



# The Fire Bowl

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Free!

The Healing Arts Center Newsletter

vol. 1 no. 5

November 2018—Fall 2 Session

## Final School Session of 2018

This newsletter completes the first full year of issues of the Fire Bowl. In that time we have welcomed new students, featured recipes, health practices, and upcoming workshops. We hope it has created a sense of community for those who read it, and a way to get to know what we're all about at The Healing Arts Center.

Now that we're well into the fall 5th session of the year, and the weather is turning chilly, we are thinking about the new year and reflecting on the past year. This has been a year of growth - Terrie Yardley-Nohr, our business instructor and Cancer Clinic Supervisor, delivered our first Pro Track, a curated series of 3 workshops, one every couple months, to give LMTs advanced skills for their profession. This year we filled another Energy Medicine Master Track class to full capacity.

Looking back on this year we are even more excited about what next year will bring, with more Pro Tracks and Master Tracks, monthly Breathwork classes and continuing to deliver quality education in our massage therapy training program.

Next year we will bid farewell to Terrie, who is retiring after over 15 years teaching massage therapists and over 25 years practicing as one. We will miss her, but hope to get a postcard from her travels in her RV.

At the end of the Fall 2 session, after Graduation on Friday, December 21st. will be the winter break when students have 2 weeks off between sessions. The Winter Session classes will start Monday, January 7th. We wish everyone a wonderful and safe holiday!



Level One Students  
Fall 2 Session, 2018



Massage Therapy  
Training Program



In alphabetical order: Talisha Booker, Tiara Burtin, Amy Cathey, Brittany Clark, Julia Duggins, Tristan Dunlap, Tamia Gordon, Gina Grapov, Karen Kesselring, Brandon Alex King, Shaka McCormick, Caitlin McDonough, Jennifer Mossotti, Eddie Nance, Ariana Neely, Nia Neil, Jessica Ottinger, Rechel Politte, Anastasia Robinson, Kyle Schramm, Jill Tedquist, Christopher Tessereau, Dana Veasman, David Wang, Bradley Wheeler, Dominique Williams, Linnea Wilson.



Recipe from [experiencelife.com](https://bit.ly/2JtuAOP): <https://bit.ly/2JtuAOP>

Share Your Blessings With Food

## Spinach Salad with Grapefruit, Avocado, and Pomegranate

Time: 15 minutes

4-6 Servings

**A Winter Salad Recipe Perfect for Holiday Meals**

### Salad:

- 6 cups spinach, washed + trimmed (or sub endive, arugula)
- 2 large red grapefruit, peeled, sliced, quartered
- 2 avocados, peeled, pitted, and cubed
- 1 cup pomegranate seeds

### Dressing:

- 1/4 cup grapefruit juice
- 2 Tbsp pomegranate juice
- 2 Tbsp red-wine vinegar
- Salt and freshly ground pepper to taste
- 1/2 cup extra-virgin olive oil

### Directions:

Whisk dressing ingredients together until smooth

### To serve family style from a bowl:

- Combine spinach, grapefruit, avocado, & pomegranate;
- toss with dressing

### To plate individually:

- Arrange spinach on each plate, top with avocado, grapefruit, and pomegranate.
- Drizzle on dressing.

## Faculty Spotlight: Tom Tessereau

Tom Tessereau has been teaching and leading the school since 1998 when Carole Madsen, the founder, handed off the baton to Tom, who had graduated from HAC's first massage therapy training program in 1991 and began teaching in 1993. He has grown The Healing Arts Center into the largest massage program in the region, and cemented the school's reputation for training compassionate healing.

Besides being the owner and Headmaster of the school and serving as the Advanced Techniques instructor in the Massage Program, Tom also leads both the 100-hour Energy Medicine and Transformational Breathwork Master Track programs, various workshops, and monthly Breathwork classes. He also has a thriving clinic practice. He helps clients restore their health through a variety of modalities that he combines based on what is needed. These practices may include Bio Cranial Therapy, Advanced Structural Bodywork, Transformational Breathwork, Pranic Healing®, Reiki, Neuro-Linguistic Programming, and more. He encourages his clients and students to become an active participant in their process of healing, guiding them back to the realization of harmony and balance in their entire physical, emotional, mental, and spiritual dynamic.

Tom's training is extensive and he has even studied under the founder of Pranic Healing®, Grand Master Choa Kok Sui. He is a certified Master and Teacher of Reiki, The Usui System of Natural Healing. With more than 35 years of study and experience in the healing arts and sciences, and having traveled the world to study with doctors, masters, and healers, he successfully combines both Eastern and Western knowledge into a synthesis of structural bodywork, energy medicine, meditation, yoga, breathwork, and intuitive awareness.

Tom has been invited to share his knowledge of Complementary and Alternative Medicine (CAM) as a guest speaker at several St. Louis universities, colleges, and hospitals. His work reflects his genuine love and respect for others and their healing process. He offers his staff, clients and students guidance and grace that are a powerful and unique experience.



Roxanne Fischer

## Student Perspective

"Best decision I ever made in life was going to this school! Totally life changing with the extra benefit of an excellent education."

- Roxanne, Level 5



Upcoming Community Workshops and Events

To find out more and register for HAC workshops visit [www.thehealingartscenter.com/workshops](http://www.thehealingartscenter.com/workshops)



The Healing Arts Center has trained thousands of licensed and non-licensed people in wellness practices

Introduction to  
Tummo and Gong  
Meditation

**Sunday, December 2, 3pm - 6pm**  
Tuition: \$60    **Open to Everybody**  
Instructor: Lama Lobsang Palden  
Based on a tantric yoga form taught by the Indian Mahasiddhi Naropa, the “Yoga of Internal Heat” is a series of breath exercises designed to transform purify and move conscious and energy through the body to purify mind and body.  
This course includes access to a video library for home practice after the class.

Reiki One

**Friday, December 7, 6pm - 10pm & Saturday, December 8, 9am—6pm**  
Tuition: \$250    **Open to Everybody**  
Instructor: Tom Tessereau  
Join Reiki Master, Tom Tessereau, for the opening Reiki course.  
Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Tom truly is a Master Instructor in this healing art and conveys what he's learned from over 20 years of experience in practice and in teaching.

Monthly  
Transformational  
Breathwork Class

**Sunday, December 9, 9am - 10:30am    (2nd Sunday of each month)**  
Fee:    Single Class \$30 or 4-Pack \$90  
Instructor: Tom Tessereau  
Practice transformational breathwork in a 90-minute group class, coached by HAC Headmaster Tom Tessereau.  
**\*Prerequisite:** Participants must have taken one of HAC’s Introduction to Transformational Breathwork workshops or breathwork training in Advanced Techniques class

Releasing 2018,  
Creating 2019:  
*Breath and Intention  
for the New Year*

**Sunday, December 30, 12:30pm—4:30pm**  
Tuition: \$70    **Open to Everybody**  
Instructor: Tom Tessereau  
Join us as we let go and get free of the past and set an empowered intention for the coming year! Tom Tessereau, CBC, LMT, Certified Transformational Breath Facilitator and Headmaster of The Healing Arts Center will lead you through a series of therapeutic processes (including Transformational Breathwork) designed to release and forgive the past, consciously clarify goals and aspirations, and empower and energize your intention so that you can attract and manifest your hearts desires in the coming new year.  
*This class is a prerequisite for Monthly Transformational Breathwork Class.*

Monthly  
Transformational  
Breathwork Class

**Sunday, January 13, 9am - 10:30am    (2nd Sunday of each month)**  
Fee:    Single Class \$30 or 4-Pack \$90  
Instructor: Tom Tessereau  
Practice transformational breathwork in a 90-minute group class, coached by HAC Headmaster Tom Tessereau.  
**\*Prerequisite:** Participants must have taken one of HAC’s Introduction to Transformational Breathwork workshops or breathwork training in Advanced Techniques class



Bookstore Product Spotlight  
Healing Stones and  
Crystals

Semi-precious stones and crystals are not only beautiful but are said to have energetic significance. They are often used for meditating on an intention or to simply decorate one’s home, or meditation space. The practice of using stones for meditation, feng shui, health and spiritual practices has a long history across many cultures.

At HAC we sell a collection of stones and crystals. Some customers like to integrate them into their healing practices and energy work like Reiki and Pranic Healing® , or massage therapy. Crystals can help in cleansing the aura, and cleansing spaces of negative energy. We also sell jewelry containing stones that can be worn to receive the same benefits.

Each crystal, stone or gem has specific properties attributed to it. Popular crystals include quartz, selenite, amethyst, tigers eye, aventurine, lapis lazuli, sodalite, and more. While there is a vast amount of information, it is good to use your intuition about selecting crystals. It’s right if it feels right. Browse our selection in the store. Our front desk staff can help with recommendations for healing crystals.



Contact Us

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[thehealingartscenter.com](http://thehealingartscenter.com)



Featured Meditation: Self Love as Self Care

Self care is trendy, and it’s easy to assume it only looks a certain way.

Self care can look many different ways. Most people think of a hot bath with fragrant oils, a great massage, or putting their feet up to watch their favorite show on Netflix. But really, the activity someone chooses for self-care is open to interpretation.

At its core, self care is about self love. But most importantly about making the inside your head a nice place to be - flipping the script on negative self-talk, and not just taking care of your external features or environment. We like the simple practice of saying this prayer, mantra, or meditation, especially while looking into a mirror, as many times a day as needed.

Ho’o Pono Pono Mantra  
*(Speaking aloud, or in your head)*

I’m sorry,  
Please forgive me,  
Thank you,  
I love you.

This practice can bring up thoughts and emotions and may feel uncomfortable at first. This can be practiced personally, or used as a meditation for a community or for healing on a large scale, like the world, since we are all the same. Ultimately it brings harmony, and healing.

The traditional Ho’oponopono is practiced by Indigenous Hawaiian healers. It is a practice of reconciliation and forgiveness for people to practice on themselves, and to heal whole communities.  
Learn more at: <https://upliftconnect.com/hawaiian-practice-of-forgiveness/>