



The Fire Bowl

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The Healing Arts Center Newsletter

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January 2018—Winter Session

New Year, New Session, New Newsletter

Welcome to 2018 and to a new session of training at The Healing Arts Center! We are excited to welcome twenty-two incoming Level One students to the Healing Arts Center family (pictured right). They are joining sixty-eight upper classmen in the Massage Therapy Training Program (MTTP).

This first edition of The Fire Bowl marks the first session newsletter in recent HAC history. Here you will be able to learn about upcoming events, get the scoop on the latest news, and discover recipes, products, and wellness practices to improve your mind and body.

2018 is going to be a big year. We are going to be making a major overhaul to our wellness clinic system including adding a graduate clinic wherein recent HAC graduates can take on clients in our professional clinic. We have added BEMER Vascular Therapy to our list of wellness services.

This year the Certified Breath Worker Master Track will return in March and the Advanced Energy Medicine Master Track will return in August along with shorter and yet highly comprehensive “Pro Track” programs designed to develop additional marketable wellness skills.

From Top Left: Amsu’Num Ahmad, Joan Bailey, Amy Brauss, Ashley Cates, Kerry Clarke, Kristen Cleary, Chelsea Cottingham, Kenneth Daniels, Nadia Donahue, Anna Ellsworth, Roxanne Fischer, Dea’Zharla Gadley, Ashley Green, Jennifer Kasper, Cameron Lappe, Patrick Lehr, Victoria Martinez, Kaitlyn McManus, Christine Noones, Adelisa Omahic, Johnna Smith, Krutie Thakkar



Bulletproof Coffee Reduces Brain Fog and Provides Nutrition

You Can Make It Yourself

One of Tom Tessereau’s favorite foods is **Bulletproof Coffee**. Originally created by wellness author and bio-hacker, David Asprey, author of *The Bulletproof Diet*, Bullet Proof Coffee is part of an intermittent fasting regime and can be used to replace breakfast and lunch without loss of energy or creation of “brain fog”. Asprey got the idea for Bulletproof Coffee while in Tibet at 18,300 ft. near Mt. Kailash. He was hiking in -10 degree weather and a kind woman welcomed him to her guest house with a warming drink of traditional yak-butter tea, and he was left feeling revived and invigorated. Bulletproof Coffee is a high-tech version of this traditional Tibetan beverage. BPC boosts mental acuity and is low-carb.

Bulletproof Coffee

Prep time: 10 minutes

1. Brew mold-free coffee in filtered water (8 to 16 oz.)
2. Add 1 - 2 TB of organic coconut oil
3. Add 1 - 2 TB of organic grass fed butter (grass fed is essential)
4. Possible Options: ceremonial grade cacao, cinnamon, pine pollen, maca powder, nutmeg, organic vanilla ...
5. Pour coffee mixture into blender and blend for 30 seconds.

The Healing Arts Center’s Vision for Wellness Professionals

HAC is evolving its professional training platform in favor of integrated wellness care. We are training our students to be wellness professionals beyond massage therapy alone. Licensed Massage Therapists and other wellness professionals can create much wider service offerings by adding training in these modalities to their skillset:

- **Transformative Breathwork Certification** 100-hour Master Track for Spring 2018 starts March 22. Enrollment is open.
- **Advanced Energy Medicine** 100-hour Master Track starts in the Fall One Session 2018, in August. Enrollment opens in May.
- Premiering this year, "**Professional Tracks**" are intensive massage therapy tracks that are taught in modules over 3 weekends. The format is shorter and less expensive than Master Tracks. The first three-weekend module is Introduction to **Medical Massage Pro Track**. The first module, Lymphatic Drainage, is April 21-22, 2018

Student Perspective

“Since my experience being in the hospital [after surgery] and people helping me get back to normal, I’m more aware of my body now that I’m healing, doing yoga. So to be here at massage school, to learn to help people, is my ultimate goal.”



Dea’Zharla Gadley

Upcoming 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 professional-only workshops are listed on the website.



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

Buddha In My Facebook Feed

Sunday, February 4, 2 pm - 4 pm *No License Required -Open to the public
Sundays: February 4, February 11, February 18, February 25
A Non-Religious Look At Buddhism, Exploring An Ancient Model Of Consciousness In the Context Of the Digital Age

Monthly Transformational Breathwork Class

Sunday, February 11 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 or having taken breathwork in Advanced Techniques Class as a student of HAC’s Massage Therapy Training Program.

Introduction to Transformational Breathwork

Saturday, March 3 12:30pm - 4:30pm
Tuition: \$70 *No License Required -Open to the public
Enter the world of Transformational Breathwork and experience a series of therapeutic processes designed to transform your life. Gain insight into your breathing habits and how to use breath to find peace and become fully self-expressed.

Reiki Two

Saturday, March 10 9am - 6pm and Sunday, March 11 11am - 3pm
Tuition: \$500 (HAC Student / Graduate Tuition: \$250)
*Prerequisite: Reiki 1
Join Reiki Master, Tom Tessereau, for the second level Reiki course. In this class you will receive another attunement and gain a deeper understanding of Reiki in the world of things and as well as the use of Reiki symbols.

Singing Bowl Therapy

Saturday, March 24 9am - 4pm and Sunday, March 25 9am - 4pm
Tuition: \$300 (HAC Students & Grads: \$250) *No License Required - Open to the public
Learn about the benefits and theory behind of the use of sound and vibration as a therapeutic modality. Experience giving as well as receiving therapeutic work with singing bowls in a one-on-one as well as group setting.



Product Spotlight

Healing Salt Bath

For thousands of years Eastern medical systems have understood that a specific form of energy passes through the body called “prana.” Prana can be understood as both a form of energy and a form of consciousness. This energy/ consciousness can become stagnant or diseased in much the same way as bodily tissue does. Prana can be deteriorated by prana absorbed from other people and things.

One way to practice Pranic hygiene is to take salt baths. Healing Salt Bath is one of The Healing Arts Center’s most popular products. The entire contents of the jar are mixed into a full tub of warm bathwater. It is important to stay in the bath for at least fifteen to twenty minutes. Salt has special Pranic properties that helps break down and extract deteriorated or diseased prana from the body.

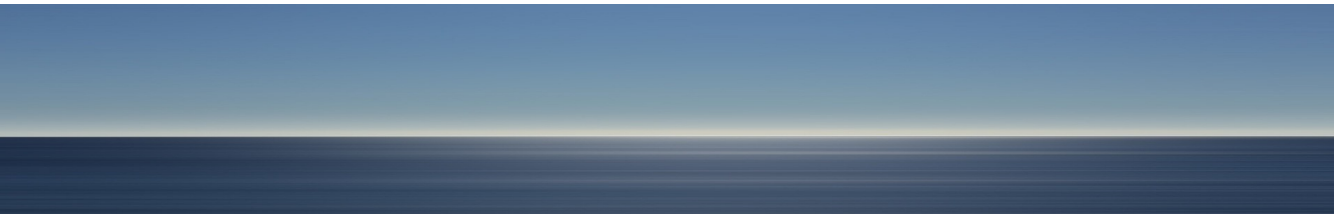
Our bath salts are infused with lavender essential oil and have been Reiki blessed. It is a wonderful way to calm the senses, release stress, refresh the mind and body, and soothe the spirit. After bathing, it is important to wash the salt water off of your skin to avoid unnecessary dryness. Give it a whirl. You may find benefit to adding salt baths to your self-care regimen.

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Mindfulness Exercise

3 Ways to Practice Mindfulness (The Art of Tuning In)

Mindfulness is the practice of paying attention to what is actually happening around you without distraction, conceptualization or judgment. It sounds easy in concept, but can be challenging to practice.

Sit Mindfully. Before you start your day, try some basic stretches to loosen your muscles. 100 Breaths of Joy is useful also to get oxygen flowing through your body. In a quiet place, sit on a cushion or in your favorite chair and establish a cycle of slow, deep breaths. Your exhale should be as long as your inhale with a second or to of pausing the breath in between. Simply start notice everything. Notice how the cushion feels under your seat. Notice the temperature of the room. Then focus on your breath. In the beginning you might say to yourself “I am breathing in, now I am breathing out” to encourage your mind to pay attention to what you are doing. If you mind wanders off, bring it back by focusing on your breath.

Eat Mindfully. When you eat, turn off all of your devices. Focus on your food. Take a moment to be grateful for your meal and acknowledge that your food will become your body and keep you alive. Notice how it smells and tastes. Stay focused on the actual act of eating your meal without distraction until you are finished eating.

Wash your bowl. When you’re done eating, wash your dish immediately. Do it while paying full attention to your washing, to the water and suds. Do not think about the meal or what comes after. Pay attention to your task.