

Energy Wellness & Art Classes & Workshops

Preregister now 506 650-3333

Offered at **Lifestyles Health & Wellness Center**

Wellness Fair, Sunday, September 24th 10 to 3
1032 Main Street in Hampton *Everyone Welcome!*

**Sue Hooper is hosting an Intro to Eden Energy
Medicine** Wednesday, **September 27th, 7 to 9**
Info sharing of Donna Eden's work. All welcome. Donation at the door.

Classes & Workshops Offered at Lifestyles

**Energy Wellness Workshop, Ways to Calm Stress, with
Sue Hooper, October 14th, Saturday, 10 to 12:30 \$35.**

Energy Balancer Class with Sue Hooper EEM-CP
Oct 17 - Nov 28, Tues eve, 8 wks, 7:30 to 8:30 \$5. drop in

Fun with Energy Class with Sue Hooper
Oct 19 - Nov 30, Thurs. morn, 9 to 9:50 \$5 drop in

**Energy Wellness Workshop, Ways to Boost Joy with Sue
Hooper, Nov 4th, Saturday, 10 to 12:30 \$35.**

Offered at Hooper Studios, Hampton

Exploring creativity & energy wellness Class with Sue
Oct 20 - Nov 24 Fri am, 6 wks, 10 to 12:30 \$175.

Teachings of Elder Carlos Gomes and Cony Brienza.
October 22, 29, 2:30 to 5:30 Two Sunday PM workshops at
Hooper Studios. Oct. 22, Carlos will be sharing his teachings on *Death,*
dying and the Celebration of Life & the focus on the 29th will be
Decorating our drums and making beaters with Cony. Cost \$15.
Plus a donation towards travel expenses

Energy Wellness & Art

Sue Hooper EEMCP CRA-RP
506 650-3333 Hampton, NB
www.artathooperstudios.com





**WE ARE EXCITED TO OFFER TO NEW CLASSES THIS
FALL IN PARTNERSHIP WITH EDEN ENERGY
MEDICINE PRACTITIONER, SUE HOOPER!**

Energy Medicine is an approach that involves balancing and restoring your body's natural energies for the purposes of increasing your vitality, strengthening your mental capacities and optimizing your health.

Join Sue as she uses the form of energy medicine developed by Donna Eden in two new class formats offering a short series of energy exercises that will balance your energies for the whole day!



ENERGY BALANCER CLASS – Tuesdays 7:30-8:30 PM

FUN WITH ENERGY CLASS – Thursdays 9 to 9:50 AM

Classes will run from October 17th to November 30th

COST: FREE for members, \$5 drop in fee for non-members

LOCATION: Wellness Room, Lifestyles Health & Wellness Centre

Class Descriptions:

Energy Balancer – This evening Energy Wellness class will focus on ways to relieve stress and balance our energies. Sue will weave the Daily Energy routine in to the class and you will learn ways to strengthen and support your immune system, helping the body to activate its natural healing energies. This class is suitable for teens and adults of all fitness levels. Dress as for yoga and bring a mat & pillow.

Fun With Energy – Sue will lead you through an Energy Wellness class with upbeat music, focusing on ways to relieve stress, balance our energies and tap in to the powerful Radiant Circuit energies of joy. She will wave the Daily Energy Routine into the class you will learn ways to strengthen and support your immune system, helping the body to activate its natural healing energies.

Everyone can learn these techniques! Dress comfortably to allow for movement.

For more information, contact Sue at 650-3333.

ADDITIONAL UPCOMING WORKSHOPS TO BE HELD AT LIFESTYLES HEALTH & WELLNESS CENTRE:

Intro to Eden Energy Medicine – Wednesday, September 27th from 7 to 9 PM

This will be an information sharing of Dona Eden's work and all are welcome to attend. A donation basket will be placed at the door. This workshop will explain how Energy Medicine shows you how to understand and work with your body's reservoir of electromagnetic and more subtle energies to increase your vitality, enhance your health and your state of mind. For more than three decades, Donna Eden has been teaching people how to work with these energies to reclaim their natural healing capabilities. This information session will bring us together to watch a video presentation of Donna's basic principles and techniques. There will be an opportunity to learn her 10 minute daily energy routine which is a group of energy techniques that increase your vitality, strengthen your immune system, lower stress levels and become more resilient against illness.



Energy Wellness Workshop, Ways to Calm Stress – Saturday, October 14th from 10 AM to 12:30 PM, COST: \$35



In this workshop based on Eden Energy Medicine and the work of Donna Eden, participants will learn safe and gentle self-help exercises to enhance health through an energy wellness routine that promoted self-healing and well-being. You will also learn how to help balance the Triple Warmer and Spleen (stress and immune system). These simple and effective tools have been found to greatly benefit mental, emotional, physical and spiritual health. Dress as for yoga and bring a mat and blanket. Pre-registration required.

Energy Wellness Workshop, Ways to Boost Joy – Saturday, November 4th from 10 AM to 12:30 PM, COST: \$35

Through hands on practice, participants in this workshop will learn exercises to protect, support and balance their energies, simple techniques to calm the Stress Response, an energy-wellness routine that promotes self-healing and well-being, and how to trace the meridians (energy pathways) that activate the Radiant Circuits, bringing more joy and positive energies into your life. Dress as for yoga. Pre-registration required.

ABOUT SUE: *Two passions to share . . . Art and Energy Wellness*

Sue is an artist, a teacher and co-runs Art at Hooper Studios in Hampton. Sue is also a Certified Eden Energy Medicine Practitioner and a Registered Reiki Practitioner. Sue has been a nature love and an artist all of her life and has practiced different forms of energy work for over 40 years. Sue is working part time as a Partitioner out of her new office at Lifestyles Health & Wellness Centre. She is also teaching classes at both Lifestyles and Hooper Studios. Through Eden Energy Medicine, you will experience the tools to increase your vitality, strengthen your immune system, become more resilient against illness and stress, and literally brighten your day! For more information on her programs and services, you can contact Sue through Hooper Studios at 177 Kennebecasis River Road or by calling 650-333.

Visit Sue at our ***Holistic Fall Wellness Fair on Sunday, September 24th*** from 10 AM to 3 PM at

Lifestyles Health & Wellness Centre.