



STARGAZERS JANUARY 2012 EVENTS

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Store Hours:

Monday & Tuesday CLOSED
Wednesday through Saturday - 10 to 6
Friday - 10 to 7 Sunday - 12 noon to 3
Sacred Pipe & Prayer Circle: Sundays @ 11

FRIDAY NIGHT GATHERINGS 7- 8:30 pm \$10 Just drop in!

January 6: The Astrology Salon with Jan Van Ysslelyne Welcome to the Friday night Astrology Salon where each month we will explore astrological basics as well as looking at the upcoming monthly events for members of the class. Each month the salon will present a different topic on the building blocks of the astrological chart. Have you ever wanted to learn astrology? If so then these are the classes to attend! In this class we will examine the Structure of the Zodiac, signs, planets, houses, and aspects. The last part of the class will focus on transits of the month. Please bring your chart for a sneak preview of your upcoming planetary events.

January 13: Professional Psychic Training with Sophia 6:30-8:30pm, \$20 A Nine Month Course in Psychic Development. Discover Who You Really Are as a Psychic! This course results in a Certificate of Psychic Consultation and with this offers the graduate an opportunity to read at the Stargazers Fall Equinox Psychic Fair. Classes are held on the 2nd Friday night of each month from 6:30 - 8:30p.m. Cost is \$20 per class. Books will be assigned each month to read and homework will be given. Students must attend at least 8 of the 9 classes to graduate. Drop-ins always welcome for individual classes except for the September Graduation Class. In January: Introduction to the Training Course, Finding Your Gifts, The Art of Scrying, Assessment Readings

January 20: Reiki Circle - Grounding with Rosana Dawn Reiki is a very high-frequency healing energy that is channeled out the palms of the hands. When two or more persons come together to channel Reiki, the healing power is dramatically magnified. Grounding provides protection, increases awareness, and increases the Reiki we can channel into the physical body and aura. We will practice different methods of grounding, and from this sacred space we will channel Reiki to reconnect with our core essence and heal and rejuvenate body, mind, and spirit. We will close with a meditation to offer Reiki to Mother Earth and all of her children in need. A minimum of Reiki Level 1 attunement is required (Reiki 2 is suggested). Not Reiki attuned? Sign up for Reiki 1 on January 14th.

January 27: Embrace Your Shadow with Laini Awaken your illumination by learning how to use the guidance of your Shadow to identify what needs healing & the blockages to accepting your inner Light.

WEEKEND DAYTIME CLASSES: Please Call 425-885-7289 to Register !

January 1: Stargazers is closed. Blessings to you as you set the tone for your New Year.

January 7: Moon Cleanse with Laini, Saturday, 12-3pm, \$60 Learn how to align yourself with the guidance and rhythm of the moon for the Ultimate Soul Cleanse. Natal Chart included.

**Pre-registration required along with D.O.B, time of birth, & birthplace. Please call 425-885-7289 to register.*

January 8: Meditation and Transformation - Mind Spa with Giavonne Mitchell, Sunday, 12:30-2pm, \$15 Increase your Intuition and Transform! Group Meditations lend a powerful energy to your life on so many levels. Giavonne guides you through a year of meditations for the beginner or seasoned practitioners. Each meditation workshop builds around a topic of Intentional Focus, engages in Discussion, Guided Exercises followed by silent Meditation. Giavonne has successfully facilitated Creative Intuition workshops for over 15 years. You are welcome to pick and choose your meditations or benefit from all of them.

January 14: Reiki Level 1 with Rosana Dawn, Saturday, 10-6, \$90 includes manual and certificate Reiki is a form of energy medicine that is used for self-care and healing for people, plants and animals, charging crystals, candles, and other physical objects, and a variety of other uses. It is a specific frequency of energy that you can be "attuned" to receive and share. In this first class you will receive the Reiki Level 1 attunements and learn to channel the Reiki energy for self-healing and charging objects, and also for sharing healing energies with our plant, animal and mineral friends. Reiki certificate, booklet provided.

January 15: Yoga for Self-Care - Healthy Joints with Lorri Baird, Sunday, 12:30-2pm, \$15 Joint stiffness and pain can have many causes such as arthritis, tendonitis, bursitis, carpal tunnel, overuse, or extended periods of immobility. These issues can have far reaching consequences for our overall health, and can lead us into a downward spiral of increasing discomfort and deterioration as we age. There are over 200 joints and 650 muscles in our bodies, and so keeping ourselves mobile is very important to remaining healthy and active! The gentle stretching and strengthening movements of yoga can help us to reduce stiffness and swelling. In this class we will use slow, gentle yoga asana, deep breathing, relaxation techniques, and self massage in order to begin rehydrating our tissue and moving our joints. We will focus on flexibility in the spine, as well as the main junction areas in the body - neck and shoulders, elbows and wrists, hips, knees, and ankles, fingers and toes. Come and rediscover that movement can be an incredibly pleasurable experience! Please bring a blanket if needed for extra padding. Chairs are available if you are unable to sit on the floor.

January 22: *ADVANCED* Psychic Training with Sophia, 12-3pm, \$30 Sophia regularly runs a 9 month Psychic Development Course that results in a Certificate of Psychic Consultation and which offers the graduate an opportunity to read professionally at the Stargazers Psychic Fair. Now, for the first time, Sophia offers a 'post graduate' seminar that provides the advanced psychic development student with deeper and more extensive information, techniques and exercises to go to the next step in their psychic development. Aside from personal fulfillment and increased specialization, this seminar will enhance and empower each student to improve their psychic reading abilities within the divination or oracular system that best suits them. Prerequisite: Graduation from the 9-month Professional Psychic Training class is required.

January 28: Reiki Level 2 with Rosana Dawn, Saturday, 10-6, \$90 includes manual and certificate Want to share the gift of healing? In Reiki Level Two, you will learn how to offer Reiki healing energy to your families, friends and loved ones. We come together to receive our Reiki Level Two attunement and learn three powerful Reiki symbols to focus energy. You will learn how to activate and use distance healing - sending healing energies to someone remotely! If that's not enough, you will also learn to use Reiki to heal the situations and traumas of your past, present and future. Self-care, safety, and ethical healing practices are key as you learn to share this transformative energy with the world. Reiki Level 1 (within our lineage) is required for this class. Reiki certificate and booklet provided.

January 29: Introduction to Healing Hands with Chelsea Ackerman, Sunday, 12:30-2:00pm, \$15 In this introductory class we will explore the art of energy healing. We will go over the curriculum for Healing Hands I, a 16-hour class which teaches about the aura and chakras and hands-on healing techniques. If you're interested in energy healing for self-healing or as a practitioner, you won't want to miss this class!

