



# The Fire Bowl

## In This Issue

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

Free!

The Healing Arts Center Newsletter

vol. 2 no. 1

February 2019—Winter Session



Level One Students  
Winter Session, 2019



Massage Therapy  
Training Program



In alphabetical order: James Bernal, Alissa Davis, Amanda DeMarco, Rachel Durbin-Nowicki, Eadaoin Erhart, Patty Geusz, Lauren Govero, Oksana Hill-Needem, Amber Hodges, David Hoffman, Donovan Houlton, Melissa Hubbart, Kereana Kunkel, Whitney Lynch, Elon Miles, Madolyn Okohson, Whitley Ponder, Tyler Reynolds, Sandra Schaefer, Adesyn Shelton, Morgan Simers, Kai Anne Tyler, Julia Unterreiner, Randy White, Cherlana Wilson, Krystal Rose, Kenneth Wilson

## Education, Wellness, & Being

The new year has brought some big changes to the Healing Arts Center community, welcoming a new class of students, returning programs, and opportunities to share healing touch.

Some students may have already met the new Business instructor, Tricia Kowolski, who has been shadowing Terrie, training to lead the class when Terrie retires. Tricia will start fully teaching the Business class in the Spring Session in March, as well as supervising the HAC Student Honors Cancer Clinic. Tricia's has been a Licensed Massage Therapist since 1992 and has worked in the health, wellness, and fitness industry, focusing on Myofascial release and intuitive bodywork.

The Transformative Breathwork Master Track returns this year, after the well-subscribed course in 2017. Transformative Breathwork techniques use "conscious connected breathing". Connecting the inhale with the exhale consciously and continuously quickly connects us to our core, to each other, to Nature and to our wider life experience. Conscious Breathing opens a channel to the deeper realities of life, providing the groundwork for personal development and reaching higher states of consciousness. The Master Track is set to start August 8th, 2019, and run weekly on Thursdays for 20 weeks through December 19th. Registration is now open, and people who are interested can attend one of two Breath Essentials informational workshops on Saturday, May 11th or July 13th.

HAC may be best known as a holistic massage school, and this year HAC will broaden that reputation with plans to expand and market the HAC Professional Clinic. Why go somewhere else for wellness care when you can go to the place that trains most of St. Louis's massage therapists? HAC welcomes another new member of the team, Racheal Bryan, to help grow the Professional Clinic. She is a Licensed Massage Therapist with a background in spa business management, and has studied organizational psychology, uniquely equipping her to contribute to HAC's vision for the clinic.

One aspect of HAC that is unchanging is the focus on "being," or consciousness, as wellness encompasses more than the physical body. The Massage Therapy Training Program is designed to cause personal transformation, and the same intention is found in the Master Tracks: Transformative Breathwork Master Track and Energy Medicine Master Track. Even the Continuing Education courses and workshops, such as Reiki, Pranic Healing, and Conscious Movement Bodywork Training, among others, give students tools to cultivate well-being and raise their consciousness as well as recognize and help others with their own.



Essential oils are available for purchase in the school store

Let the power of aromatherapy help you study

## Essential Oil Blends for Focus and Concentration

Time: 2 minutes

Use a drop or two of the essential oil blend and rub between your hands to warm. Close your eyes, hold your hands over your face, and inhale deeply. You can massage it into your wrists or temples when you prepare yourself to study or to enjoy during a break from studying.

-or- Add several drops to a diffuser

**Choose from a variety of plant essential oils to invigorate your senses and stay focused.**

Here are two good blends from **Biotone**:

### Awaken Specialty Blend:

Enlivening and energizing  
Peppermint e.o.  
Lemon e.o.  
Lime e.o.

### Renewal Specialty Blend:

A rejuvenating lift.  
Palmarosa e.o.  
Petitgrain e.o.  
Rosewood e.o.

**Any scent that you like and that makes you feel alert** will be a good oil to choose. Stressed about that test you're studying for? Try lavender. Need a boost when you're feeling unmotivated or sleepy? Rosemary or Lemon may do the trick. Here are some favorite essential oils for focus and concentration:

Peppermint e.o.  
Lavender e.o.  
Rosemary e.o.

Sage e.o.  
Basil e.o.  
Ylang-Ylang e.o.

Lemon e.o.  
Peppermint e.o.  
Sweet Orange e.o.

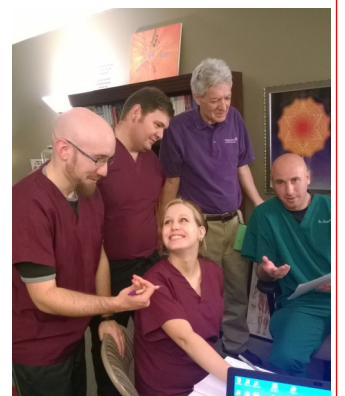
## HAC's Dedication to Holistic Cancer Care

The Healing Arts Center is partnering with Siteman Cancer Center to offer chair massage at five locations throughout the greater St. Louis area. People undergoing cancer treatment will be able to experience the calming and reassuring effects of light touch massage combined with Reiki, a Japanese relaxation technique, also known as a type of Energy Medicine. Graduates have been hand-selected to provide this service, including many of those who had served in the Free Cancer Clinic during their time in school.

Students who meet certain scholastic requirements are invited to attend Cancer Clinic training and enroll in the Cancer Clinic as student clinicians. It is considered an Honors status for students to serve in cancer clinic and these students are honored at graduation. Many students choose to return to volunteer as Cancer clinicians after they graduate.

Massage Therapy offers many benefits for cancer patients. It can greatly reduce the stress and anxiety that often arises from having cancer and can reduce or eliminate the pain of chemotherapy and radiation therapy. The Free Cancer Clinic has appointments available and is accepting new clients.

The Healing Arts Center has a commitment to holistic healing, and the Free Cancer Clinic is one of many ways to share that healing with those who greatly need it.

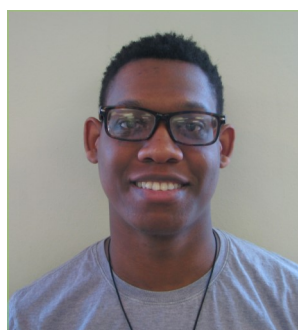


## Student Perspective

My experience at HAC in 3 words: "Life changing fun"

"What resonated with me is the need to heal the body. Knowing that the body is the first temple, why not start there!"

- John, Level 5



John Cowens



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

Conscious Movement Bodywork Training

**Saturday, February 23, 9am - 5pm and Sunday, February 24, 9am - 4pm**  
Tuition: \$300    Early Registration: \$240    Student/Grad Tuition: \$192  
Instructor: Roger Weinerth  
CEUs: 14 hours  
This innovative training synergizes consciousness, movement education and neuro-myofascial structural bodywork. It is designed to advance your skills in structurally realigning your client’s bodies and re-educating their body, mind and Self-awareness. This work will maximize your success in being able to positively affect your client’s health, energy, attitude, and well-being.

Monthly Transformational Breathwork Session

**Sunday, March 10, 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:** Participants must have taken one of HAC’s Introduction to Transformational Breathwork workshops or breathwork training in Advanced Techniques class

Introduction to Transformational Breathwork

**Saturday, March 16, 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.  
*This class is a prerequisite for Monthly Transformational Breathwork Class.*

Lymphatic Drainage Massage Part 1 of Medical Massage Pro Track

**Saturday, March 23, 9am - 5pm and Sunday, March 24, 9am - 5pm**  
Tuition: \$395    Student/Grad Tuition: \$316    Pro Track Package: deposit  
Instructor: Terrie Yardley-Nohr  
CEUs: 14 hours  
Understanding the role of lymphatic drainage for massage is important for massage therapists in their practice. In this class, participants will learn the sequence of applications that are necessary for effective lymphatic drainage to occur. This hands-on class will allow participants time to practice the techniques and understand the effectiveness that lymphatic drainage can have for client health and well-being.

Native American Star Stories

**Friday, March 29, 6:00pm - 8:30pm**  
Suggested Donation: \$20    **Open to Everybody**  
Speaker: Rainbow Eagle  
Mother Earth’s Ancient History to Present with the Pleiadians. Many Native American elders are sharing now to help earth walkers get ready to "come into relationship" with the rest of the family.

Bookstore Product Spotlight  
Love Your Body  
by Louise Hay

*Love Your Body, A Positive Affirmation Guide for Loving and Appreciating Your Body,*

Aside from the text books provided to students for their classes in the Massage Therapy Training Program, we include a list of recommended reading. Louise Hay is one of those authors that is high on HAC’s list.

From the author bio on her latest book: “Louise Hay, author of the international bestseller You Can Heal For Life, is a metaphysical teacher and lecturer with more than 50 million books in print worldwide. For over 30 years, she has been helping people discover and implement their full potential for personal growth and self-healing. Website: [www.louisehay.com](http://www.louisehay.com)”

The HAC bookstore has a variety of books by Louise Hay, including but not limited to: **All is Well, Heal Your Mind, Love Your Body, Heal Your Body**

These books include affirmations, meditations, and way to harness your intuition to metaphysically bring you to a state of wholeness and wellness. Browse our selection of books in the store and choose one that brings more positive healing thinking to your practice.



Contact Us

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

**(314) 647-8080**

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



Sparkling Joy, Resonance, and Cultivating Gratitude

A Marie Kondo Approach to Waking Up

Everyone has been preoccupied with Marie Kondo since Netflix aired “Tidying Up,” a television series where Marie visits people with messes and helps them tidy up using her instructions. She asks them to hold their belongings in their hands to discover if it “Sparks joy.” It is hard to explain what this feeling is, but Marie encourages the people on the show to start with things they know they like and use that to calibrate their joy gauge.

Exercising the ‘spark joy’ muscle helps you become aware of what speaks to you. ‘Sparkling joy’ can be viewed as similar to a resonance, or vibration, an energetic frequency associated with an object, place, or person.

How to Declutter, the KonMari Way:

1. Hold each object in your hands
2. Ask, “Does this spark joy?”
3. If yes, keep the object, cherish, and organize it.
4. If no, thank the object and donate, recycle, or trash

Becoming aware is the first step in feeling gratitude. When we cultivate gratitude we start recognizing what resonates with us. In this way, this simple practice of decluttering our stuff, can give us access to this super power to find what resonates in all areas of our experience.

Marie Kondo is the author of the book “The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing.” Netflix debuted the eight episode television series “Tidying Up with Marie Kondo,” describing it: “In a series of inspiring home makeovers, world-renowned tidying expert Marie Kondo helps clients clear out the clutter -- and choose joy.”