

September Update

In This Issue

[Getting Acquainted with Corrie Danielis](#)

[NES Health "New Service"](#)

[Reiki Level 1 & 2](#)

[Meditation Sampler](#)

[Wednesday Yoga Classes](#)

[Weight Loss Made Easy](#)

[Words of Wisdom](#)

[Join Our Mailing List!](#)



Back to Routine!

Can you hear that? That collective sigh of relief as summer winds down. There is something very comforting about the routine and predictability of the day that comes when the excitement and seemingly endless socializing of the summer comes to a close.

It's time to restore order in our homes and of course within ourselves. Summer usually includes it's fair share of indulgences. Perfectly okay, no guilt. Now you know what you have to do and we are here to help.

Getting Acquainted with.....

Corrie Danielis



Corrie first stepped in to the world of holistic health in 1995 quite by chance when her daughter, then in grade 1 was identified with a mild learning disability. Dissatisfied with the help that was available, she embarked on a mission to understand what the real problem was; not just find strategies to cope with the challenges. Corrie was then introduced to Brain Gym; a system of physical movements that integrate the hemispheres of the brain for more efficient natural learning. This impacted both their lives so much that Corrie went on to become a Certified Brain Gym Instructor to share this insightful work.

By 2000, she knew that there was still a piece of the puzzle missing for her daughter. She finally decided to have her daughter tested for food sensitivities. She removed 3 foods from her diet and cut down on sugars. In two weeks she was dealing with an entirely new child. This young lady went on to enjoy school very much and graduated high school with honors.

Needless to say Corrie went on to study holistic nutrition, food sensitivities and the role digestion plays in our everyday state of physical & mental health. There was no turning back. This information touched lives in such a profound way. Corrie soon discovered her natural ability as a healer and her practice has grown steadily since. She currently has a full-time integrated practice including: Nutritional Consultation, Food Sensitivity Testing, Brain/Body Integration Therapy and Emotional Clearing, which is a culmination of different techniques that Corrie has learned over the years to release negative emotional patterns from the cells and tissues of the body.

Never one to get too comfortable Corrie has recently introduced a new technology to her practice called NES Health. With a strong understanding of Quantum Physics Corrie believes that this technology addresses an important aspect in the healing process that nothing else does to this degree of precision.



For more about Corrie and her services please visit her website at www.vibrationsofhigherhealing.com

Online booking is now available 24/7. **Book Now!**

NES Health

A New Service Offered by Corrie Danielis

The Nutri Energetics System is a system which includes a sophisticated computer program and scanning device which with a brief scan identifies and displays distortions in information pathways held in your energy field. Think of this as the blueprint for your physiology. When there is a distortion in communication (the message is unclear) the cells and tissues of the body do not function correctly. For each distortion identified there is a corresponding preparation referred to as an *infoceutical* as it restores the correct information in your energy field. As it does, the cells and tissues correct their behaviour and the body heals. As holistic practitioners we are always trying to get to the source of the problem and the NES System gives us a giant leap forward in this respect. It is appropriate for all ages. Particularly helpful for those with complex health issues but imagine being able to correct problems before they settle in the physical body. This is the power of NES!

For further information and appointments please visit www.vibrationsofhigherhealing.com. You may also book online by following the link in the section above.



Reiki Level 1 & 2 with Reiki Master Lynn Groves

Reiki Level 1

Sept. 17, 2011 - 9:00 a.m. to 5:00 p.m.

Cost: \$150.00

Join Lynn on Saturday, Sept. 17 for a one day program in

which you will learn the origins of Reiki, how it works and how this gentle healing energy 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.

Reiki Level 2

Oct. 22, 2011 - 9:00 a.m. to 5:00 p.m.

Cost: \$175.00

Those who have been initiated into the first level already are invited to join Lynn on Saturday, Oct. 22 to further their study of Usui/Tibetan Reiki. Learn to send the healing energy across the room, or across the planet. Heal yourself and others on the mental/emotional level. Use the tools received in this class to cleanse, heal and protect your home and family.

Class sizes are limited. Pre-registration and payment are required in advance.

Please contact Lynn directly at 519-541-2379 to register, or email lynn@oceanfireharmony.com



Meditation Sampler Thursday, September 29 6:30 - 7:30 pm

**Not sure if meditation is for
you? Not sure that you can
meditate?**

Join Jo-Ann Gignac for an introduction to different meditation tools & techniques to calm your mind and bring peace to your heart.

Contact SHHC reception to register 519-336-7944
Advance registration is required.

Cost is \$10. This may be put toward fall meditation classes if you decide to continue.

Release & Relax With Yoga Wednesday Evenings



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. Instruction is given for individual poses as well as gently flowing sequences. Build strength, balance and agility in a relaxed setting and at your own pace. Suitable to all levels, even if you've never tried yoga before.

Wednesday evenings -- 6:30 to 8:00

\$12.00/class (pay as you go)

or
\$100.00 for 10 classes

Pre-booking is recommended as space is limited to 10 per class (please bring a mat & blanket)

Contact: Ginny Massey
Yoginny Yoga Studios
phone: 519-541-1261
cell: 519-466-4103
email: masseo14@mnsi.net or yoginny108@mdirect.net
(please mention "yoga class" in subject line)

Support Your Weight Loss Plan with Laser Auricular Therapy for Fast and Effective Results!

**Are you currently attending Weight Watchers,
Curves or another weight/fitness group?**

Are you happy with your results?

Are you struggling to stick with the program?

**Are you still having those nasty cravings that drive
you crazy?**

If you have answered **YES** to any one or more of these questions, then you should let **Laser Auriculotherapy** help you achieve those goals faster and stress-free. Following are some of the Benefits this revolutionary technology has to offer, such as:

- Speeding up you metabolism
- Decreasing your appetite
- Controlling hunger pangs & food cravings
- Increasing endorphin levels (happy hormones)
- Improving liver functions and reducing water retention
- Helps the body to detoxify
- No more struggling to stay on the program
- No more feelings of deprivation
- No more negative thoughts or feelings

- You are filled with energy, pride, and self worth

Losing weight has never been obtained so easily. Come in or call and find out more about Laser Auriculotherapy and how it can enhance your current diet/fitness program. It's worth your time!

**For more information call
Heidi Bechard 519-328-0545**

*Words of Wisdom
from the Colonics Room Wall*

"Worry is interest paid on trouble before it is due."

Embrace Health...

Embrace Knowledge...

Embrace Life...

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