



Calendar of Events

February & March 2012

Avalon Wellness Centre offers a variety of individual services including Massage Therapy, Reflexology, Ear Candling, Reiki, Hot Stone Massage, Cold Laser Therapy Individual and Relationship Counselling, Coaching and Mentoring, Addiction Counselling, Spiritual Counselling, Naturopathic Medicine, Acupuncture, Irlen Syndrome Screening.

For more information on workshops, courses, and retreats, please call us or refer to our flyers and brochures in Avalon's front lobby.

705-728-6021

www.avalonwellnesscentre.com

Email: avalonwellness@rogers.com

Sweetheart Valentine Gift Packages

Includes Gift certificate, love potion and a sweet treat for your loved one. Easy! call us at 705-728-6021, place your order & pick up.

February 2012

- Feb. 9/12 **Zenith Omega Information and Activation Session** with Genevieve. Come and experience the magical powers of Zenith Omega. Come in and experience FREE Zenith Omega Activation Clearings that will help you align with the energies of 2012. Genevieve will be discussing the history of Zenith Omega. Thurs. 7-9 p.m. Cost: Free. Contact Genevieve Taeger at email@genevievetaeger.com to preregister
- Feb. 16/12 **Gratitude Meditation** with Genevieve. Come and experience the empowering feeling to be in a Gratitude Meditation. Genevieve will also be sharing a message that she will have received from an Ascended Master to help empower you for 2012. Thurs. 7-9 p.m. Cost: Free. Contact Genevieve Taeger at email@genevievetaeger.com to preregister
- Feb. 19/12 **Reiki, Zenith Omega, Akashic Records, or Past Life Regression** with Genevieve. Rejuvenate yourself with Reiki, Zenith Omega, Akashic Records Consultation, or Past Life Regression. February Special-When you set up an appointment for Feb. 19th, you will receive a 2 for 1 Special for another FREE appointment with Genevieve! Sun. 10 a.m. to 6 p.m. Cost: Reiki \$90 (75 min), Zenith Omega \$125 (75 min.), Akashic Records \$125 (60 min.), Past Life Regression \$200 (2 hours). To reserve your space email Genevieve at email@genevievetaeger.com
- Feb. 22/12 **Group ADvantage** with Anita. This 12 week program for adults with ADHD offers coaching and skill building to improve quality of life. Includes mindfulness training, cognitive-behavioral strategies, and a dynamic curriculum. Participants learn to improve their focus, pace and actualization of intentions. An intake session is required. Wed. 7-8:30 p.m. Costs include an intake fee of \$80 plus \$300 for the program. Save \$50 if paid in advance. Contact Anita at 705-728-6021 for more information or to register
- Feb. 25 & 26/12 **Reiki 1 and 11** with Genevieve. Empower yourself with Reiki for the New Year! Learn and experience the universal energy flowing through you once more. Reiki 1 and 11 will be taught together during a weekend intensive based on the teachings from the International Center for Reiki Training. Sat. & Sun. 9 a.m. to 6 p.m. Cost: \$350. A \$150 deposit is required to reserve your space. email@genevievetaeger.com to register For more information go to www.genevievetaeger.com/reikittraining.html

February & March Special... 20% off Gift Certificates

When you purchase a gift certificate at the time of your appointment you receive 20% off each one. Surprise someone or buy for yourself for future use.

(Can not be combined with any other offer)

March 2012

- Mar. 3/12 **Life Tracks Workshop** with Anita. A 2012 sacred life visioning and mapping workshop. This includes meditation, setting intentions, vision board creation and developing the plan to manifest your goals. Follow-up sessions will be held every 3 months to support and track implementation of your sacred plan. Sat. 10-3 p.m. Workshop only fee: \$120 or Full program Fee: \$200. Call Anita @ 705-728-6021 to register
- Mar. 6/12 **Mindful Women's Group** with Anita. This group focuses on bringing increased mindfulness, self-honouring and empowerment in our life journeys. Group sessions held Tues. 9:30-11 a.m. for 6 weeks. Cost: \$125. To register call Anita 705-728-6021
- Mar. 11/12 **Akashic Records Information Session and Mini Readings** with Genevieve. Would you like to know more about where your Akashic Records are and what you can do with them to help empower you? Genevieve will be sharing with you the powers of entering your Akashic Records and what it has done for her. Afterwards, she will be providing 30 minute Mini Sessions at a discounted price! Sun. 11 a.m to 4 p.m. Cost: Free Information Session from 11-12. Mini Akashic Record Readings will be available from 12-4 at a cost of \$40. To register email Genevieve at email@genevievetaeger.com
- Mar. 17 & 24, 25/12 **Advanced/Master Reiki** with Genevieve. Are you ready to intensify the Reiki I and II symbols even more? During the Advanced Reiki portion of the workshop (1day), you will be receiving the Usui Master Attunement. You will be learning Advanced Reiki Techniques that will assist you with empowering yourself and others with continuous Reiki and aura cleansing. You will learn how to use crystals and a grid with Reiki. The Reiki Master portion of the workshop (2 days) will give you ample confidence in providing attunements for others, so that they, too, can use Reiki in their lives. You will be given the Usui/Tibetan Master Attunement along with 2 Tibetan Symbols. Sat. 17th & 24th, Sun 25th 9 a.m to 6 p.m. Cost: \$875. A \$275 deposit is required. Contact Genevieve at email@genevievetaeger.com to register

Zumba Fitness with Emily now being offered at Avalon. It is a 4 week registered program. Classes will run Mon. 7 p.m. Fri. 6 p.m. and 7 p.m. Drop ins welcome but on 1st come first serve due to limited space so call ahead. For more information and to register call Emily at 705-794-8134 or email emilyabbott@rogers.com

On Going Courses and Groups

Certified Reflexology Course with Marie-Anne
Effective Communication Workshop with Donna
Emotional Health and Well Being Information Sessions with Donna
Anger Awareness (Emotional Health and Wellbeing) with Donna
Yoga with Natasha-email at triyoga@bell.net or call 705-727-4635

- ❖ **Please note: Pre-registration is required for all courses & workshops.**
- ❖ **Dates are subject to change based on minimum registration requirements**

For Rent!

Did you know that Avalon Wellness Centre has treatment and group space available for rent? Do you have a small business or regular or occasional group that would benefit from being at our downtown location, please call Donna or Marie-Anne at 705-728-6021 for more information?