

## Growing Along with the School and Community

The school is approaching its 30 year anniversary. Each session we meet new students and send new graduates into the community as massage therapists. We know we are always growing and healing, both individually and as a community. A key aspect of our approach to education at the Healing Arts Center is utilizing the power of the mind: being willing to learn and willing to change, and that any healing method will only work when the mind is receptive to change. This also looks like openness and curiosity in learning and exploring.

Over the decades, the school has grown. Our mission to share healing modalities through education and practice includes methods in addition to Massage Therapy. We continue to expand the offerings of Transformational Breathwork, energy medicine (including Reiki and Pranic Healing) for the public to experience and learn. This year sees the return of Reiki Circles, a monthly gathering to share Reiki as a group. The Healing Arts Center will continue to offer Monthly Transformational Breathwork, and quarterly Introductions. We are always considering new ways to share healing. As a student at the Healing Arts Center you can contribute to that vision of healing.

We value being of service and helping others experience the benefits of therapeutic touch. Clients receiving cancer treatment can receive free massage and Reiki in the Student Cancer Clinic at our school. Expanding on the Cancer Clinic, we partnered with Siteman Cancer Center earlier this year to provide massage at infusion centers across the greater St. Louis region. Through this project, our very own Healing Arts Center graduates have been hired to give massage to cancer patients, their caretakers, and caregivers. It is projects like these that make us proud and inspire us to continue expanding and sharing the power of massage, energy work and breathwork.



Level One Students  
Summer Session, 2019



Massage Therapy  
Training Program



In alphabetical order: Crystal Clay, Julia Clements, Margaret Crawford, Paula David, Jordan Durham, Candace Helms, Brian Martin, Gabrielle McBride, Matthew Rask, Reshell Saffore, Victoria Shea, Gina Walsh, Jeff Wifa



Photo by Daria Shevtsova from Pexels

Check local grocers like Fresh Thyme and Lucky's Market

## A great savory breakfast or snack

We have a penchant for avocados here at the Healing Arts Center, and so do many other people in this avo-craze. It is for good reason. Avocados are healthful, providing good fats, vitamins, minerals, and also are creamy enough to replace traditional spreads that are nowhere near as nutritious or tasty. If for some reason you're not an avocado fan substitute smashed black beans or chickpea hummus.

## Avocado Toast

Ezekiel Bread (or other sprouted grain bread), toasted

Ripe avocado

Pick your toppings: spinach, arugula, herbs, radish, cucumber, tomatoes, cilantro, lime, etc.

Pick your salt and seasonings: Himalayan pink salt, pepper, sesame seeds, garlic powder, basil, etc.

### Directions:

1. Slice and smash avocado and spread on toast
2. Prepare toppings and artfully arrange on spread
3. Sprinkle with salt or seasonings and enjoy!

## HAC Viewpoint: Give and Receive as a Community

The Healing Arts Center feels like home to many people and over the almost 30 years of being a school, it has provided a space for people to gather to learn and to share healing touch, practice breathwork, and so many other positive events.

## Reiki Circles

*Fourth Sunday of Every Month*

**Sunday, June 23rd**

**6:00 pm - 8:00 pm**

**Fee: By donation**

One regular event that is being brought back is Reiki Circle, when people who have had Reiki training take turns giving Reiki treatments to each other. It has been years since the Healing Arts Center hosted a Reiki Circle, and we have heard the many requests to bring it back.

The next Reiki Circle will be held on Sunday, June 23rd, 6 pm - 8 pm at the Healing Arts Center. The following Reiki Circles will be every fourth Sunday of the month. If you have taken a Reiki workshop with Tom Tessereau, or had Reiki training within the Massage Therapy Training Program, you are eligible to attend.

We spend so much time giving, and Reiki Circle is a chance to receive as well. Tom Tessereau will lead the Reiki Circles, and you will even receive another attunement to enhance your Reiki flow.

**We hope you join us for the first time in years that we've hosted Reiki Circles.**



Alissa Davis

## Student Perspective

Your experience at HAC in 3 words:

**"Healing, enlightening, and informational"**

What resonated with you that had you enroll?

**"I enjoy making others feel better while also healing myself."**

- Alissa, Level 3



Upcoming Community Workshops and Events

To see more HAC workshops and register for workshops visit [www.thehealingartscenter.com/workshops1](http://www.thehealingartscenter.com/workshops1)



The Healing Arts Center has trained thousands of licensed and non-licensed people in wellness practices.  
\*Massage Therapy Students can take professional workshops, but cannot earn CEUs until after licensure.

Injury Recovery  
Massage Toolkit  
Part 2 of Medical  
Massage Pro Track

Saturday, June 22, 9:00 am - 5:00 pm and Sunday, June 23, 9:00 am - 5:00 pm  
Tuition: \$395 Student/Grad Tuition: \$316 CEUs: 16 hours Instructor: Terrie Yardley-Nohr  
In this class, you 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.

Reiki Circle

Sunday, June 23rd, 6:00 pm - 8:00 pm Tuition: by donation Instructor: Tom Tessereau  
Everyone remembers the best important part of reiki training is the hands-on exchange, giving and receiving reiki with each other. You will receive another Reiki attunement to enhance your Reiki energy flow.  
Exclusively open to those who have studied Reiki with Tom.

Breath Essentials

Saturday, July 13, 10:00 am - 12:00 pm  
Tuition: Free but registration is required Instructor: Tom Tessereau Open to Everybody  
Do you want to become a Breathwork Facilitator? Attend Breath Essentials to find out all about the Transformative Breathwork Master Track, Aug 8 - Dec 19. You can get your questions answered and learn about what breathing techniques and approaches are used in the Master Track.

Healing Journey  
for the Healer

Saturday, July 13, 1:30 pm - 3:00 pm  
Tuition: \$25 Instructor: Kate Powers Open to Everybody  
A workshop about the benefits of healing for the healer, including discussion, writing and meditation. As a healer, you know that healers are often great givers and we will bring awareness to the art of giving and receiving. The workshop will include self-love and self-care tools not limited to the physical; taking care of our thoughts, energy, emotions, boundaries, and specific practical ways we can do it.

Monthly Transforma-  
tional Breathwork

Sunday, July 14, 9:00 am - 10:30 am Tuition: \$30 or \$90 for 4 classes Instructor: Tom Tessereau  
Breathe freely in this 90-minute group session guided by Tom Tessereau. Prerequisite required

DNM  
(Dermoneuro-  
modulation)

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  
You will learn to apply dermoneuromodulation (DNM) concepts to hands-on massage and body-work. 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 body-work. This class includes upper and lower body applications.

Ultimate Facelift  
Massage

Saturday, July 27 and Sunday, July 28, 9:00 am - 10:30 am  
Tuition: \$350 Before June 27: \$325 HAC Students/Grads: \$260 Instructor: Marsha Mathes CEU: 16  
Facial massage helps relieve stress & is very nurturing, while it reduces puffiness, stimulates circulation, releases toxins, helps assist in lymphatic drainage & improves muscle tone over time. The face has a myriad of acupressure and reflexology points as well as cranial nerve #7 innervating the facial muscles. When these areas are stimulated, a calming, lifting and toning affect occur to the facial muscles and the 'whole' client benefits & relaxes.



School Clinic Service Spotlight

Pyramid

HAC Pyramid Meditation System

New to the clinic offerings is rental of time in the pyramid in the Master Choa room of the school. The copper pyramid stands 5 ft tall, and has wrapped crystals at each of it's four corners and mid-way points along each length. It is sized so that you can sit or lay inside it to meditate, practice breathwork, among other wellness practices.

50 minute session in the Pyramid:

First session: \$15

Subsequent sessions: \$24

10 sessions paid in advance: \$195

The pyramid is a geometric amplifier which increases the power of prayer or strengthens the spiritual practice of a religious devotee. The use of a pyramid in meditation can accelerate the process, bringing feelings of calmness, well-being, and a more open and positive attitude.

Recommendations and instructions for how to use the pyramid will be provided for appointments.



Contact Us

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Visit us on the web at  
[thehealingartscenter.com](http://thehealingartscenter.com)



Journaling

For fun, reflection, and growth

The practice of journaling can deliver a diverse set of benefits, depending on how you use your journal. The very act of putting your thoughts into words on a page can help with problem-solving an issue, brainstorming solutions, understanding how you are feeling, or organize your thoughts. Benefits include reducing stress, processing emotions, provide clarity, and has also been known to decrease symptoms of asthma, arthritis, and strengthen the immune system.

If you are prone to hand cramps or perfecting your penmanship, try one of the ways listed below. This may provide a more enjoyable way to gain self-knowledge and access emotional healing outside of the traditional long form writing of diary or journal. It's your journal, so you are free to switch it up with a different journaling style.

Tips to get the most out of journaling: Find a relaxing place to journal. Greet all your thoughts with compassion and understanding. Be open to seeing a different perspective on your emotions, your past, and your life.

Ways to use a journal:

- Collect quotes and affirmations
- Reflect on how you're feeling

- Outline steps towards goals

- Keep a log of your dreams

- Get clarity on what success means

- Track progress of projects

- Gratitude documentation

- Set intentions for manifestation