

# Sarnia Holistic Healing Centre

## March Update

[Join Our Mailing List!](#)

Leave your winter blahs behind. It's time to come out of hibernation and give your spirit a lift.

### **Mark your calendar**

**Sunday, April 17** is the date of our **Spring Wellness Expo** Providing you an extraordinary opportunity to sample some of the many holistic services offered in our community. Details coming soon!

**Dr. Shannon Bourke**, brings her expertise in Ayurveda to the centre on **Wednesdays starting on April 6**. Dr. Bourke will also be presenting two free educational talks that will cover the Ayurvedic approach to healthy digestion and detoxification.

**Yoga Classes** begin **Wednesday evenings April 6** with Ginny Massey.



## Getting Acquainted with.....

### *Nadine Brown*

In her teens Nadine lived with migraine headaches that continued into adult years. The frustration with there 'appearing' to be no solution and working in the fitness industry drove her to explore alternative options. She felt that in that day and age there had to be a way to release the headaches.

When her career transitioned into the people and team development field, where she trained in coaching, counseling, assertiveness, conflict and stress management, she came upon the concept of self-esteem, specifically the lack of it, being at the basis of many emotional issues and physical symptoms. At the same time, she was introduced to energy therapy and Nadine used her adept skill in looking at the big picture to combine the training and experience of both worlds to better assist her clients.

Nadine's work is focused on healing the heart and freeing the mind. Using her innate ability for getting to the 'heart' of the matter helps her clients travel beyond blockages and their current perception of what is possible in their lives. When the 'wounded parts' of ourselves are healed there is more emotional space for joy.

And the headaches . . .they are no more. Nadine has taken her extensive combination of experience and training and uses it to achieve her goal of assisting people in healing on all levels - physical, emotional, mental, and spiritual. Part of that process is in the retrieval of discarded parts of themselves and in revealing their 'true nature'. The end result: an ability to live life more fully, from the heart, with more options/choices in how they respond to and experience life.

**Nadine is a 3rd. Degree Reiki Master, Certified Blue Matrix Energetics practitioner, and is certified in coaching, counseling, facilitation and workshop delivery. If your own curiosity has you wondering whether a customized treatment would be beneficial for you, contact [Nadine](#) to further explore your options.**

## Sarnia Holistic Healing Centre Welcomes Dr. Shannon Bourke

Dr. Shannon Bourke will be available at Sarnia Holistic Healing Centre on Wednesdays beginning on April 6 offering Health and Wellness Consultations and Treatments which involve Pulse diagnosis and Marma (mystical point) Massage of the face and body plus Mayan Abdominal Massage. Find out your body type (Vata, Pitta, Kapha) and whether you are balanced or imbalanced.

**Be sure to attend Dr. Bourke's upcoming free talks:**

**Ayurveda and Digestion**  
**Monday, March 14 @ 7:00 pm**

**Spring Detox**  
**Sunday, April 10 @ 2:00 pm**

**Contact Sarnia Holistic Healing Centre to register in advance.**

Dr. Shannon Bourke, DNM®, has been trained in specialised Ayurvedic procedures and is a certified Dr. of Natural Medicine® in the province of Ontario.

## Classes and Education

**March Morning Meditation, with Jo-Anne Gignac**

These classes are designed to bring you to new awareness of yourself and bring you closer to new realizations of our individual potential and connectivity. Calm the mind and enjoy total relaxation and peace.

Wednesday Mornings starting March 2.

**March Evening Meditation, with Jo-Anne Gignac**

These classes are designed to bring you to new awareness of yourself and bring you closer to new realizations of our individual potential and connectivity. Calm the mind and enjoy total relaxation and peace.

Tuesday & Thursday Evenings starting March 8.

**Ayurveda and Digestion, with Dr. Shannon Bourke**

According to Ayurveda: The essence of good health is **d i g e s t i o n**. Bloating after eating, tired after lunch, these are just a few of the digestive issues Ayurveda can help you with.

Monday, March 14

**Womanquest: An Invitation to Gather the Women, with Lin Oliver**

Are you yearning to make a difference in this world, then let's gather together this evening to explore the potential of creating a women's group in Sarnia to support one another in this time of great change.

Monday, March 28

**Integrated Breath Workshop, with Georgia Gander**

Discover & experience the most important tool for health & well-being...Your BREATH!

3 Part Series: Thursdays Mar 31, Apr 21, May 26

**Consciousness Bootcamp, with Lin Oliver**

Are You Ready to take a Quantum Leap in Consciousness?

Sunday, April 3

**Manifest Your Dreams with Meditation, Sound and Crystals, with Carol Andrew**

Learn how to use sound, crystals and meditation to attract more of what you want in your life. If you have read *The Secret*, and *The Key*, this is a natural next step to attracting positive energy to your life.

3 Part Series: Wednesdays April 6, 13 & 20

**Release with Yoga, with Ginny Massey**

Allow yourself to relax, de-stress and improve flexibility through the practice of Hatha Yoga. Let the postures, breathing and meditation bring balance to your day and release tension.

10 Sessions: Wednesdays starting April 6

[Class Details](#)

Special Offer

**Holistic Energy Treatment with Lynn Groves**

Reiki for Relaxation

Blue Matrix Energetics™

The Emotion Code® Healing System

Introductory session for only \$25.00 (Subsequent sessions \$60.00)

[Contact Lynn](#)

Vee's Product Sale

**Vee's Teas**, buy 3 get one free. (Save \$5)

**Vee's Meal Replacements** (soy, whey or rice)  
\$5 for 500g (reg.price \$10)

**Vee's Arnica Muscle Ache Ointment**  
\$5 for 2 oz Travel Size (75% off regular price)  
\*limit 2 per person

**Vee's Sinus Relief Oil** samples (free to trial)

Free notes on "Cooking with Herbs".

[Contact Veona](#)

Embrace Health...  
Embrace Knowledge...  
Embrace Life...

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