



# The Fire Bowl

## In This Issue

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

The Healing Arts Center Newsletter

vol. 1 no. 3

June 2018—Summer Session

## Summertime and the Energy is Flowing

A priority at The Healing Arts Center is growing the wellness community. We are not only a school, but a place where community happens for students and members of the public with an interest in health and well being. We are a resource for wellness and education. This is evident in our growing monthly breath class and in our outreach to the community at large.

This past weekend was the Introduction to Transformational Breathwork where a new group of people learned how breath can unleash their healing and their living. HAC continues to host monthly breath classes for people to gather and breathe together. All students who have had breathwork in Advanced Techniques meet the prerequisite to come to the monthly breath class.

Midwest Crystal Fest is just around the corner, where graduates of HAC's energy medicine programs will be sharing free Reiki and Pranic Healing with the public. Earlier this spring, HAC gave free massages at Earth Day and it is likely that HAC will have a presence again at LouFest in September. What we love most about these festivals and events is that we get to share our healing powers with others, and get to see them lighten up, relax, and get access to healing. And that's what it's all about, is causing wellness and sharing in the joy of other's health and happiness.



Pictured from left to right starting at top: Natalia Banks, Alexis Boshans, Hannah Casagrande, Mackenzie Clements, Christina Dussold, Leslie Francis, Lindsey Garritson, Rosetta Haymon, Tamiya Keyes, Bryan Neil, Peter Pinkston, Rachel Queen, Shannon Rademacher, Kayleigh Rogers, Molly Schaffrin



Drink the rainbow

## You Can Make It Yourself

Getting all your fruits and vegetables has never been easier and tastier than when its all in a smoothie. Have you ever seen Oscar with that dark green drink? Wondered what people used the Vitamix in the kitchen for? You're in for a treat. Try Oscar's favorite smoothie recipe yourself. Power up with a superfood smoothie.

### Oscar's Green Shake

Prep time: 15 minutes Serves: 1

**2 bananas, ripe**

**2 kiwis, peeled -OR- half a mango**

**1/2 cup blueberries**

**3 pieces of kale, rainbow chard (substitute spinach if you prefer)**

**1 Tbsp each of spirulina, wheat grass, chlorella, maca powder**

**1 Tbsp Sun Warrior vanilla protein powder**

1. Add bananas, fruit, and greens to the blender and blend
2. Add water to blender to the 32oz line and blend (note: you can replace half the water with vanilla almond or coconut milk instead if you don't have protein powder)
3. Add supplement powders and blend
4. Finish it off with Reiki blessings and enjoy!

## Faculty Spotlight

Dr. Dan Rovin is a Doctor of Chiropractic and has taught the Level 1 and Level 2 Anatomy and Physiology classes at HAC for the past 18 years. He also practices in the HAC professional clinic and has a private chiropractic practice in Swansea, IL. He just passed the 20-year anniversary of graduating from Logan College of Chiropractic.

Chiropractors use hands-on spinal manipulation and other alternative and traditional therapies. The theory being that proper alignment of the body's

musculoskeletal structure, particularly the spine, will enable the body to heal itself without surgery or medication.

He has a humorous teaching style which makes learning a difficult subject enjoyable. He shares his vast knowledge of anatomy with everyone in his blog series "Danatomy" on the HAC website.

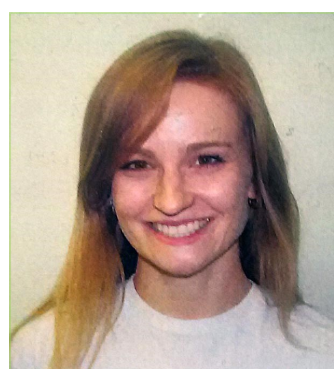
July 6, students are welcome to join Dr. Dan for Anatomy Lab, an up-close and personal 'Tour of the Body' at



Students surprised Dr. Dan with this skeleton cake at the end of the session in March.



Dr. Dan Rovin



Natalie Rector

## Student Perspective

"When I walked through the doors here, it was like, 'This is it.' Coming here, I found I had shared values with a big group of people. That connection, it's not something I even thought I needed."

- Natalie, Level 4



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**

**Sunday, June 24th, 10am—6pm**

at Emmenegger Park, 11991 Stoneywood Drive, Kirkwood, Missouri 63122

Admission: Free

HAC will have graduates of the Energy Medicine Master Track, Reiki workshops, Pranic Healing workshops, and the massage therapy program giving free Reiki and Pranic Healing sessions to visitors. At 2pm both days we will hold a group Meditation on Twin Hearts. Fun and good vibes only at this weekend event!

## Anatomy Lab

at Logan University

Admission: \$20 (Sign up at the front desk)

Join Dr. Dan at the anatomy lab for a tour of the human body. The tour, led by Doctor of Chiropractic students, includes an overview of human anatomy, as well as a first-hand introduction to the body's organs and systems, anchoring the lessons from the classroom. This experience is made possible through Logan's body donation program.

# Monthly Transformational Breathwork Class

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 either 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.

# Advanced Energy Medicine Master Track

**Begins Thursday, August 16th, 1:30pm- 5:30pm, Friday, August 17th, 9am—6pm  
Then, Thursdays 1:30pm—5:30pm through December 20th**

Standard Tuition: \$2550 (credits may apply if previous class was taken at HAC)

\*No License Required -Open to the public

Contact Brittney Atkinson, Director of Admissions to apply, (314) 647-8080

The ultimate opportunity for anybody with a strong desire to become an energy medicine practitioner.

By combining the certifications and spreading them over 5 months, it allows participants to develop their skills over time with coaching and allows the sharing of experience with a steady group of peers.

**This 100 hour training covers:**

- Reiki One
- Reiki Two
- Reiki Mastery
- Pranic Healing Level One
- Advanced Pranic Healing
- Pranic Psychotherapy

St Louis, Missouri 63122

**(314) 647-8080**

Visit us on the web at  
**thehealingartscenter.com**



## A 4-minute exercise to jump-start your cardio and core strength

Put on some thumping tunes and get ready to move. This simple exercise is meant to get your blood pumping, thereby releasing nitric oxide into your blood stream, which is great for heart health, anti-aging, muscle tone, and happiness. Sometimes you'll find a few employees in the Ocean of Reiki room rocking out—feel free to join in!

Do 10 repetitions of each exercise, 4 times through, repeat exercise 3 times a day, resting at least 2 hours between.

This exercise activates 16 different muscle groups. Focus on form, then build up pace.

Squats (like sitting in a chair)

Non-jumping jacks (arms only)

Robot arm raises (90 degree, stiff)

## Shoulder presses

**Follow along with the original video from Mercola Fitness: <https://bit.ly/2LTL6HS>**

**Then, watch HAC administrators do the exercise:** <https://bit.ly/2MpCDNT>



# Bookstore Product Spotlight

## Earthing Kit

Earthing is a health practice that mimics the electrical grounding benefits that you would get from walking barefoot in the grass. Getting grounded helps people feel better, supporting organ systems, energy levels, and healing.

At the Healing Arts Center we have earthing (grounding) mats available for students to use for meditation and on the massage tables during class and in the clinic.

Earthing mats are great for use even when you aren't at massage school, for instance, at a desk under your keyboard and mouse, or under the desk for your bare feet to rest on. The Plush Pads are designed to go under your bedsheets so you can be grounded all night and wake refreshed.

Earthing bands are an inexpensive and easy way to connect anywhere. Plug in and get grounded, even in a coffee shop.

