

Studio e 2010 Curriculum

330.808.8558



3250 W. Market St. • Suite 202 • Akron OH 44333

SPECIAL EVENT

EAT, PRAY, LOVE

Celebrate your own personal journey as we experience the book **EAT, PRAY, LOVE** together! Join Jane Eckert of Studio e, Tammi Mitchell, Personal Chef and owner of Dine-In-Diva and Donna Horst, yoga instructor as they team up for 4 fun, tasty and thoughtful gatherings. Join us in discussions of the book, culinary delights and a bit of yoga!

Thursday 6-8 PM

Session I: February 11, 18,

25, March 4 Session II:

March 18, 25, April 1, 8

\$125

ENERGY CLASSES

EDEN ENERGY MEDICINE:

A Daily Routine

Learn 8 different exercises from the powerful model of energy healing. Boost vitality, strengthen immune system, reduce stress and improve thinking.

1 Hour Friday February 5,

May 7 11 AM or

Friday January 22, April 23

6:30 PM

****NEW****

EDEN ENERGY MEDICINE: SKILLS FOR HEALTH AND WHOLENESS

This 6 hour class offers a comprehensive overview of Eden Energy medicine using Donna Eden's EEM kit which includes 43 illustrated cards, a CD and DVD. Over 30 techniques and restorative exercises. This basic introduction is loaded with descriptions, explanations and suggestions for improving your energy and your health.

6 Hours Friday May 14, 21,

28 6:30-8:30 PM

\$125 e-Team

****NEW****

5 ELEMENTS FOR A BALANCED LIFE

Learn the Traditional Chinese Medicine formula of the 5 Elements to balance every aspect of your health and wellness. Easy to learn exercises to harmonize the body, mind and emotions and reduce stress.

4 Hours Friday February 19,

26 6:30-8:30 PM

\$75 e-Team

****NEW****

ENERGY MEDICINE FOR WOMEN

Learn Energy Medicine techniques to relieve PMS symptoms and hot flashes, get sexual energy flowing, balance hormones, optimize health, counter illness and empower self care.

2 Hour Taste \$25 TBA

Charlene Zebrowski and

Brenda Brown, Certified Eden Energy Medicine

Practitioners

REIKI

Explore this ancient art of healing. Learn the Usui Method and be a conduit of Divine Energy.

REIKI I 9 Hour Training

\$225

REIKI II 9 Hour Training TBA

\$225 Jane Lehr Eckert

Charlene Zebrowski

TAPPING FOR CHANGE

Learn this easy energy psychology tool to facilitate desired changes in emotions, thoughts and behaviors. The technique involves manipulating and tapping certain points along the body's energy meridians to alleviate distress.

1.5 Hours Friday January 29

or April 30 6:30-8 PM

Friday March 12 or

June 4 11 AM

\$50 Jane Lehr Eckert

YUEN METHOD™

FREE DEMO

Come experience instant pain relief! Anyone can learn this simple yet effective method.

TBA Jags Singh, Certified

YUEN METHOD™ Practitioner and International Trainer

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ADVANCED ENERGY CLASSES

MERIDIAN MAGIC (EEM)

Discover the 14 energy pathways that carry the life force energy throughout the body. Learn how to balance and harmonize this energy transportation system for health and wholeness.

**2 Hours Friday February 5
6:30-8:30 PM
\$75 e-Team**

LIVING RADIANTLY (EEM)

Called the "Strange Flows" by the ancient Chinese, these are the circuits of bliss and wellbeing. Learn to jump start optimism, harmony and optimal health.

**2 Hours Friday March 12
6:30-8:30 PM
\$75 e-Team**

CHAKRA CLEARING (EEM)

Become acquainted with the richness of the ancient energy model of the 7 Chakras. Learn how these energy vortices interface with Western ideas of health and wellness. Clear and balance with a friend.

**2.5 Hours Thursday March 11
6-8:30 PM
\$100/Couple \$60/ Single
e-Team**

MEDITATION CLASSES

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Explore this simple yet amazing method of observing the habits of the mind and awaken to the peace and wisdom that resides within. Choose a 2 Hour "Taste" or the 8 Week Comprehensive Course.

**2 Hour Taste of MBSR
Includes CD Tuesday 6-8 PM
May 11 and June 8 \$25
Maureen Sloan**

****NEW****

MBSR FOR KIDS

**Tuesday January 5-February
9 5-6 PM \$150/Family
Maureen Sloan**

8 WEEK COMPREHENSIVE MBSR

**Tuesday March 2 (Free
Orientation) Class March 9-
April 27 6-8 PM
\$250 Maureen Sloan**

****NEW****

MEDITATION CIRCLE

Be the Peace you want for the world! Meditation produces change. When people think in the same life-affirming way, positive results occur. Be part of a like-minded group who wish to create peace and harmony in the world NOW! Create breakthroughs in your life through increased self-awareness and clarity of thought and purpose.

**Friday: 5-6:30 PM Rotating
facilitators**

SPIRITUALITY

A COURSE IN MIRACLES

The COURSE is aimed at removing the blocks to awareness of love's presence and assisting in direct and personal experience of one's return to the singular Universal Mind of God. It extends beyond all religious and political boundaries. A masterpiece in spiritual teaching!

**Wednesday 4-5:30 PM
\$10 Vince Lisi**

****NEW****

A PATH OF MY OWN

This class provides a blueprint for creating a spiritual practice in your life, ideal for the newcomer

or the seasoned seeker who wants to recharge their practice.
**4 Weeks Friday March 19, 26,
April 9, 16 6:30-8 PM \$140
Jane Lehr Eckert**

****NEW****

AWAKENING 101

Explore your call to awaken. Discover the 5 shifts that can assist you in stirring from the sleepwalk of life. Facilitate the emergence of the true Self and begin life anew. Learn the mind-body-spirit skills, meditation and energy techniques that support and nurture the process of awakening. Join us for a preview.

**Preview April 15 6PM
8 Week Class 1.5 Hours
April 22, 29, May 6, 13, 20, 27
June 3, 24 6-7:30 PM
Workbook and CDs included
\$275 Jane Lehr Eckert**

****NEW****

MANIFESTING FOR BEGINNERS

Delve in to the "Law of Attraction" and discover the pitfalls of "The Secret" to create the changes you seek.

**4 Weeks Monday March 1,
15, 29 April 5 5-6:30 PM
\$125
Jane Lehr Eckert**

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UNIVERSAL WORSHIP SERVICE

Experience the healing power of Chant. Join in the music through voice, drum or various other percussion instruments.

Saturday TBA 10AM

Cost: Free Will Donations
Charaga Baqia Valentine
presiding

ENERGIZATION PRACTICES

Gentle Yoga

For the beginner and the more experienced student who appreciates the power of gentle movement. Meditation included with each class.

Tuesday: 9-10:30 AM

\$12 per Session or 5 Classes
for \$50 Donna Horst

CHAIR YOGA

Enjoy all the benefits of traditional yoga with this gentle "no floor" practice. This is an excellent opportunity for those who prefer an "off the mat" experience.

Tuesday: 10:45-Noon

\$12 per class or 5 Classes for
\$50 Call to reserve your chair
Donna Horst

16 MINUTES TO HEALTH™ QIGONG

Join us for an introductory class in this ancient self healing technique. The practice combines the use of breathing, sound, movement and mind which when practiced daily prevents illness, strengthens organs and promotes health recovery after illness.

Sunday January 31 or April
18 2-6 PM

\$75 Michael Stadul
Certified Medical Qigong
Teacher

Practice sessions every 2nd
and 4th Wednesday 6-7 PM

ART, MUSIC AND SPIRIT

****Back by Popular Demand****

A TASTE OF DRUMMING

"Rhythm is everywhere in our lives. From our own heartbeat to daily personal communication, we move through rhythms across our entire life. Learn all you need to experience the bliss of creating exquisite music in community drumming."

Saturday February 20 4-6 PM
\$25 Fred Ardillo, Drum Leader

Rhythms of the World

Nowhere can we witness the American melting pot more vividly than in American jazz. Reduce stress as you learn and experience the synthesis of world rhythms into American jazz. This class is conducted in the format of oral tradition and hand-on playing of drums and percussion.

5 Sessions Wednesday
January 13, 20, February 10,
24, March 10 7-8:30 PM

\$100 Fred Ardillo
Movie: JAZZ, PBS Film by Ken
Burns Friday February 12
6:30PM

****NEW****

WISDOM PAGES

Clinical research now indicates that journal work is an effective intervention for stress, grief, anxiety and depression. Experience this powerful tool of self discovery and promote balance and wellness.

4 Classes Thursday July 1, 8,
15, August 5, 12 6-7:30 PM
\$125 Jane Lehr Eckert

HEALTH

****NEW****

R.I.C.E.: Restoring Integrity by Commitment and Enlightenment

This program is an application of the "Awakening" model to create specific change. The group will meet twice a month for 12 months and focus on creating and implementing a healthy plan for weight management. This model of change includes a weave of energy psychology, energy medicine, mindfulness, meditation and positive psychology.

Preview Wednesday February
3 6-7:30 PM

1st and 3rd Wednesday
Starts February 17

\$99/Month

STUDY GROUPS

BEGINNERS ENERGY STUDY GROUP

Learn the 9 energy systems of Donna Eden's energy medicine model. This is a comprehensive overview of EEM topics and hands-on experience. Enjoy this perfect entree into the world of energy and health.

\$20 e-Team

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ADVANCED ENERGY MEDICINE STUDY GROUP

This hands-on group is for the more seasoned student who has been studying EEM for one or more years. The group will focus on topics from the Cleveland EEM study group with a concentration on "Energy Trackers".

\$20 e-Team

ENERGY STUDY GROUP FOR PROFESSIONALS

The fields of energy medicine and energy psychology are making a profound contribution in our ability to manage our emotions and our potentials. Learn how to work with the body's energies to shift the physiology and neurology to release unwanted habits, maladaptive emotional responses and self-limiting thinking patterns. Explore the many possibilities for integrating these techniques into more traditional therapies.

3rd Friday 9-11 AM

\$45 Jane Lehr Eckert

INDIVIDUAL CONSULTATIONS

Teachers are available for private consultations, individual or small group instruction or individual energy sessions. ***Appointments can be scheduled through Maureen Paulson at the Studio e number below.***

Individual Eden Energy Medicine Sessions

***1 Hour Private Consultation
To schedule appointments
call:***

330-808-8558

***Certified EEM Practitioners:
Jane Eckert, Maureen
Paulson, Char Zebrowski***

Individual Reiki Sessions

***1 Hour 15 minute Session
\$100***

***Monday 10-6PM or Tuesday
1-6PM***

***To schedule an appointment
call:***

***Charlene Zebrowski, Reiki
Master 216-2356882***

STUDIO e On The Move

We offer a variety of energy-based classes and workshops to businesses, schools, libraries and hospitals. Programs can be individually designed to meet the needs of your organization.

***Appointments can be
scheduled through Maureen
Paulson at the Studio e
number below.***

**CALL TO REGISTER
330-808-8558**

***VISA and MASTERCARD
ACCEPTED***

Studio e

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Suite 202 Akron Ohio
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330.808.8558

**www.studio-
energy.net**