

# Conscious Community Education

This is a community service of Health Works Institute, Bozeman's provider of massage therapy and skin care training programs & clinics. Events are at Health Works, located in the Emerson Center Annex at 111 South Grand Ave. For details, call the presenter or go to [www.healthworks.edu](http://www.healthworks.edu).

## Massage for Family and Friends

Learn safety precautions, the use of oil and lotion, and basic techniques for non-professional massage.

Four sessions beginning Tuesday, February 23 from 6:30 – 8:30 p.m. Cost: \$20 per person.

Presenter: **Amanda Martin**, phone 406/599-3268 to register.

## New and To-be Parents Group

Gather with others to learn and exchange information and support regarding nursing, sleep deprivation, infant care, and all of the changes you're anticipating and experiencing. Benefit from the expertise of facilitators and guest speakers. Free Introductory session Tues., Feb 23 at 7:00 p.m. For details, call **Robbie Gammack** at 406/570-3052.

## Honing Our Higher Abilities: An Extra-Sensory Perception Workshop

Learn about the types of higher abilities and how our brain produces these special gifts. Discover your special higher abilities and learn to use intuition and different ways of knowing. Begin to experience the benefits and challenges of using your higher abilities. Four sessions beginning Tuesday, February 23 from noon – 1:30 p.m. Cost: \$20 per session. **Presenter: Sabrina Hanan**, phone 406/223-3663 to register.

## The Medicine of Self

Inherent in every person is a unique energy present in the lands around us that emerges in our talents and skills. Explore the energies of nature and the land to find out who each of us truly is and what our deeper purpose is.

Seven sessions held on alternate Fridays beginning February 26 from 4:00 – 6:00 p.m. Cost: \$10/session.

Presenter: **Dean Williamson**, phone 406/451-2184, 406/556-8442 to register.

## Dreams and the Growth of an Empowered Self

Our dreams are the desires of our souls, and they provide us with teachings about our growth and spiritual development. Learn how to explore your dreams' symbols of individual power, and discover their messages.

Every Monday evening beginning February 22 from 7:00 – 8:30 p.m. Cost: \$10/session.

Presenter: **Dean Williamson**, phone 406/451-2184, 406/556-8442 to register.

## Sustainable Living: Co-housing and Intentional Communities

This two-part program consists of discussion/ exploration sessions, as well as structured education presented by experts in the field of sustainable living and permaculture. We will learn about our food, water, shelter, environment and energy systems. We will apply this knowledge to co-create an intentional, sustainable community model.

Sessions on Tues. Feb. 16 & 23 from 6 – 9 p.m. are free. **Facilitator: Christina DiBartolo**, phone 1-406-545-2200 .

## Practical Reiki: Reiki Certification

Reiki training inspires you to tap into your innate wisdom and empowers you to get in touch with and direct the unlimited supply of Life Force Energy, to relieve and eliminate stress, to restore and maintain health and wellness, and to enhance your quality of life. Learn techniques to use on yourself, family, friends, and animals.

**Reiki I:** Tues., Feb. 16, 9 a.m. – 6 p.m. Cost \$150. **Reiki II:** Tues., Mar. 30, 9 a.m. – 6 p.m. Cost \$150.

**Presenter: Christina DiBartolo**, phone 406/545-2200 to register.

## Communication Skills

Poor communication causes unnecessary pain and difficulties. Learn basic skills for all parts of your life: work, home, and social interactions. Use simple exercises to learn to communicate clearly and respectfully. Improve your listening skills and your expressive skills, enjoy healthier relationships and less stress. Six sessions, beginning Thurs., March 4, from noon to 1:00 p.m. Cost: \$30. **Presenter: Shelly Heilweil, LCPC**, phone 406/522-3881 to register.

## Non-Diet Weight Management

The overwhelming majority of those who "go on a diet" will not manage to keep the lost weight off for more than one year. Does that mean there is no hope for those who feel they are overweight? Absolutely not! This class will focus on a positive way to approach food and ideas on managing body weight without resorting to fad diets. Come to class prepared to challenge your ideas about weight and weight management!

Four sessions beginning Thursday, March 4 from 7:00 – 8:30 p.m. Cost: \$9/session (other arrangements may be made with presenter). **Presenter: David Nix**, phone 406/570-6898 to register.

## Moving Toward Fitness

Are you resolved to begin a fitness program, but have no idea where to start? Do you dread the prospect of joining a gym? This class includes lectures on basic fitness and Q&A sessions. It will give you a jumpstart on your fitness journey by providing practical, hands-on training. By the end of the course, you will have begun a realistic and lifelong fitness journey. Five sessions beginning Thursday, April 8 from 7:00 - 8:30 p.m. Cost: \$9/session (other arrangements may be made with presenter). **Presenter: David Nix**, phone 406/570-6898 to register

## Peak Performance

**Peak Performance 101:** This course is designed for anyone seeking to perform their best and/or seeking to help others perform their best. Curriculum includes: mental skills, goal-setting and monitoring, lifestyle for maximum energy, and quick energy boosts. Cost: 1<sup>st</sup> Session (April 1) is FREE. Following three session course is \$60.

April 29 - May 20, Thursdays: noon to 1:00 p.m. **Presenter: Tim Herzog**, phone 406/587-3404 to register.