



The Fire Bowl

In This Issue

- What's New at HAC
- Featured Recipe
- Faculty Spotlight
- Student Perspective
- Upcoming Workshops
- Featured Product
- Featured Exercise

Free!

The Healing Arts Center Newsletter

vol. 2 no. 2

April 2019—Spring Session



Level One Students
Spring Session, 2019



Massage Therapy
Training Program

A Breath of Fresh Air at The Healing Arts Center

A new class of students has started at The Healing Arts Center, just in time for Spring. New faces bring new energy into the school, and it is a delight to meet so many amazing people each time a new session begins. As well as making new friends, this is the time of year when techniques classes might start with a warm-up walk in the sunshine outside, or practice the daily energy routine on the parking lot. The start of a new session and the start of Spring create a bouquet of fresh air, but at HAC, breath is always top of mind.

Transformative Breathwork Master Track is a masters level training offered by HAC to become a Breathwork Facilitator. Enrollment is open for this 20-week course that begins August 8th. Many previous graduates were massage therapists who wanted to expand their offerings for their clients, as this practice connects to the subconscious to release and resolve emotions, held areas of stress, and destructive memories through the therapeutic use of the breath. Not just LMTs took the course, but also other wellness professionals and those deeply interested in healing and wellness practices. This kind of breath training complements massage, sound healing, yoga, or coaching, both for personal benefit and for professional practice.

Attend Breath Essentials with Tom Tessereau on May 11 or July 13 to learn more about this unique training course. You can start your application process now to reserve your spot, as this course is not offered every year and there are limited seats.

This course is open to current Massage Therapy Training Program students, as long as they are approved. Speak with Brittney, Director of Admissions if you want to take these programs at the same time.

The majority of HAC's techniques classes are held in the Ocean of Reiki classroom. Not only is this the main room for the Massage Therapy Training Program, this is also where the Master Track and Monthly Transformational Breathwork Sessions are held, as well as the Continuing Education and Community workshops HAC hosts. The sunlight pours into this room, and when all the windows are open, it is a positively refreshing place to breathe. We hope our new students feel right at home here.



In alphabetical order: Jessica Baker, Destinee Brooks, Celeste Bohlen, Michele Dawson, Jaime Lee, Kayla Lenz, Maddison Missey, Josh Northcutt, Ryan O'Brien, Adara Phillips, Meagan Taylor, Brittany Vandever, La'Crassia Wilderness, Micheal Williamson

Faculty Spotlight: Tricia Kowalski

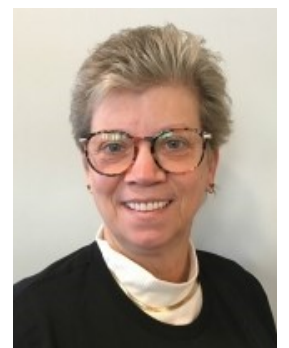
Tricia Kowalski is a Licensed Massage Therapist from St. Louis who has had her own practice since 1992. Her training is from The Healing Arts Center under Carole Madsen in 1991 and she retrained under Tom Tessereau in 2007.

She enjoys working with people that need guidance in learning about their body, compassionate touch, postural reintegration and therapeutic massage. Her studies over the years have developed her passion for Myofascial Release (MFR).

Tricia is experienced in Deep Touch, Foot Reflexology, MFR, Prenatal massage, Therapeutic massage, Trigger point and Cranial-Sacral therapy. She has taught students massage and ethics at another college 10 years ago and intends to help others at The Healing Arts Center learn massage and bodywork for many years to come. Students give her perspective and teaching helps keep her mind open to new techniques and ways to help every person who wants to learn.

Living in the moment, meditation, stretching and healthy living is what she likes to share among the willing. Compassionate touch, self-care, breathing and stress-relief are her specialties and Tricia focuses on these with her clients and students. Through her experience with Business and ethics, she has decades of information to share with the students. She hopes to create the ideal situation in her classroom and wants students to learn to listen and be mindful.

Tricia is an outgoing personality with a strong faith in God and a love for family and friends. She enjoys learning something new every day and taking care of all people that need healing. She enjoys the outdoors, loves to ride horses, collects Mickey Mouse paraphernalia and spends every free moment with her family.



All ingredients available for purchase in the school store.

Perk up with a healthful effervescent drink

Fizzy, Tangy Hydration

Need a pep in your step? Feeling under the weather? Need extra focus for AP? Treat yourself to a favorite beverage enjoyed by HAC's president, Dave Kenyon. Combine these three refreshing ingredients for a knock-your-socks-off boost of vitamins, minerals, antioxidants, and herbs, elevating your Prana at the same time.

Dave's Synthetic Prana Lift

- 1 Mt. Valley Spring Water
- 1 Vial of Red Panax Ginseng
- 1 Packet Emergen-C - Raspberry Flavor

Directions:

1. Open spring water and sip to create space for ingredients
2. Remove cap from ginseng and pour into water bottle
3. Add Emergen-C powder
4. Replace lid of spring water and gently tilt back and forth to mix
5. Enjoy!

Student Perspective

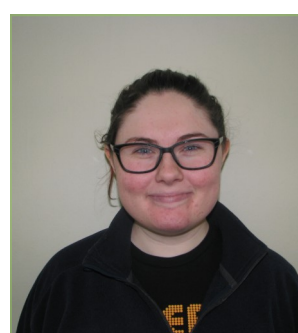
Your experience at HAC in 3 words:

"Beautifully life changing"

What resonated with you that had you enroll?

"The stories of grads whose lives were changed in a positive way."

- Sydney, Level 5



Sydney Dernier

Upcoming Community Workshops and Events

To see more HAC workshops and register for workshops visit www.thehealingartscenter.com/workshops1



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

Reiki One

Friday, April 12, 6pm - 10pm and Saturday, April 13, 9am - 6pm
Tuition: \$250 Retake Tuition: \$75 CEUs: 12 hours Instructor: Tom Tessereau
Join Reiki Master, Tom Tessereau, for this introductory Reiki course. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.

Monthly Transformational Breathwork

Sunday, April 14, 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:**Intro to Transformational Breathwork or breathwork in Adv. Tech

Breath Essentials

Saturday, May 11, 10:00am - 12:00pm
Tuition: Free but registration is required Instructor: Tom Tessereau
Breath Essentials is an informational session that allows serious prospective students to learn more about Transformative Breathwork Master Track, Aug 8 - Dec 19. Attendees will learn about breathing techniques and see videos of approaches and benefits expected from this Master Track.

Pranic Healing®: Level One

Saturday, May 18, 9:00am - 5:00pm and Sunday, May 19, 9:00am - 5:00pm
Tuition: \$350 Retake Tuition: \$50 Instructor: Tom Tessereau
Pranic Healing® is designed for everyone and introduces methods of healthy living suitable to all. This is an internationally recognized comprehensive system of natural healing techniques developed by Grand Master Choa Kok Sui. Worldwide, people from all walks of life have learned and benefited from Pranic Healing®. You can be one of them!

Introduction to Transformational Breathwork

Saturday, June 15, 12:30pm—4:30pm
Tuition: \$70 **Open to Everybody** Instructor: Tom Tessereau
Based purely on your body's own ability to breathe, participants frequently report that they are able to release negative emotions, stresses, and even the subconscious aftermath of traumatic events. You will study how the mind connects consciousness to various parts of the body and how disciplined deep breath can help the conscious mind find and release the effects of past trauma, anxiety and a variety of other health problems.

Injury Recovery Massage Toolkit Part 2 of Medical Massage Pro Track

Saturday, June 22, 9am - 5pm and Sunday, June 23, 9am - 5pm
Tuition: \$395 Student/Grad Tuition: \$316 CEUs: 16 hours Instructor: Terrie Yardley-Nohr
In this class, students will learn about conditions such as whiplash trauma, low back syndromes, carpal tunnel and scar tissue that are frequently challenging for a therapist to work on. Evaluating and assessing each condition and how it manifests in the human body is an important component in treating these conditions.

DNM (Dermoneuromodulation)

Saturday, July 20, 8:30 am - 6:00 pm and Sunday, July 21, 8:30 am - 6:00 pm
Tuition: \$349 (\$299 by May 31) HAC Students/Grads: \$263 Instructor: Jason Erickson CEU: 16.5
Participants learn to apply dermoneuromodulation (DNM) concepts to hands-on massage and bodywork. Participants will also learn to improve client education and help reduce pain with manual methods. This class includes discussion of the nervous system and how it interrelates with the rest of the body, providing a framework of understanding to enhance all forms of massage and bodywork. This class includes upper and lower body applications.

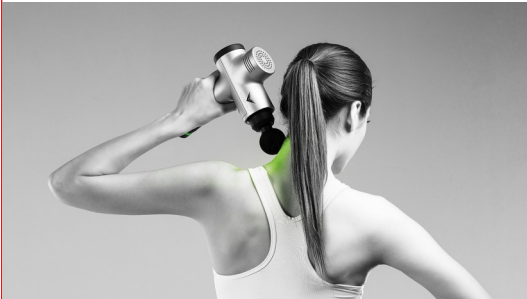


School Store Product Spotlight
Hypervolt
by Hyperice

New in the store is the Hypervolt, a helpful tool used by chiropractors, massage therapists, physical therapists, and anyone serious about self-care. The Hypervolt is a cordless state-of-the-art vibration massage device that helps relax sore and stiff muscles to improve mobility. Not only does it take the pressure off the therapists hands, the percussive massage helps stiff muscles relax while promoting circulation and improving range of motion. Plus, the Hypervolt is easy to use for self-myofascial release, as it is lightweight and ergonomically designed.

The Hypervolt is distinct from other vibration massage devices in that it has a powerful, quiet motor and the rechargeable lithium-ion battery lasts for 3 hours of use. The most impressive is the 3 speed settings that can provide 3200 percussions per minute. The 4 interchangeable head attachments allow the therapist to customize the Hypervolt for the clients needs.

Whether you are purchasing to complement your professional practice, or are adding to your self-care toolbox, the Hypervolt is an invaluable tool.



Contact Us

The Healing Arts Center
10073 Manchester Road
Suite 100
St Louis, Missouri 63122

(314) 647-8080

Visit us on the web at
thehealingartscenter.com



Sleep: The Unsung Wellness Practice
The key to health, recovery, and cognitive function.

Sleep is often lacking in our busy world, and it's easy to sacrifice when so many other things are vying for priority.

"Society's apathy toward sleep has, in part, been caused by the historic failure of science to explain why we need it," says Matthew Walker, PhD, in his book *Why We Sleep: Unlocking the Power of Sleep and Dreams*.

He continues, "Sleep is infinitely more complex, profoundly more interesting, and alarmingly more health-relevant...Among many other functions, sleep enhances our ability to learn, memorize, and make logical decisions. It

recalibrates our emotions, restocks our immune system, fine-tunes our metabolism, and regulates our appetite. Dreaming mollifies painful memories and creates a virtual reality space in which the brain melds past and present knowledge to inspire creativity."

All the recent years of study have only confirmed what many people have already known, that adequate sleep is vital to operating at 100% and feeling your best. Even a 20 minute nap can help consolidate memories and refresh you.

Here's to a good night's sleep.

- Practice good sleep hygiene:** 1. Have a regular bed time; 2. Make the bedroom dark, cool, and free of tech devices; 3. Have a nightly routine, including time to unwind;

Helpful Practices: 1. Get sunlight exposure early in day; 2. Exercise earlier than 3 hours before bed;
3. Take a hot bath before bedtime; 4. Receive a massage;

Practices to avoid:

1. Avoid nicotine and caffeine (esp. late afternoon); 2. Avoid alcohol before bed; 3. Avoid large meals & beverages late at night; 4. No naps after 3pm;