

HAC Welcomes A New Class for Spring

Springtime is upon us and The Healing Arts Center has just welcomed a new group of students for our spring session. Also in the spirit of renewal, we have bid farewell to Rocela Ginther, who has accepted the position of Assistant Director of Admissions of the Olin Business School at Washington University. While we will miss Rocela, we are excited to have Brittney Atkinson step into this role as the new Director of Admissions. She had been on the Reception Services team, is practicing in the Professional Clinic, and is a graduate of HAC.

The Healing Arts Center hosts workshops and events as well as it's main function of educating healers in massage therapy. This April we welcome back Introduction to Tummo. Find out more on the following page. Also in April will be Reiki One. Students receive Reiki One in Advanced Techniques, and we offer this workshop to the public as well because we think that everyone benefits from practicing this effective means of stress-reduction, relaxation and healing.

After all the rain we've had, we look forward to the spring weather and outdoor events coming up. HAC will have a booth at Earth Day at the end of April and students who have had Advanced Techniques are eligible to volunteer to work the chair event.



Pictured from top left: Mindy Adair-Sanford, Elaine Brinkman, Maura Buchheit, Crystal Cates, Evan Coonrad, John Cowens, Samantha Crowell, Sydney Dernier, Cassandra Hoechstebach, Shelby Kistner, Kaitlin Lamack, Katherine Lamprich, Erin-Maria Pazderka, Cesar Perez, Barbara Samuels, Taylor Trice

Why the Healing Arts Center Teaches Its Students Energy Medicine

As of this week, there are 24 more Reiki practitioners in the world. HAC students in Advanced Techniques learn Reiki, how to channel energy to encourage healing in themselves and others.

At HAC, massage therapists are trained with an emphasis on causing wellness in being. Reiki can be integrated into massage to achieve this. Reiki is a Japanese energy medicine technique that promotes a strong impact on the consciousness involved in healing. No license is required to practice. It is a simple and effective way to encourage the body's natural healing abilities

Reiki can be practiced on one's self and can be integrated into a self-care routine that promotes calm and balance in your everyday experience. It is a phenomenal practice for families, in that it creates a response to stress, upset and injury.

Upcoming Community Workshops

- **Reiki One:** April 13, 14
- **Basic Pranic Healing** (Level One) May 5, 6
- **Advanced Energy Medicine Master Track** starts August 15

Read more on the next page



Picture by Nick of Macheesmo.com, of the recipe adapted from Forks Over Knives

You Can Make It Yourself

Eat your greens! Dark, vibrantly colored vegetables are key to good nutrition and they don't have to be boring! Cruciferous vegetables are especially nutrient-dense, it is a family of vegetables which includes broccoli, kale, cauliflower, cabbage, Brussels sprouts, garden cress, bok choy, arugula, and collard greens, to name several. Spices, sauces, and different cooking methods are all great ways to make greens more enticing, as each method balances out the often bitter taste and tough texture of these vegetables.

Spicy Orange Greens

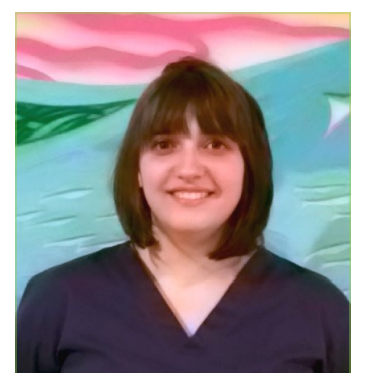
Prep time: 15 minutes Serves: 2

1. Sauté over high heat until ginger is fragrant, about 1 minute: 1/3 c water, 2 tbsp soy sauce, 2 tbsp minced fresh ginger, 1 clove minced garlic, 1/4 tbsp. red pepper flakes
2. Whisk in 1 tbsp marmalade then add 1 diced red pepper, and 4 cups of chopped greens of your choice (try collard greens or broccoli)
3. Reduce heat to medium and use tongs to turn the greens in the sauce to help greens cook down
4. When greens are bright green and have softened, remove from heat and serve over soba noodles, rice, or as a side.

Student Perspective

"HAC means always having a family who thrives on watching you grow and succeed, not just as a massage therapist, but as a person, too."

- Tabitha, Level 5



Tabitha Huffman

Upcoming Community Workshops

To find out more and register for HAC workshops visit www.thehealingartscenter.com/workshops

Many of our workshops are open to anyone with an interest in exploring wellness practices. Such workshops are designated below, and more professional-only workshops are listed on the website.



The Healing Arts Center Has Trained Thousands of Licensed and Non-licensed People In Wellness Practices

Monthly
Transformational
Breathwork Class

Sunday, April 8 9am - 10:30am (2nd Sunday of each month)
Fee: Single Class \$30 or 4-Pack \$90
Practice transformational breathwork in a 90-minute group class, coached by HAC Headmaster Tom Tessereau.
*Participants must have taken HAC’s Introduction to Transformational Breathwork workshop or have taken transformational breathwork training in Advanced Techniques Class as part of HAC’s Massage Therapy Training Program.

Massage for
Athletes—
Lower Body

Sunday, April 8, 8am—5pm
Tuition: \$220 (HAC Student and Grad Tuition: \$175)
*Requires a license
Demonstration and practice of massage techniques for various sports with lower body demands, informed by the instructor's work in the 2000 and 2012 Olympics. In the second half of the class, professional international athletes from the Saint Louis Football Club Soccer team will join the class as recipients.

Reiki One

Friday, April 13, 6pm—10pm and Saturday, April 14, 9am—6pm
Tuition: \$250 (Retake Tuition: \$75)
*Open to Everyone
Join Reiki Master, Tom Tessereau, for the introductory 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 25 years of experience in practice and in teaching.

Introduction to
Tummo: Mystic
Heat Yoga

Sunday, April 15, 3pm - 6pm
Tuition: \$60 *No License Required * Open to the public
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. Taught by a Tibetan Lama, Lama Lobsang Palden.

Pranic Healing:
Level One

Saturday, May 5, 9am - 5pm and Sunday, May 6, 9am - 5pm
Tuition: \$375 (Retake Tuition: \$50)
*No License Required -Open to the public
Pranic Healing is designed for everyone, from students to engineers, doctors to housewives in that it introduces methods of basic energy medicine that is useful to treat others or as self-care. This is an internationally recognized comprehensive system of natural healing techniques developed by Grand Master Choa Kok Sui.



Bookstore Product
Spotlight

Neti Pot

The Neti Pot is a hygiene practice tool to manage and protect your sinus health. It is one of many designs of nasal irrigation tools. Sinus mucous traps bacteria and pollutants such as pollen thereby acting as a filter for our lungs. During the cold and flu season in particular, sinus irrigation flushes nasal mucous to clear sinus passages and remove the material trapped by the mucous itself.

Nasal irrigation may sound a bit odd, but it is practiced around the world for hundreds of years. It is effective and safe. One version of this practice is called “Jala Neti” in India. It is a technique that finds mention in ancient Indian texts and is the process of passing an isotonic salt water (saline) solution through the sinuses to free them of all the allergens or unwanted mucous.

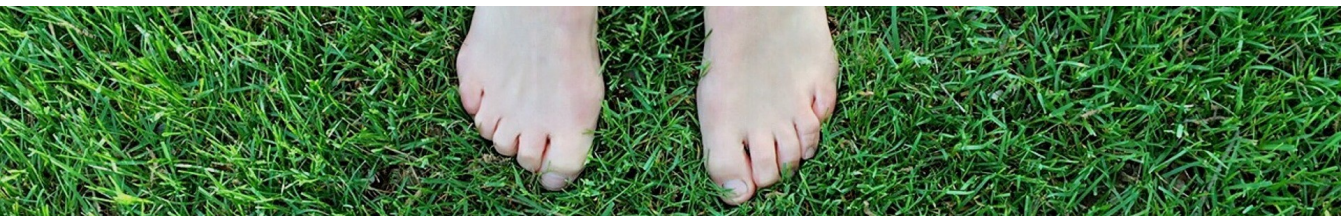
Neti Pot also hydrates and flushes the sinuses to relieve dryness as well. Proper use includes using **only** distilled or just boiled water that has cooled to body temperature with salt dissolved in it to make the saline solution. Complete instructions can be found in the box.

Contact Us

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Visit us on the web at
thehealingartscenter.com



Get Grounded: Walk On The Earth For Health

The Earth’s negative charge creates helpful ionic changes in the human body.

Getting barefoot can improve your health. The human body is a conductor and is meant to be “grounded” to the Earth. This causes the earth’s negative charge and the positive charge of the body to balance, electrically speaking. Medically, this creates an antioxidant effect in human tissue, among other benefits.

How to Practice Grounding:

- Walk barefoot or lay directly on the grass, dirt, or a sandy beach for at least 15 minutes each day.
- Wear an antistatic wristband used by computer technicians that is plugged into the ground receptacle of an electrical outlet.
- Stand or sit on a grounding pad.

HAC has many grounding products available in the bookstore.

To learn more: check out this YouTube video: <https://goo.gl/eo2LFv>