate Your Body!**

Description: A brief historical overview of the types and uses for henna, basic tattoo stencil designing, application, and aftercare. Henna tattoos typically last 7-14 days and may be applied to any area of skin normally exposed to the elements. Everyone will have hands-on experience and be able to proceed confidently.

Instructor: Anna Nentwig, B.A. Art, eight years professional experience in henna design and application.

Fee: \$35 per class. Includes Earth Henna Kit (\$17.95) and instructional handouts.

6:30 - 8:30 pm

Class 1 of 2 (Series)

You may attend any or both of the two classes.

May 16, Wednesday **Sleep Naturally Without Sleeping Aids**

Description: A good night's sleep can be a natural part of your life without the help of drug based sleeping aids so popular in our culture. Getting back to sleeping like a baby is an easy process.

This workshop will offer practical information, a group hypnotherapy session and training in self-hypnosis to create natural and healthy sleeping patterns. This is a very safe environment where self disclosure is not required.

Instructor: Dan Geiger MS, a native of Billings, has practiced psychology for the past 35 years and has a private practice, specializing in hypnotherapy.

Fee: \$25

7:00 - 8:30 pm

1 Session

May 17, Thursday **Using Herbs for Magical Purposes IV**

Description: In this concluding class, participants will complete projects begun in last week's class. Additionally, by going more deeply, we will develop ways to integrate The Herbalist into our daily life. People of all levels of experience are invited to attend.

Instructor: Moon Eagle, High Wiccan Priestess.

Fee: \$25, includes herb pack and handouts.

Supplies: *The Encyclopedia of Magical Herbs*, by Scott Cunningham, available at Barjon's, and notebook and pen.

7:00 - 8:30 pm

Class 4 of 4 (Class Series)

You may attend any or all of the four classes.
April 26, May 3, 10 & 17 (Thursdays)

May Starting Classes & Happenings

May 18, Friday

Ancient Wisdom of Alchemy

Description: Through The Emerald Tablet, sages and scholars have been able to transform matter, themselves and their lives. You, too, can bring about transformation in yourself and your life through the practice of these ancient principles.

Instructor: Charlyn Scheffelman currently teaches classes in astrology, psychic development, Wicca, dance, yoga, and alchemy. She is the founder and High Priestess of Mountain Moon Circle in Billings.

Fee: \$10

Supplies: Recommended reading: *Emerald Tablet*, by Dennis Hauck; *Christianity, An Ancient Egyptian Religion*, by Ahmed Osman (available at Barjon's).

6:30 - 8:00 pm

1 Session

May 22, Tuesday

Chakra Healing Circle

Description: In this interactive and informative class, you will practice techniques for clearing and aligning the chakras (energy centers of the body) to heal issues of health, emotion, self esteem, relationships, money, intuition and your life purpose and path. The class is taught intuitively, and participants will be given individual guidance about an area of the chakra system they are currently working to heal.

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

Fee: \$22

Supplies: notebook and pen; a yoga mat or blanket for guided meditations is optional.

6:30 - 8:30 pm

1 Session

May 23, Wednesday

Live Free of Phobias

Description: Have you ever wanted to do something and couldn't because of an irrational fear? Fear of air travel, heights, small or large places, darkness, animals, insects, snakes, and dental work, are just a few of hundreds of phobias that may cause us problems.

This workshop will offer a group hypnotherapy session and training in self-hypnosis to allow you to live free of phobias. Time will be available after class to address individual phobias. This is a very safe environment where self disclosure is not required.

Instructor: Dan Geiger, M.S., a native of Billings, has practiced psychology for the past 35 years and has a private practice specializing in hypnotherapy.

Fee: \$25

7:00 - 8:30 pm

1 Session

**May 24, Thursday
(Start Date)**

The Art of Writing for Children

Description: The children in our world need us now more than ever—to help inspire them through their swiftly expanding and chaotic world, to find answers for questions that may not yet have words, and equally important to enjoy the limitlessness of their imagination. In this two-session workshop, we will explore the process, tools and skills needed to become a successful children's writer.

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 six years. Her studies have included workshops with noted young adult and children's authors Mo Willems, Richard Peck, Paula Danzinger, and many others.

Fee: \$45

Supplies: writing paper and pen/pencil for exercises, and notes.

6:30 - 8:30 pm

2 Sessions
Thursday, May 23 & 31

CORRECTION: May 24 & 31

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.

May 25, Friday

4th Friday Book Group: *Life After Death: The Burden of Proof* by Deepak Chopra

Description: Chopra's most recent book is a provocative and insightful examination of consciousness. Chopra shows us evidence of the continuance of life beyond the death of the body, drawing from both ancient Vedic teachings and cutting edge scientific discoveries. We have been deluded by ideas of what is to the point where we are stuck behind a wall that is in actuality, not really a wall, but just a blindness that need not remain so.

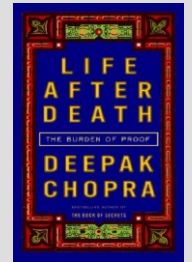
Every 4th Friday of the month we get together for an hour or so to discuss a book that has sparked our interest. Whether you have read the book or not you are welcome to join us for a cup of hot tea and some stimulating conversation. The featured title (audio & books) is 10% off for the month of May.

Moderator: Ruhyyih, Barjon's Staff Member

Fee: FREE Admission (pre-registration is encouraged, but not required)

7:00 - 8:00 pm

1 Session



May 26, Saturday

Abundance Dancing

Description: Abundance dancing is about connecting with the sensation of Joy. Participants will be invited to embrace and explore their own unique physical sensations and emotional expressions of joy, gratitude and wholeness

Participants will experience the form and freedom of Nia, the transformational power of Trance Dancing, and the inner child connection of Soul Dancing (freedancing).

It has been said that we bless life by dancing. Join us for an abundant celebration of Life!

Instructor: Kimberly Clausen, MS, Certified and Licensed Nia Instructor, Soul Dance Creator

Fee: \$12 in advance/\$15 at the door

1:00 - 2:30 pm

1 Session

May 29, Tuesday

The Art of Henna Tattoo: *Decorate Your Body!*

Description: Going "beyond the kit," we will explore simple henna recipes, design original tattoos and gain a hands-on practice of other henna related body art options such as gilding, henna resist patterns, bindi, and body painting. We will work on ourselves and each other as we practice these techniques.

Instructor: Anna Nentwig, B.A. Art, eight years professional experience in henna design and application.

Fee: \$35.00, for this class, includes Earth Henna Kit (\$17.95) and instructional handouts.

Class 2 of 2 (Series)

6:30 - 8:30 pm

You may attend any or both of the two classes.

May 30, Wednesday

Live Free of That Anxious or Panicky Feeling

Description: Have you ever felt anxious or panicky in a new situation or just have a constant unsettling feeling? Maybe it was entering a room filled with people, simply leaving your home to go shopping or just thinking about the next day's activities. Letting go of these feelings and living a life feeling confident and assured is very possible.

This workshop will offer practical information, a group hypnotherapy session and training in self-hypnosis to allow you to live free of anxiety. This is a very safe environment where self disclosure is not required.

Instructor: Dan Geiger MS, a native of Billings, has practiced psychology for the past 35 years and has a private practice specializing in hypnotherapy.

Fee: \$25.00

7:00 - 8:30 pm

1 Session