

# Studio e Winter/Spring 2011 Curriculum

330.808.8558



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

## SPECIAL EVENTS

### MINDFULNESS-BASED COGNITIVE THERAPY

#### **A New Approach to Relapse Prevention for Depression**

Learn skills that will enhance your ability to recognize and cope more effectively with depressive thought patterns, situations and triggers. The program is based on a clinically proven model that combines the tools of cognitive therapy and the practice and clinical application of mindfulness meditation.

**8 Weeks 2 hour Sessions  
\$300**

**Current class is full  
Call for more information  
New classes to begin in  
Spring**

## 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 Monday January 31  
6-7 PM \$25**

### 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. Learn 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 Monday February  
28, March 14 & 28 6-8 PM  
\$125 e-Team**

### 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 Tuesday May 24 & 31  
6-8 PM  
\$75 e-Team**

### REIKI

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

**REIKI I 9 Hours TBA \$250**

**REIKI II 8 Hour Training  
April 20 2011 \$250  
Jane Lehr Eckert  
Charlene Zebrowski**

**REIKI CIRCLE 2<sup>nd</sup> Thursday  
5:30-7 PM**

### 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 Thursday  
February 3, March 3 or  
May 26 6-7:30 PM  
\$50 Jane Lehr Eckert**

### 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 Monday April 11  
6-8 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 Monday  
May 9 6-8 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

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health and wellness. Clear and balance with a friend.

**2.5 Hours Monday  
June 27 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 TBA  
\$25 Maureen Sloan**

**\*\*NEW\*\***

#### MBSR FOR KIDS

**Tuesday TBA  
\$150/Family  
Maureen Sloan**

#### 8 WEEK

#### COMPREHENSIVE MBSR

**Tuesday March 22 (Free Orientation) Class: March 29 to May 17 6-8 PM  
\$250 Maureen Sloan**

### 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.

**2<sup>nd</sup> Friday: 6 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 Fridays March 4, 11, 18 25  
4-5:30 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.

**8 Week Class 1.5 Hours  
January 2011 TBA  
\$275 Jane Lehr Eckert**

**\*\*NEW\*\***

### MANIFESTING FOR BEGINNERS

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

**4 Weeks Friday**

**April 1, 15, 22, 29 4-5:30 PM  
\$125 Jane Lehr Eckert**

### 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**

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## 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 February 27 2-6 PM  
\$75 Michael Stadul**

## **ART, MUSIC AND SPIRIT**

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

### DRUM CIRCLE

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.

***We provide the drums or you can bring your own!***

***6 Sessions 1<sup>st</sup>-3<sup>rd</sup> Sunday  
March 6 to May 15 2-4 PM  
\$25/Session or \$120/6***

***Sessions  
Fred Ardillo***

***\*\*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 Summer 2011 TBA  
\$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.

***New Classes Begin in  
February  
Preview January 27 6-7 PM  
or February 1 11-Noon***

## **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***

## 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 1<sup>st</sup> and 3<sup>rd</sup> Monday  
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.

***3<sup>rd</sup> 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  
Charlene Zebrowski***

# Studio e Winter/Spring 2011 Curriculum

## Rosen Method Bodywork

*30 minute or 1 Hour Sessions*

*Monday and Thursday*

*Noon – 3 PM*

*To schedule appointments*

*call: 330-998-0933*

*Susanna Smart*

**CALL TO REGISTER**

**330-808-8558**

*VISA and MASTERCARD*

*ACCEPTED*

## 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 216-235-6882*

## **Studio e**

3250 W Market Street

Suite 202 Akron Ohio

44333

**330.808.8558**

**www.studio-**

**energy.net**

## 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.***