

Pathways to Healing Wellness Center

Winter 2010

Happy New Year Everyone!

We hope this winter you are enjoying the down time and coziness of the season. We are excited to bring this newsletter to you with all the upcoming workshops and newly added services. Also in this newsletter you will find some valuable information to help you through the cold and flu season. We've also included some delicious recipes to help keep you healthy and warm! As always we thank you for your support and patronage.

Yours in good health!

Ann & Jane

Yoga Classes at Pathways

Effective January 11th-March 14th

Morning Classes

Thursday- 10:00-11:15 am

Friday- 10:00-11:15 am

Evening Classes

Monday- 6:30-7:30 pm

Tuesday- 6:30-7:45 pm

Weekend Classes

Saturday- 9:00-10:15 am

Sunday- 11-12:30 pm

Private Classes are available by appointment



Upcoming Workshops

Mantra Yoga
आज्ञा चक्र & ध्यान
AUM
Dynamic Drum Circle
ॐ

Explore chanting in the ancient and auspicious Sanskrit language, Pranayama and meditation. Expand your awareness, ground yourself and discover your inner abilities to heal and evolve your consciousness.

Ends with drumming and dancing!!!

Bring a drum, shaker, or other instrument if you are able.



Friday, March 12th
7:30-9PM

Pathways to Healing
1817 Bernville Road

(Route 183, South of the Reading Airport)

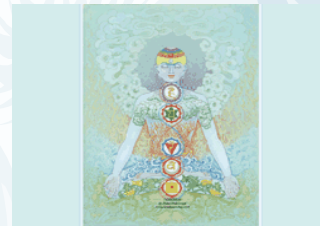
610-373-7935 ext 114

\$10.00 suggested donation
\$8.00 for students

Pathways to Healings presents...

The YOGA IMMERSION

Come immerse yourself in the history, philosophy, spirituality, breath, meditation, Alignment, diet, and psychology of yoga in this life-enhancing Eight week program. Each class will entail a discussion and movement portion.



Dates and Times:

Saturday March 13th 1:30-3:30

Thursday March 18th: 7:00-9:00 pm

Sunday April 11th: 1:30-3:30

Thursday April 29th: 7:00-9:00

Saturday May 8th: 1:30-3:30

Sunday May 23rd: 1:30-3:30

Saturday June 12th: 1:30-3:30

Sunday June 20th: 3:00-5:00 (Class at Carrie's followed by Vegetarian Potluck dinner)

Pathways to Healing
1817 Bernville Road, Reading, Pa 19601; 610-373-7935

Healing Angels Meditation Group With IET Master-Instructor Julia Stubbe


This group will meet once a month. We will meditate with 3 of the Healing Angels each month. You will discover the special healing gifts that each angel brings and you will invite these healing angels to support you in your physical, emotional, mental and spiritual healing journey



3 Sessions \$60 (Pre-register) – Single Session \$25
Friday, March 19, 2010 - 7:00 pm – 9:30 pm
Friday, April 16, 2010 - 7:00 pm – 9:30 pm
Friday, May 21, 2010 - 7:00 pm – 9:30 pm

Location: Pathways to Healing Wellness Center
1817 Bernville Road, Reading, PA 19601

Call to register:
610-373-7935 ext 114 (Pathways/Sherry)
or Julia at 610-513-7366



Sound Journey with Sitar, Didgeridoo, Flutes, Drums,
Gongs and more with
Dave Antonio

Meditation Class with Indigenous Native Instruments

Friday, March 26th, 7:00pm-9:00pm

\$15.00

Pathways to Healing Wellness Center

More people than ever are discovering the restorative properties of music & sound and it's potential for heightening any experience.

Dave Antonio has studied music and various instruments for 35 years. He has come to appreciate both ancient and contemporary instruments, and combines them in a unique way to set a mood, evoke a memory or create a sense of calm and well being.

Dave understands the moods of Earth's soundscape that is always around us, and how to take advantage of the joy it can bring into our lives. He brings this awareness to those he works with. It is an honor, for him, to share with you the meditative sound journey that comes from nature and your own heart. Allow his music to vibrate through your body to stimulate your senses. His heartfelt melodies bring an incomparable healing all their own.



Integrated Energy Therapy® Classes

The next level ... to Heal with the Energy of Angels
With Master-Instructor Julia Stubbe



SATURDAY, APRIL 10, 2010, 9:30 AM TO 6:00 PM

FEE: \$195

EARLY REGISTRATION \$160

REGISTER PRIOR TO APRIL 2ND 2010

Julia founded Wellness Treasures in 2003 with her deep desire to share her knowledge of healing through use of essential oils, salt scrubs and creams. Over the past few years Julia has been focusing on the healing energy modalities of Reiki and Integrated Energy Therapy®. She studied under Stevan Thayer, the creator of Integrated Energy Therapy® and founding director of the Center of Being. Julia is an IET Master Instructor and Reiki II practitioner. For more information about Julia and Wellness Treasures visit www.wellnesstreasures.com.

In the tradition of Caroline Myss's "Energy Anatomy", IET is one of the next generation - hands on - power energy therapy systems that gets the "issues out of your tissues" for good.

Our IET training classes are each powerful days of self-healing and energy therapy certification training. In each class, you will be attuned to a powerful angelic energy ray that activates your 12-strand Spiritual DNA. You will then learn how to *hear-link* to the energy of your angels and use their energy for healing. You will learn how each primary human emotion is correlated to a specific physical region of the body, as well as how to use the IET integration power points to clear them. Fully illustrated training guide and certificate provided with each class.

No prior energy therapy experience needed. You can be an *energy intuitive*, and through these IET classes, you will be taught how to *feel* and *interpret* energy flow, *clear* energy patterns in yourself and others, and unlock your soul's purpose.

Our basic training class is a one day class that provides you with an:

- Attunement to the Basic IET energy ray that will activate the 1st and 2nd DNA pairs and will empower you to energize and integrate cellular memory blocks
- Location and use of the IET energy integration power points
- Introduction to Energy Anatomy and the Cellular Memory Map
- Increase in your ability to be an energy intuitive and "read" energy
- CE Hours are available for this class.

Space is limited - registration is highly recommended.

Call to register: 610-373-7935 (Pathways/Sherry) or 610-513-7366 (Julia)

Make the Healing Angels part of your healing journey today by contacting:

Pathways To Healing Wellness Center

1817 Bernville Road Reading, PA 19601

610 373 7935 www.PathwaystoHealingPA.com

Freedom Foundation presents:

THE CORE OF LIFE PROGRAM

This meditation series teaches the three most important BIJA (seed) Mantras

The second workshop features the Prosperity Mantra and will be held on Sunday, April 25th from 1-4:30. Cost: \$175.00.

Heart Mantra: Produces infinite peace and profound deep love enabling one to receive the gifts of the Holy Spirit.

Prosperity Mantra: Produces wealth, prosperity, material well being, and happiness.

Wisdom Mantra: Produces supreme wisdom and infinite creativity to enjoy life and unfold the individual's greatest natural gifts and divine power. This is Holy Spirit in action.

Call Pathways to Healing for more information or to reserve your seat

610-373-7935 ext. 418

Pathways to Healing Presents- 4 PART SERIES ON HEALTH

PART 1: THE LIVER, GALLBLADDER, COLON

PART 2: THE KIDNEY'S, SPLEEN, AND PANCREAS

PART 3: THE ENDOCRINE SYSTEM – THE PITUITARY, THYROID, ADRENALS, AND OVARIES/ PROSTATE

PART 4: THE BRAIN AND THE HEART

COME LEARN INFORMATION, TIPS AND SUGGESTIONS ABOUT YOUR BODY. WHAT PURPOSE DO YOUR ORGANS PLAY? WHAT DISEASES ORIGINATE IN THESE ORGANS AND WHY? HOW DO THOUGHTS AND EMOTIONS PLAY KEY ROLES? LEARN PRACTICAL AND EASY WAYS TO INTERGRATE NUTRITIONAL CHANGES, ALTERNATIVE THERAPIES AND HERBS THAT CAN HELP TO CLEANSE, NOURISH AND HEAL.

COST PER CLASS: \$25 PER CLASS OR \$85 FOR ALL 4 CLASSES

DISCOUNT GIVEN WHEN SIGNING UP AND PAYING FOR ALL 4 CLASSES AT SAME TIME

CLASSES WILL BE HELD AT PATHWAYS TO HEALING call to RSVP 610-373-7935
ALL CLASSES WILL BE 2 ½ HOURS LONG

Class times are Saturdays mornings 10 AM to 12:30 PM

Dates to be announced ** RSVP if interested

TWENTY EASY IMMUNE BOOSTERS

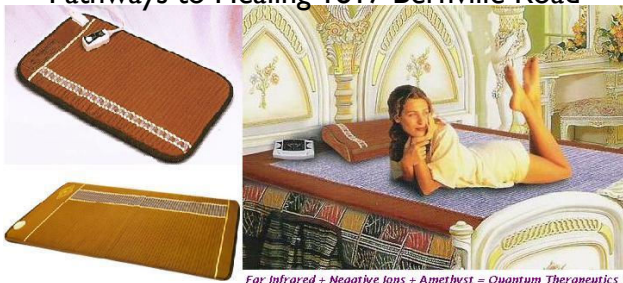
1. Put some color on your plate. Eat 9 to 10 servings of fruits and vegetables each day.
2. Take supplements. A multivitamin plus vitamin E, vitamin C, and calcium are good for the immune system.
3. Discover the wonders of working out. Get moving for 30 minutes a day.
4. Enjoy the powers of sleep. Get your eight hours.
5. Up your emotional quotient. Pay attention to your psychological health.
6. Listen to your body and learn your family history. Study your family tree to target your disease prevention.
7. Wet your whistle. Drink eight to 10 8-ounce glasses of water and once cup of tea a day.
8. Remember, variety is the spice of life. Eat a wide variety of foods.
9. Be a fat detective. Eat the good fats, not the bad.
10. Exercise kitchen care. Use safe cooking methods.
11. Hold hands with a friend. Be social, stay connected, have fun.
12. Celebrate your sensual side. Have great sex!
13. Discover the dynamic D. Take 2,000 IU of vitamin D a day.
14. Seek out serenity. Practice stress reduction techniques.
15. Turn on the magic of touch. Get a massage.
16. Tap the poet within. Keep a journal.
17. Embrace cleanliness. Brush up on good hygiene.
18. Practice an ounce of prevention. Eat well!
19. Send those sneezes packing. Protect yourself against allergies.
20. Treat yourself to the miracle herbs. Try herbs to heal and protect your body.

Current Specials

\$5.00 Off Cold Check

**30 Minute BioMat Session Free
for first time users!**

Pathways to Healing 1817 Bernville Road



Far Infrared + Negative Ions + Amethyst = Quantum Therapeutics

Get your 1st Yoga Class Free!

Schedule effective 1/11/10-3/14/10

Morning Classes

Thursday & Friday- 10:00-11:15 am

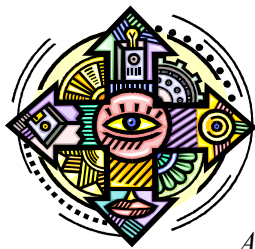
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Weekend Classes

Saturday- 9:00-10:15 am

Pathways to Healing 1817 Bernville PA 19601



THE OPENING OF THE INNER SPIRITUAL EYE THROUGH THE MEDULLA OBLONGATA

Looking for your next Big Step?

Feel like something is missing and you don't know what?

Are you ready to eat, sleep, breathe, and live from your original divine consciousness?

If your answer is yes, then you are ready for:

“THE OPENING OF THE INNER SPIRITUAL EYE THROUGH THE MEDULLA OBLONGATA”

We have in us the ability to live a long, harmonious life in full physical, mental, emotional, and spiritual health. After the EYE is opened, there is a free and clear passage of unlimited vital intelligence flowing. Awakening is progressively noted as the shifts, integration, and regeneration take place. This is a one time, life changing event.

To help with the intense process of change, a meditation technique is offered. This technique is the first seed mantra given to humankind and will carry you through the winds of change enabling you to live and express your original divine DNA.

Contact: Pathways to Healing 610-37-7935 ext. 418

The Amethyst BioMat For Pain & Stress Relief

This technology is very beneficial by enhancing the treatment protocols of chiropractic, acupuncture, massage/bodywork, stress management, pain management, spa treatments, and general wellness programs.

FDA APPROVED

The Power of Three

- I. Far Infrared Rays - ‘Natural Lightwave’
- II. Negative Ions - ‘Natural Energy’
- III. Amethyst Quartz - ‘Natural Delivery System’



Bio-Mat Amethyst Professional
w/ Amethyst and Tourmaline Pillow

Far Infrared

- ▶ Strengthens immune system
- ▶ Increases energy & vitality
- ▶ Eases joint pain
- ▶ Reduces inflammation
- ▶ Supports detoxification
- ▶ Penetrates tissue deeply
- ▶ Relieves stress and fatigue
- ▶ Helps increase circulation
- ▶ Stimulates enzyme activity
- ▶ Improves lymphatic flow
- ▶ Balances pH
- ▶ Relieves pain & much more!

Negative Ions

- ▶ Improves sleep quality
- ▶ Relieves joint-related pains
- ▶ Promotes deep relaxation
- ▶ Soothes muscular pain
- ▶ Promotes better digestion
- ▶ Enhances brain function
- ▶ Boosts immune system
- ▶ Increases blood circulation
- ▶ Strengthens cardiovascular system

Amethyst Crystal

- ▶ Powerful super conductor
- ▶ Helps endocrine balance
- ▶ Calms the mind
- ▶ Cleansing and detoxifying
- ▶ Stabilizes nervous system
- ▶ Stimulates deep sleep

Light Speed

Easily be transported to deep relaxation ... in less than 30 minutes, many fall fast asleep on this very peaceful journey. The gentle radiant warmth is remarkably soothing..... melting all stress and tension away.

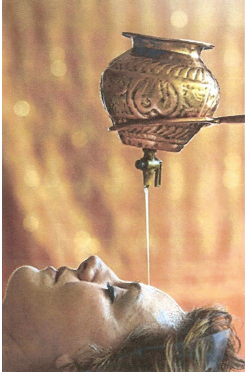
The BioMat far infrared technology has 8 temperature control settings and a timer that can be set up to 12 hours. The temperature settings range from 95°F-158°F making the mat *extremely* versatile.

Most with chronic pain feel relief in just one 30-minute demo.

Ayurvedic Skin & Body Care

Take 10% off any
Ayurvedic Skin & Body
Care Service!

Expires 3/31/10



Ayurvedic Facial

Begins with warm ginger compress and marma-point, neck, shoulder, and face massage, supporting total facial health. Followed by a cleansing and relaxing facial, includes steam, extractions and a Ayurvedic herbal enzyme mask and special oils for your body type. While the mask hydrates, nourishes, and detoxifies, you will receive a Tibetan bowl foot treatment, that promotes relaxation in every cell of your body. You will leave radiant, glowing and relaxed. All our products are organic and preservative free.

60 min - \$65

Oxygen Facial

Oxygen is what helps your skin to look fresh and moist. This facial uses a special emulsion that forces oxygen into your skin and wipes away a dull complexion. This process helps increase circulation, allowing skin cells to function more effectively and achieve their proper balance. This facial includes steam, extractions and a face massage.

60 min - \$75

Ayurvedic Body Treatment

The Ayurvedic Body Treatment begins when your therapist applies a mask of purified and herbalized clays collected from deep in the earth in remote regions of India. This mask both nourishes and detoxifies leaving the skin smooth and silky. The session is closed with a hot towel wipe down, at which point you will be escorted to the shower to rinse off the remaining clay. Followed by a warm herbalized oil application.

60 min - \$65

Ayurvedic Relaxion Treatment (Shirodhara)

This is a deeply relaxing treatment beginning with a Tibetan bowl foot therapy. Then a warm herbalized oil poured in a gentle stream over the forehead. This procedure synchronizes brain waves and profoundly coordinates and calms the mind, body, and spirit. Shirodhara enhances blood circulation to the brain, improves memory, helps with anxiety, insomnia, nourishes the hair and scalp and generally aids in release of stress and tension. Followed with a scalp massage. The Shirodhara oil that is used is reserved for you to take home for self massage.

70 min - \$75

Gentleman's Hot Towel Facial

Unique blend of enzymes just for your skin type. Improves the tone and appearance. Helps to maintain youthful, healthy skin. Includes hydrating.

60 min - \$65

Ayurvedic Sinus Treatment (Shiro-Abhyanga-Nasya)

This is a head, neck, and shoulder oil application, a facial lymphatic treatment, followed by deep inhalation of aromatic mask with steam and herbalized nose drops (nasya). This treatment is designed to help clear impurities from the head area, opening the sinuses and stimulating the proper flow within the head and neck area. It works on all the senses and creates a wonderful opening and clearing of this area. This a great treatment for those of us who are bombarded with pollutants, sensory stimulation, and for those who experience chronic head and neck problems including allergies, headaches, asthma, and eye troubles.

30 min - \$35

The Splurge Back Facial

Complete back facial...with extractions. Exfoliates, deep cleans, rehydrates...Blissful

60 min - \$65

Food Corner

Soups



Minestrone

Serves 6

- | | | |
|--|-----------------------------------|--------------------------------|
| 2 Quarts beef stock | 1 clove garlic, peeled and mashed | 2 cups cooked kidney beans |
| 1 cup buckwheat or brown pasta, broken in bits | | 2 carrots, peeled and chopped |
| 2 tomatoes, peeled, seeded and chopped | | sea salt and pepper |
| 1 cup fresh spinach or chard, finely chopped | | freshly grated Parmesan cheese |

This hearty soup is a meal in itself. As always the secret is in the richness of the stock

To peel tomatoes bring a pan of filtered water to a boil. Using a slotted spoon, dip tomatoes in, one at a time, for about 5 seconds each. The skin should peel off easily. To seed tomatoes, cut in half at the equator, hold tomato half in the palm of your hand and gently squeeze out seeds.

Bring stock to a boil and skim. Add garlic, beans, pasta, carrots, tomatoes and spinach or chard and simmer about 10 minutes. Season to taste and garnish with cheese.

Pesto Soup

Serves 8

- | | | |
|---|-----------------------------------|-------------------------------|
| 2 quarts beef stock | 1/4 teaspoon saffron threads | 1/4 teaspoon pepper |
| 3 carrots, peeled and diced | 1 leek, trimmed, washed and dices | 1 cup green beans, French cut |
| 2 cups cooked small white beans | 1/2 cup pesto | 2 tablespoons tomato paste |
| 4 ounces buckwheat or brown rice pasta, broken into 1-inch pieces | | sea salt |

Bring stock to a boil, skim and add saffron, pepper, carrots, leeks and cooked beans. Simmer gently until vegetables are soft. Add green beans and pasta and simmer about 10 minutes more. Place pesto and tomato paste in a bowl. Blend with a little of the hot stock and then return this mixture to the soup. Stir until well blended. Season to taste with sea salt and serve.

Save the Planet



Paper nor plastic!

Bring your bags with you! By taking reusable bags to the grocery store, you can cut down on the 350 bags the average American uses each year. It takes more than four times as much energy to manufacture a paper bag as it does to manufacture a plastic bag. Non-biodegradable plastics bags can last in the environment for up to 1,000 years. Reduce needless deaths to marine life caused by plastic bags that end up in streams, rivers and oceans. Purchase your reusable shopping bags today!



Natural Treatments for Colds and Flu How to Beat Bacteria and Vanquish Viruses!

Did you know that over 200 viruses are known to cause what we call "The Common Cold"? They can survive on doorknobs, telephones, computers, tabletops, and even your skin for 3 hours. Experts report that children can have between 6 and 12 colds a year. Adults average 2 to 4 colds per year, with women having greater numbers of colds than men, perhaps because of increased contact with children.

While a cold may not be very dangerous on its own, it can lead to something that can be life-threatening: bacterial infections like pneumonia and bronchitis. When you are infected with a cold virus, it can cause more fluid than usual to accumulate in our sinuses and lungs-hence the runny noses, sneezes, and coughs. These warm, dark, wet places are a perfect breeding ground for bacteria that cause lung and sinus infections. Also, since the immune system is busy battling the cold virus, it may run out of steam when the bacterial invaders come along. These bacterial invasions are called "secondary infections" because they follow in the wake of the common cold.

And with everything you may have heard in the news, the flu (influenza) viruses can be anywhere from mild to life-threatening. Their survival outside the body is better, too, as some strains can live for 24 hours on hard surfaces and up to 12 hours on soft. That makes these viruses much more likely to hitchhike on a passerby. So it is extremely important to focus on prevention, especially during cold and flu season. And anything that can shorten the duration (how long it lasts) and severity (seriousness of symptoms) can be tremendously important, since there are no medical cures for either the common cold or influenza.

In Germany, an herb called pelargonium has been prescribed over-the-counter since 1983 and German doctors have observed widespread effectiveness against infections of the sinus, throat and respiratory tract. Double-blind, placebo-controlled studies on patients with acute bronchitis confirmed that extracts of *Pelargonium sidoides* are effective in treating this ailment. Encouraging results have been achieved in children as young as six years of age, especially those who have not responded well to repeated treatments with antibiotics.

In a recent double-blind, placebo controlled study, 103 people with the common cold were given either *Pelargonium sidoides* or a placebo. After 5 days, the reduction of symptoms was almost double in the pelargonium group. After 10 days, 78.8% of the pelargonium group was completely cured, vs. only 31.4% of the placebo group.

Pelargonium sidoides is considered antibacterial, antiviral, and an expectorant. This triple action attacks the acute infection at its root and strengthens the immune system, helping to prevent re-infection. Due to its bacteria-killing and immune modulating characteristics, pelargonium is a good choice when treating the cold, flu, and other respiratory illnesses.

The second herbal preparation is a clinically proven, standardized extract derived from the plant **Andrographis paniculata**, commonly known as the "King of the bitters," and widely used in Ayurvedic medicine.

Strong clinical evidence supports the beneficial effects of andrographis in the management of the common cold, both for prevention and reducing the intensity of symptoms, particularly sore throat and nasal secretions. Two systematic reviews of available clinical studies have further highlighted these conclusions. Andrographis has been shown to possess immune-stimulant and anti-inflammatory activities in scientific studies.

In one double-blind, placebo-controlled trial, a very special andrographis standardized extract was administered to 223 adults with uncomplicated upper respiratory tract infections (URTI). There was a significant decrease in the symptoms of URTI compared to the placebo group.

The combination of pelargonium root and andrographis is a good choice to relieve symptoms and help you recover sooner. This combination can be used when you start to become ill, or it can be used long term as a preventative, especially during cold and flu season, to give your body the extra immune strengthening it needs. You can even use it every day to fortify your immune system.

Cold Check is a standardized product of the combination of Andrographis and Pelargonium. It is very effective in treating both colds and flu.

Receive \$5.00 off Cold Check during this cold and flu season.