

Saturday, October 22 ~ 11:30am to 6:00pm

Holistic Palooza 2011

Natural Health Festival ~ No Admission Fee



Kathy, Ruchi, Irene & Rittlin

TRANQUILITY ROOM

- NOON Feng Shui
- 1:00pm Crystals
- 2:00pm Food Sensitivities
- 3:00pm The Art of Muscle Testing
- 4:00pm Super Simple Nutrition
- 5:00pm Healthy Relationships

SERENITY ROOM

- NOON Vinyasa
- 1:00pm Chanting
- 2:00pm Ashtanga
- 3:00pm Power Yoga
- 4:00pm Hatha Yoga
- 5:00pm Slow Flow

YOGA ROOM

- NOON Intro to Yoga
- 1:00pm Mindful Movement
- 2:00pm Karma Yoga
- 3:00pm Healthy Back Yoga
- 4:00pm Tai Chi
- 5:00pm Gonging Vibration

Complimentary Massage & Yoga
Free Classes & Demonstrations

UNITY ROOM

- NOON Clean Your Pipes
- 1:00pm The Golden Rule
- 2:00pm Foot Massage
- 3:00pm Overcoming Chronic Illness
- 4:00pm Evolutionary Astrology
- 5:00pm Shoulder Massage

STUDENT KITCHEN

- NOON Raw Food Prep
- 1:30pm Soup & Appetizer Demo
- 3:00pm Spaghetti & Veg-Meatball Prep
- 4:30pm Vegetarian Snack Demo

Carrying on Irene's Legacy

Nationally Accredited School of Therapeutic Massage
248-350-1400 www.irenes.edu
26061 Franklin Road in Southfield, Michigan 48033



Chanting Learn age old Buddhist chanting techniques to achieve inner peace and raise consciousness. *Aaron Shell*

Clean Your Pipes Learn many of the methods and products for cleansing our colon, blood, liver, gall bladder, and kidneys. *Jesse Brown*

Crystals Archeology reveals that humans have worn crystals and gemstones for thousands of years. Learn fun and practical ways they can help our bodies, minds, and spirit. *Sue Burton-Hidalgo*

Evolutionary Astrology This powerful tool helps recognize our souls purpose. *Valerie Weir*

Feng Shui This ancient Chinese method of design has been used for thousands of years using energy and balance to arrange your living and work environment. *Christine Evans*

Food Sensitivities The difference between food allergies and food sensitivities, their signs and symptoms, why they occur, and how to treat them will be discussed. *Dr. Keri Topouzian*

Foot Massage Reflexology is used to ease aches and pains, prevent illnesses, and maintain health. You will be introduced to reflexology points on the feet. Be prepared to remove socks and shoes to practice techniques on yourself. *Larissa Cisaruk*

Gonging Vibration Using this ancient art of yoga, experience breath, mantra, movement and the healing vibration of the gong. *Valerie Weir*

Healthy Relationships The quality of our relationships is a predictor of our happiness. Studies show that people with healthy relations have better health, less stress and a higher quality of life. After this class, you will walk away with useful tools to enhance all your relationships. *Brenda Strausz*

Mindful Movement Move in this energizing and inspirational class! Discover creative movement through meditation and dance. *Kathryn Bruce*

Overcoming Chronic Illness Top Ten Keys to Rejuvenation including how to reduce pain, inflammation, arthritis, and depression. *Dr. Mark Roby, ND*

Shoulder Massage Learn simple massage techniques on the neck and shoulder to reduce the stress of everyday life. Be prepared to practice techniques with each other. *Janet Szwabowski and Bill Desmond*

Super Simple Nutrition Learn to use real food to help prevent disease, support optimal health, and enhance athletic performance! *Dr. Kerrie Saunders*

Tai Chi This ancient Chinese system of exercise and martial art is a series of simple postures and flowing transitional movements used to improve balance, strength, circulation, and relaxation. *Carol Yamasaki*

The Art of Muscle Testing Applied Kinesiology can be used to access reflex points to maintain body wellness. *Dr. Marc Terebelo*

The Golden Rule The basic tenet at the core of every major religion teaches us we reap what we sow. It has been expressed as practicing compassion, karma, pay it forward, do unto others, etc. The class celebrates this Universal Truth that lies at the heart of every individual's success. *Reverend Ric Beattie*

Ashtanga Yoga

Hatha Yoga

Healthy Back Yoga

Intro to Yoga

Karma Yoga

Advanced participants *Matthew Darling*

All levels *Brian Black*

All levels *Raluca Metea*

Beginners *Jen Boyak*

All Levels *Katherine Austin*

Power Yoga

Slow Flow

Tai Chi

Vinyasa Yoga

Advanced participants *Michael Rice*

All Levels *Marni Stone*

Beginners *Carol Yamasaki*

Advanced participants *Marty Time*

Yoga Mat ~ Got One, Bring One