



Lake Harriet Spiritual Community

4401 Upton Avenue South
Minneapolis, MN 55410

.... A Center for Conscious Living

is pleased to announce its

SPECTACULAR CLASS SERIES !!!

A smorgasbord of wellness classes for body, mind and spirit

****UPDATED****
11/03/2011



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11/03/2011

Reserve your spot today by calling/emailing the instructor or by registering at <http://www.LakeHarrietSpiritualCommunity.org> (Events Calendar>LHSC Event Calendar on Meetup)

NOVEMBER CLASSES

<p>Tai Chi for Health (Tai Chi for Arthritis) A simple, yet powerful set of movements (including Qi Gong) which promotes healing, relaxation, energy, and improved mobility and balance; approved for use by the Arthritis Association. Mary McGaa, DC, Chiropractor 952-857-9505; mcqaam@frontiernet.net</p>	<p>November 7, 14, 21, 28 December 5, 12 Mondays for 6 weeks Each week builds on previous one; review at beginning of each class</p>	<p>7:00- 8:00 pm \$ donation</p>
<p>Healing Circle for 7 Generations Backwards and Forwards (as taught by the 13 Indigenous Grandmothers) Forgive and release personal, familial, ancestral, and collective patterns, as well as honor courage, love, and achievements of the past and of the future. Deer Domnitz, MEd., CHT, Shamanic Practitioner, Hypnotherapist, Psychic Medium; 612 928-0028; lindadeer1@yahoo.com Cyndi Gisborne, Ordained Minister, LHSC Coordinating Council Member, Surgical Technician; 612 462-8617; cgisborne@yahoo.com</p>	<p>Wednesday, November 9</p>	<p>6:30-9:00 pm \$ donation</p>
<p>Drum Making Create a unique and beautiful drum with your intentions and creative energy. Wayne Manthey, nationally known drum maker. Has helped hundreds of people to make their own drum for many years 612-770-9499; DRUMMAKER2@aol.com Website: www.waynemantheydrummaker.com</p>	<p>Saturday, November 12</p>	<p>9 am-1 pm 16" drum: \$140 13" drum: \$115 includes all materials; bring a small stone/crystal</p>
<p>Healing with Crystals Crystals 101: How to choose, care for, and heal with crystals Dawn Marian, Matrix Energetics Practitioner, Reiki Master and Teacher, Akashic Records Consultant 651-717-8409; dawn@integratehealingarts.com Website: www.IntegrateHealingArts.com</p>	<p>Wednesday, November 16</p>	<p>6:00-9:00 pm \$15</p>
<p>Open Channeling Session with "Essence" Interactive dialogue of questions and answers with the non-judgmental, loving and supportive energy of Essence Lynda Austin, channel for Essence for over 25 years</p>	<p>Tuesday, November 29</p>	<p>7:00-9:00 pm \$20</p>