

Sarnia Holistic Healing Centre

May Update

[Join Our Mailing List!](#)

Remember Mom on Sunday, May 8

**Sarnia Holistic Healing Centre offers
Gift Certificates for any service
or in any amount.**

A gift that serves body, mind & spirit.

**Massage
Hot Stone Massage
Laser Therapy
Reiki
Reflexology
Emotional Clearing
Blue Matrix Energetics
Crystal Healing
The Emotion Code
and more....**

[Our Services](#)

Reiki Classes Start this Month

Reiki Level I

Facilitated by Lynn Groves, Reiki Master

Saturday, May 14 9:00am-5:00pm

Reiki Level I & II

Facilitated by Heidi Bechard, Reiki Master

Saturday Evenings 5:00pm-8:00pm

May 21 through June 25

*see details below

Getting Acquainted with....

Veona Drennan



Veona was immersed in a career as a Research Chemist with Dow Chemical for 13 years and had two small children when she was laid off in 1994. Not motivated to continue practicing chemistry and desiring a home business that would allow her to spend more time with her young girls, Veona investigated the health field. Starting with supplement sales with a large multi-level marketing company she came to realize she was living far from a healthy lifestyle. Plagued by a variety of digestion problems for years and living on Tums anti-acid drugs each day, she learned about minerals, vitamins, enzymes & probiotics and found immediate benefits and became drug-free. From that time on, she couldn't get enough information about natural remedies. Soon after that she taught classes on supplementation, healthy eating, vegetarian cooking and low fat cooking. Searching for more, she took juicing and holistic nutrition classes from Rose Bridgeo, participated in metaphysical retreats and became a Reiki Master under Linda Buckland.

She developed whole-food, gluten-free protein meal replacements, greens and herbal tea blends, distributing to health food stores in southern Ontario. In 2001, she completed the Registered Myomassology Practitioner program at Aromatica, a private school in Windsor and began to work at the Clinic in the Grove in Brights Grove, offering deep tissue massage combined with energy work. She was the first in the Sarnia area to offer Myomassology (Chinese Tuina massage & Swedish massage) bridged with Reiki healing, Chakra Balancing and Aromatherapy. In 2003, she moved with the clinic to their present location at the Sarnia Holistic Healing Centre. Veona offers chair massage which is wheel-chair accessible, and provides in-home treatments for those with disabilities. Veona strives to provide the best treatment of your life.

Veona is also a practitioner of Aromatherapy, her second passion. Her chemistry background helps her to develop all-natural, aromatherapy skin care products for sensitive skin, scars, pregnancy stretch marks, mature skin, problem skin as well as headaches, migraines, insomnia, upper respiratory & sinus problems and emotional balance. She is also a certified Past Life Regression Facilitator and Certified Auricular Therapist for Ear Candling.

[Contact Veona](#)

Vee's Nutritional and Aromatherapy Product Sale

Buy 2 jars (loose leaf) of **Vee's Herbal Teas** and get third jar half price. (each jar makes 42 cups, \$10 per jar)

Buy 3 bags (loose leaf) of **Vee's Herbal Teas** and get one bag free. (each bag

makes 30 cups, \$5 each)

Vee's Cleansing and Women's Herb Teas available in tea bags. (20 tea bags for \$8)

Vee's Protein Meal Replacement products Sale \$5 for 500 g
Sorry "Vee's Rice Meal Replacement" is sold out.

Fresh dried sage for smudging and cleansing. \$2 bag

Vees's Epsom & Thyme Foot Bath Sachet
\$2 each or three for \$5

Free sample of Vee's Breath of Relief! Alleviates headache, migraine pain and helps with upper respiratory congestion, asthma, and sinus difficulties.
\$15 for roller ball applicator (10 ml)

Detoxify this spring with a
Full body Massage (\$60/hr) or
Hot Stone Massage (1 1/2 hours \$90)

[Contact Veona](#)

Guided Meditation *with Jo-Anne Gignac*

May 11, May 18, May 25th

Classes start: at 6:30 and end on/or before 8 pm

Dress: casual and comfortable.

Cost: \$15 each class or all 3 for \$40.00

Class size is limited.

Come out for an evening of peaceful guided Meditation while developing and building self esteem, spontaneity, creativity, tranquility, better overall health and mental acuity. Stress hormones are lowered by meditation as well as promoting a healthier heart. The immune system is also greatly enhanced by the lowering of

stress hormones.

Please sign up at the Sarnia Holistic Healing Centre at 519-336-7944 or call Jo-Anne at 519-332-8865.

You Can Learn Reiki

with Lynn Groves, Reiki Master

Saturday, May 14 9:00 am to 5:00 pm

Have you been wondering what Reiki is all about?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. This is a simple yet powerful technique that can be easily learned by anyone!

Join Lynn on Saturday, May 14th for a one day program in which you will learn the origins of Reiki, how it works and how it can change your life. You will be initiated into the first level of Reiki energy which empowers you to treat yourself, your loved ones and others.

Cost: \$88.00 Class size is limited. Pre-registration and payment are required in advance.

Please contact Lynn directly at 519-541-2379 to register, or email [**lynn@oceanfireharmony.com**](mailto:lynn@oceanfireharmony.com)

Reiki Level I & II

with Heidi Bechard, Reiki Master

Walk the path to self-awareness, empowerment and healing. This course includes an exclusive manual & certificate.

6 week program

Saturdays, May 21-June 25 5:00pm-8:00pm

Level I \$150.00

Level II \$225.00

*Prepay both levels at save \$50.00

To register call Heidi at 519-328-0545

Integrated Breath Workshop

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

Your BREATH!

In this 3-part series, you will:

- Learn a breathing technique for improving and increasing your energy level and sense of well-being.
- Learn how to correct restrictive breathing patterns
- Learn how the Integrated Breath can help you live a healthier and more joyful life!

Integrated Breath Workshop Dates:

Thursdays - June 16, 23, 30

7:00 pm - 9:30 pm

Cost: \$160 (+hst)

Class size limited.

Pre-registration and payment required in advance. Online registration available at

www.georgiagander.com or Contact Georgia directly: 519-908-9013

georgia@georgiagander.com

Release with Yoga

with Ginny Massey

10 Sessions: Wednesdays evenings starting April 6

Contact Ginny for availability:

Yoginny Yoga Studios
phone: 519-541-1261
cell: 519-466-4103
email: yoginny108@mdirect.net

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.

Spring Detox Package

\$250.00 Prepaid
(a savings of of \$65.00)

Includes

- **2 Nutritional Consultations** with Corrie Danielis
- **3 Colon Hydrotherapy Sessions** with Christine Caldwell

Efficient digestion and elimination is the key to good health. Get personal nutritional guidance to begin the process and follow-up with an internal healing bath to flush away toxins that have been accumulating in your body.

Contact [Corrie](#) or [Christine](#) to get started.

Offer valid until May 31, 2011

Embrace Health...

Embrace Knowledge...

Embrace Life...

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