Register by mail or on-line

Class	Date(s)	Fee	
	Total enclosed		
Name			
Address			
City	State	Zip	
Home phone	Cell phone	Cell phone	
Email			

Please make checks payable to A Way of Wellness.

Visa, Mastercard, Discover and American Express are accepted on-line.

Cancellations are subject to a 20% administrative fee. Tuitions are non-refundable yet may be transferred to another offering.

Our offerings include a mix of lecture, activities and exercise. We anticipate that those who have chosen to attend will participate fully and freely to support the experience of all concerned and to gain the greatest benefit from the material presented.

Trainings do not provide individual psychotherapy, nor are they recommended for people who cannot integrate change easily.

Please visit www.awayofwellness.com for complete descriptions, current schedules and on-line registrations. Not cyber savvy? Give a call and we'll snail mail the info to you.



promoting wellness, wholeness and a sense of well-being...

8795 Ralston Road, Suite 112, Arvada, Colorado 80002 303-456-6622 • www.awayofwellness.com

Dan Schupack NCTMB

Therapeutic Massage Intentional Massage™ CranioSacral Therapy Lymph Drainage Therapy Energywork & Reiki

Tsy Schupack

CranioSacral Therapy Lymph Drainage Therapy Energywork, Reiki, Jin Shin & Healing Touch Zero Balancing



Classes, trainings and special events to enrich your life and lighten your spirit...

Affirmations • Dowsing • Healing • Meditation • Reiki

Affirmations

All affirmations are not created equal. If you ever wanted to explore affirmations as a vehicle for change—or if you've tried affirmations before and they haven't worked well for you—this class will provide the tools to create inspired and inspiring affirmations that not only sound great, but that can bring about attainable results.

Facilitator: Tsy Schupack

Class fee: \$55.00 - two sessions 6:30-9:00 p.m.

Dowsing with Charts

Wonder what might be keeping you from that perfect job or relationship? Or maybe just what best to serve for dinner? A simple pendulum and chart might offer you an answer you hadn't considered. Learn the basics of pendulum use, how to do simple and complex chart assisted readings, and creating charts for use in your personal life.

Facilitator: Tsy Schupack

Class fee: \$75.00 - one session 10:00-5:00 p.m.

Energetic Healing—A hands on approach

Even if you're all thumbs you can easily learn the gentle art of hands on healing. No previous experience? No problem. This series is specifically oriented towards first-timers and new-timers. Each session an assortment of beginning level energetic healing exercises and techniques will be presented followed by confidence building practice sessions.

Facilitators: Dan & Tsy Schupack

Class fee: \$75.00 - three sessions 6:30-9:00 p.m.

Affirmations

- two sessions 6:30-9:00 p.m. April 2 & 9, 2008

Dowsing with Charts

one session 10:00-5:00 p.m.
March 8, 2008

Energetic Healing

- three sessions 6:30-9:00 p.m. July 9, 16 & 23, 2008

Meditation Sampler

- three sessions 6:30-9:00 p.m. March 5, 12 & 19, 2008 October 1, 8 & 15, 2008

Wax on...Wax off

one session 10:00-4:00 p.m.
January 20, 2008
April 20, 2008
June 15, 2008
October 19, 2008

Reiki I

Weekends

- two sessions 10:00-5:00 p.m. February 2 & 3, 2008 March 1 & 2, 2008 June 7 & 8, 2008 July 12 & 13, 2008* October 4 & 5, 2008 November 1 & 2, 2008

Weekdays

- three sessions 10:00-2:00 p.m. February 4, 11 & 18, 2008 March 3, 10 & 17, 2008 June 2, 9 & 16, 2008 October 16, 13 & 20, 2008 November 3, 10 & 17, 2008

Reiki II

Weekends

- two sessions 10:00-5:00 p.m. April 5 & 6, 2008 August 2 & 3, 2008 December 6 & 7, 2008

Weekdays

- three sessions 10:00-2:00 p.m. April 7, 14 & 21, 2008 August 4, 11 & 18, 2008 December 1, 8 & 15, 2008

Reiki III

 Friday 6:30-9:00 p.m. - Saturday & Sunday 10:00-5:00 p.m.
January 11, 12 & 13, 2008 May 2, 3 & 4, 2008 September 12, 13 & 14, 2008

Additional classes, trainings and events may be added throughout the year, please visit our web site or call for a current listing.

Meditation Sampler

Looking for Enlightenment? Or your perhaps car keys? Meditation can assist in achieving your goals without the need to trek to the nearest mountain top or spend years sitting in solitude. Sample various forms of meditation and learn how this simple art reduces stress while bringing greater clarity and connection to your own inner wisdom.

Facilitator: Dan Schupack

Class fee: \$75.00 - three sessions 6:30-9:00 p.m.

Wax on...Wax off-Skill polishing workshops for Reiki practitioners

The focus of these workshops is to hone and clarify existing skills and advance them to the next level of refinement while introducing new techniques. Prior Reiki training is required to fully participate in this offering.

Facilitators: Tsy Schupack

Class fee: \$75.00 - one session 10:00-4:00 p.m.

Reiki Training & Sharings

Reiki is not what you do to the leaves in the yard, nor is it Lucy Ricardo's husband. Reiki is a form of energywork based in the philosophy of channeling life force energy that pervades and surrounds all life. Reiki includes three levels of training. Level I and II are practitioner levels and the third level is available for those who wish to teach.

Facilitator: Tsy Schupack

Reiki I

The first level practitioner finds that simple intent is all that is required to start the energy flowing—then the fun begins!

Class fee: \$175.00 - four sessions 6:30-9:30 p.m. or two sessions 10:00-5:00 p.m.

Reiki II

The second level of training introduces symbolic language including its use in absentee healing, emotional clearing and additional facets of energywork.

Class fee: \$195.00 - four sessions 6:30-9:30 p.m. or two sessions 10:00-5:00 p.m.

Reiki III – Master Technique Workshop

An abbreviated form of our practitioner/teacher mentorship. This workshop includes the Reiki III/Master attunement and the essential technique information necessary to teach and attune each of the three levels of Reiki.

Class fee: \$250.00 - one session 6:30-9:00 p.m. and two sessions 10:00-5:00 p.m.

Play It Again Sam....

Reiki practice a wee bit rusty? Come on back! Previous participants are welcome to repeat Reiki training for one-half the current class fee.

Reiki Practitioner/Teacher Mentorship

This program is designed to support the individual through the processes involved in becoming a teacher of energetic arts. Personal, practitioner and teacher roles are explored and developed. Upon completion of the program, the practitioner/teacher will be prepared to confidently teach all levels. Please call or email for a complete syllabus.

Program fee: \$1,250.00 - normally completed in 6-8 months

Reiki Sharings

Doesn't matter if you just heard about Reiki or have been doing it for years —you're welcome to come join us in a round-robin of mini sessions.

Class fee: No charge–Reservations required–Sharings begin at 6:30 p.m.

January 7 & 21	April 7 & 21	July 7 & 21	October 6 & 20
February 4 & 18	May 5 & 19	August 4 & 18	November 3 & 17
March 3 & 17	June 2 & 16	September 15	December 1 & 15