

# What's Happening at Heart, Body, & Soul - March, 2020

## 01 SUNDAY

Sacred Sundays (Kris Tenny-Brittian)	11:15-12:15 PM
Angel Card Readings w/ Kris Tenny-Brittian	1-4 PM
Painting Your Past Life w/ Tricia Dietrich	1-5 PM

## 02 MONDAY – CLOSED

## 03 TUESDAY

Lunch Break Meditation & Stretch	12:15-12:45 PM
Tai Chi w/ Mary Cruise	5-6 PM
Witchcraft IV Apprenticeship (Closed)	6:30-9 PM

## 04 WEDNESDAY

Tai Chi w/ Mary Cruise	5-6 PM
Reiki II Part II w/ Amy Dove	5:30-8 PM
Beginning Belly Dance w/ Kandice Grossman	6:30-7:30 PM

## 05 THURSDAY

Lunch Break Meditation & Stretch	12:15-12:45 PM
Witchcraft III 2019-2020 (Closed)	6-8:30 PM

## 06 FRIDAY

Reiki - Sound Healing w/ Amy Dove	11 AM-6 PM
Yoga Fridays w/ Uriah Carter	12:15-12:45 PM
Crystal Bowl Immersion w/ Susan Walter	6:30-7:30 PM

## 07 SATURDAY

Coffee & Conversation (Kagnie)	10:30-11:30 AM
2020 So Far & What to Expect	
Angel Portraits w/ Susan Walter	10 AM-6 PM
Your North Node: Discovering & Fulfilling your Destiny	
w/ Kagney	1-3 PM

## 08 SUNDAY

Sacred Sunday (Cat Kelly)	11:15 AM-12:15 PM
Palm Reading w/ Amy Dove	1-6 PM

## 09 MONDAY – CLOSED

## 10 TUESDAY

Lunch Break Meditation & Stretch	12:15-12:45 PM
Tai Chi w/ Mary Cruise	5-6 PM
Astrology Readings w/ Kacy Howell	5-8 PM
Witchcraft II 2019-2020 (Closed)	6:30-9 PM

## 11 WEDNESDAY

Tai Chi w/ Mary Cruise	5-6 PM
Psychic Readings w/ Mel Heibel	5-8 PM
Beginning Belly Dance w/ Kandice Grossman	6:30-7:30 PM

## 12 THURSDAY

Lunch Break Meditation & Stretch	12:15-12:45 PM
Mindful Move Groove w/ Victoria Day	1-2 PM
Witchcraft I Apprenticeship	6-8:30 PM

## 13 FRIDAY

Reiki - Sound Healing w/ Amy Dove	11 AM-6 PM
Yoga Fridays w/ Uriah Carter	12:15-12:45 PM

## 14 SATURDAY

Coffee & Conversation (Philana)	10:30-11:30 AM
Vision Boards, Treasure Maps and Image Books	
Tarot Readings w/ Rexanna Ipock-Brown	10 AM-2 PM
Vision Boards, Treasure Maps and Image Books (Philana)	
The Arts and Crafts of Visualization and Manifestation	1-4 PM

## 15 SUNDAY

Sacred Sundays (Philana Crite)	11:15 AM-12:15 PM
Headaches from Traditional Chinese Medicine Perspective	
w/ Mary Cruise	1-3 PM

## 16 MONDAY-CLOSED

## 17 TUESDAY

Tarot Readings w/ Rexanna Ipock-Brown	4-8 PM
Tai Chi w/ Mary Cruise (Closed)	5-6 PM

## 18 WEDNESDAY

Intuitive Readings w/ Tricia Dietrich	4-8 PM
Tai Chi w/ Mary Cruise (Closed)	5-6 PM

## 19 THURSDAY

*Mindful Move Groove	1-2 PM
Theta Healing w/ Teri Preston	4-8 PM
*I AM! I THINK! I ACT! w/ Nancy TannerThies	(Closed) 6-8 PM

## 20 FRIDAY

Reiki - Sound Healing w/ Amy Dove	11 AM-6 PM
Yoga Fridays w/ Uriah Carter	12:15-12:45 PM

## 21 SATURDAY

Gypsy & Medicine Card Readings w/ Rose Encinas	1-6 PM
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## 22 SUNDAY

Sacred Sundays (Deb Carney)	11:15 AM-12:15 PM
Palm Readings w/ Amy Dove	1-6 PM

## 23 MONDAY - CLOSED

## 24 TUESDAY

Tai Chi w/ Mary Cruise (Closed)	5-6 PM
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## 25 WEDNESDAY

Tai Chi w/ Mary Cruise (Closed)	5-6 PM
Reiki I Part I w/ Amy Dove	5:30-8 PM

## 26 THURSDAY

*Mindful Move Groove	1-2 PM
Gypsy & Medicine Card Readings w/ Rose Encinas	4-8 PM

## 27 FRIDAY

Reiki - Sound Healing w/ Amy Dove	11 AM-6 PM
Yoga Fridays w/ Uriah Carter	12:15-12:45 PM

## 28 SATURDAY

Angel Card Readings w/ Philana Crite	1-6 PM
Past Life Regression w/ Paula Curry	1-4 PM

## 29 SUNDAY

Sacred Sundays (Nancy TannerThies)	11:15 AM-12:15 PM
Lenormand Card Readings w/ Zeeke Harris	1-6 PM

## 30 MONDAY – CLOSED

## 31 TUESDAY

Tai Chi w/ Mary Cruise (Closed)	5-6 PM
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\*Denotes class has moved ONLINE - Please contact your instructor for details.

Classes/Events/Readings are subject to change, so please follow us on Facebook or check our website calendar for updates. You can also give us a call at 573-777-6771 during business hours. Stay Safe, Tribe!

HOURS: Tues-Thurs 11 AM-8 PM; Fri-Sat 10 AM – 6 PM, Sun 12:30-6 PM

For more details on classes & workshops,  
check out our events at [www.heartbodyandsoul.org](http://www.heartbodyandsoul.org) and on Facebook.

# What's Happening at Heart, Body, & Soul - March, 2020

## **MEET-UP GROUPS**

### ***Coffee & Conversation (Free)***

Every Saturday, 10:30-11:30 AM

### ***Women's Drumming Circle***

4<sup>th</sup> Tuesdays, 6:30-8 PM

## **MOVEMENT & MEDITATION GATHERINGS**

- ❖ **Lunch Break Meditation & Stretch** –  
Tues & Thurs, 12:15-12:45 PM / \$5 Drop-in
- ❖ **Mindful Move Groove** –  
Thurs, 1-2 PM / \$10 Drop-ins welcome!
- ❖ **Tai Chi** – Tues & Wed, 5-6 PM / \$15 Drop-in
- ❖ **Yoga Sutra Chanting** – Wed, 12:30-1PM  
\$100/10 weeks / \$12 Drop-ins welcome!
- ❖ **Yoga Fridays** – Fri, 12:15-12:45PM \$10 Drop-in

## **SACRED SUNDAYS @ HBS**

***Sundays, 11:15 AM – 12:15 PM***

***'Church for people who don't like church!'***

If you'd like a time and place to join with others to spend some time in gratitude and contemplation and listen to some food for thought offered by a rotation of leaders of different spiritual backgrounds and traditions, consider joining us for Sacred Sundays! (Just don't be late – because the doors lock at 11:15 AM!)

## **WANT A READING?**

Call HBS to Schedule! 573-777-6771

<b><u>Angel Card Readings</u></b> \$20 for 15 mins / \$35 for 30 mins <b>Sun, Mar 1, 1-4 PM</b> w/ Kris Tenny-Brittian <b>Sat, Mar 28, 1-6 PM</b> w/ Philana Crite	<b><u>Astrology Readings</u></b> \$60 for 60 mins; <b>Tues, Mar 10, 5-8 PM</b> w/ Kacy Howell (24-hour Advance Registration Required w/ Birthdate, Time, & Place)	<b><u>Gypsy &amp; Medicine Card Readings</u></b> \$35 for 20 mins / \$50 for 40 mins <b>Sat, Mar 21, 1-6 PM</b> <b>Thur, Mar 26, 4-8 PM</b> w/ Rose Encinas
<b><u>Lenormand Readings</u></b> \$25 for 15 mins / \$50 for 30 mins <b>Sun, Mar 29, 1-6 PM</b> w/ Zeeke Harris	<b><u>Palm Readings</u></b> \$30 for 30 mins <b>Sun, Mar 8, 1-6 PM</b> <b>Sun, Mar 22, 1-6 PM</b> w/ Amy Dove	<b><u>Psychic Readings</u></b> \$30 for 30 mins <b>Wed, Mar 11, 5-8 PM</b> w/ Mel Heibel

## **Stay tuned in ...!!**

- ☑ Facebook at [facebook@heartbodyandsoulcenter](mailto:facebook@heartbodyandsoulcenter)
- ☑ Meetups.com at [meetup.com/Heart-Body-Soul](https://www.meetup.com/Heart-Body-Soul)
- ☑ Our Website (& Blog!) at [www.heartbodyandsoul.org](http://www.heartbodyandsoul.org)

## *What's Happening at Heart, Body, & Soul - March, 2020*

**HEALING SESSIONS AVAILABLE** Call HBS to Schedule: 573-777-6771

<b><u>Intuitive Readings</u></b> w/ Tricia Dietrich <b>Wed, Mar 18</b> <b>4-8 PM</b> <b>60-minutes session / \$75</b>	<b><u>Reiki - Sound Healing</u></b> w/ Amy Dove <b>Fridays, 11 AM-6 PM</b> <b>30 mins/ \$45; 60 mins / \$60</b> <i>Personalized Infused Essence w/ hr. session, meditations &amp; healing poppets available!</i>	<b><u>Theta Healing Sessions</u></b> w/ Teri Preston <b>Mar 19</b> <b>4-8 PM</b> <b>50-minute sessions / \$75</b>
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## *Special events this month...*



### **PAST-LIFE REGRESSIONS**

**w/ Paula Curry**

**Saturday, March 28, 1-4 PM**

Have you ever wondered why you have a natural fear of heights? Have you ever questioned why you are so familiar with a new town? Have you ever met a stranger and felt as if you know them?

Is there something affecting you in this life that doesn't seem to make a lot of sense? Any of these can be a legacy from your past lives. Whether you recall a past life or just want to explore the concept of past lives, this class can help you understand the ins and outs of your prior lives. \$25

## *HOPEFULLY coming up in April...*

### **The Evolutionary Empath**

#### **Book-Signing w/ Rev. Dr. Stephanie Red Feather**

Rev. Dr. Stephanie Red Feather will be hosting Coffee & Conversation at 10:30 am and will be signing her new book, The Evolutionary Empath, beginning at 11:30 am. If you've already picked up your copy, be sure to bring it with you. We'll also have copies on hand so you can pick one up as well.

### **Hula Hoops, Cow-Catchers, and Above Ground Pools: Ridiculously Practical Energy Management Tools for Empaths and Highly Sensitive People**

**w/ Rev. Dr. Stephanie Red Feather**

**Saturday, April 18, 1-3 PM**

*Rescheduled!!!*

In this 2-hour workshop, the author of the #1 book The Evolutionary Empath will give you real-world, applicable tools for your I'm-ready-to-own-my-superpower toolbox. Rev. Dr. Stephanie Red Feather will take you through exercises designed to acquaint you with your multi-dimensional energy field and empower you to make strong choices regarding boundaries, energy leaks, and shielding. This light-hearted, experience-heavy playdate will net serious gold for anyone seeking to understand and embrace their sensitive nature with confidence and clarity. \$25

### **Stay tuned in ...!!**

- ☑ Facebook at [facebook@heartbodyandsoulcenter](mailto:facebook@heartbodyandsoulcenter)
- ☑ Meetups.com at [meetup.com/Heart-Body-Soul](https://www.meetup.com/Heart-Body-Soul)
- ☑ Our Website (& Blog!) at [www.heartbodyandsoul.org](http://www.heartbodyandsoul.org)