

SPIRITWORKS

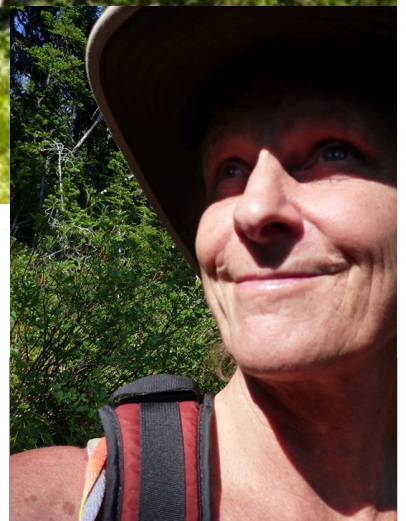
Healing Arts



BEGIN YOUR PATH TO BETTER HEALTH

This Fall SpiritWorks is offering a diverse and specifically focused spectrum of opportunities to explore vibrant health and well-being.

May you deeply benefit from some aspect of this menu.



Carolyn "Lindy" Dewey offers a full spectrum of touch therapies to support your health and well-being.

- Craniosacral Therapy
- Polarity Balancing
- Myofascial Massage
- Visceral Integration
- Specific Stretching

WELLNESS ADVENTURES

with Healing Technologies from around the world

CONTEMPLATIVE AROMATHERAPY

Monthly Gatherings to explore and deepen our relationships with essential oils

EXPLORING BREATHWORK

This bi-weekly seminar will be followed by a weekend immersion with breath, music, and art in community.



Wellness Adventures

This revitalizing group experience with Healing Technologies from around the World can be scheduled anytime.

Group size is 4-9 and time 3-4 hours.

Cost is \$200 for first four people
& \$44 for each additional person.

Amethyst Bio Mat (Hawaii and Japan)

Migun Infra-Red Massage Table (Korea)

Paraffin Bath (Roman Empire)

Pulsed Magnetic Resonance (Germany)

Inversion Table (USA)

Ionic Foot Bath (USA)

Nikken Magnetic Mattress pad (Japan)

Healings States Accessed with Breathwork

This fall seminar will explore the work of Stanislov Grof, founder of Holotropic Breathwork, and will include listening to his webinars followed by an optional weekend immersion with Breathwork.

Scheduling of seminar and weekend will be in response to those interested. Call (406) 260-7098 or email carolyndewey@gmail.com with your interest.

Adventures in Discovering How Does Life Get Better Than This?

Something New is Emerging and I Welcome You to
Explore the Possibilities for
What you are Creating in your Life With Resources I Offer.

I look forward to joining you on your Wellness Journey to
address Your Health

- Physical, Mental, Emotional, Spiritual, InterPersonal -
and to Chart a Course that helps you to
Create What You Seek.

In Addition to Full Spectrum Therapeutic Bodywork and
Healthcare Education, I offer Sophisticated Healing
Technologies from around the world.

BONUS:

This fall I am offering 50% off of your fourth session.
All sessions must be received by the end of 2013.

Contemplative Aromatherapy

We will gather to to deepen our relationship with individual essential oils in a quided discovery process facilitated by Carolyn Dewey who has been enjoying her journey with essential oils for over 20 years.

Carolyn originally studied Ayurvedic Aromatherapy in Polarity School with a tri-tooling approach, incorporating the principles of French Blending, Ayurveda and the well known Therapeutics of various essential oils . Her continuing investigation has included self directed research, study in the use of essential oils with Cherie Ross from Young Living, Dr Bruce Berkowsky, founder of Spiritual Phytoesencing and David Crow, owner of Floracopeia and creator of the Aromatic Alchemy curriculum.

FORMAT:

- Contemplative Introduction - We will sit with an oil noticing how this oil presents itself to us and what comes to our awareness in the various dimensions of life experience - physically, emotionally, mentally, spiritually, interrelationally., vibrationally. This process will be facilitated with a guided inquiry process. It is the intent of this process to by-pass needing to identify and associate with what we already know about an oil with a fresh and curious discovery of how this oil presents to us in the current moment and how we are changed by it's presence. In some cases we will explore an oil from different distilleries.
- Research - we will spend 30 minutes, with each person choosing book(s) from my extensive library to learn as much about the oil as possible - making notes of what stands out as significant to each individual.
- Sharing and discussion of each person's research learning and what stands out as significant for knowing..
- Notes taken will be handed in and Information will be collated and handed out at the next gathering. Feel free to come whenever this works well with your schedule. All welcome regardless of previous experiences with essential oils

Fee: \$25.00 per session; \$15.00 for notes if not in attendance

Times:

- 8:00 - 11:30 **am** First Tuesday - 10/1, 11/5, 12/3
- 6:30 - 8:30 **pm** Second Wednesday - October 10/9,
11/13, 12/11
- 6:30 - 8:30 **pm** Third Thursday - 10/17, 11/21

Place: Spiritworks Healing Arts is south of Whitefish, behind the Happy Valley Storage Units.