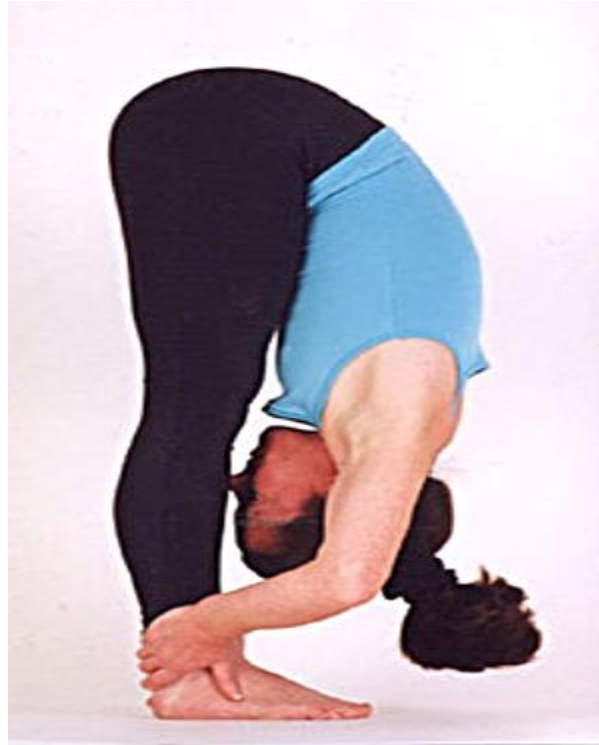


The Healing House
EIN-81-4081062 -5013C

The mission is to empower children, teens, veterans, and adults to make their world a better place one challenge at a time.



The Health Benefits of Uttanasana (Standing Forward Bend Pose):

- Stretches the hips, hamstrings, and calves
- Strengthens the thighs and knees
- Keeps your spine strong and flexible
- Reduces stress, anxiety, depression, and fatigue
- Calms the mind and soothes the nerves
- Relieves tension in the spine, neck, and back
- Activates the abdominal muscles
- Eases symptoms of menopause, asthma, headaches, and insomnia
- Stimulates the kidneys, liver, spleen
- Improves digestion
- May lower high blood pressure
- Therapeutic for infertility, osteoporosis, and sinusitis

Stay in this posture for 30 seconds to 1 minute.

Retrieve from <https://www.cnyhealingarts.com/2011/03/14/the-health-benefits-of-uttanasana-standing-forward-bend-pose/>



YOGA WITH CANDI

SEPT. 6TH , 13TH, 20TH & 27TH , 2018 - 7:30 PM
\$8.00 CHECK FB FOR MORE DATES.

COMMUNITY CONSCIOUSNESS FAIR-FUNDRAISER

OCT. 28TH , 2018 3:30PM - 7:00PM
WHERE: TERRA FERMATA
\$5.00 PER PERSON
CHILDREN AND TEENS ARE FREE!
LIVE MUSIC-FAMILY FUN-FAIRY HAIR & RAFFLES

WALK WITH THE HEALING HOUSE IN THE STUART CHRISTMAS PARADE

DEC. 7TH •2018

NEW YEAR'S EVE MORNING MEDITATION

DEC. 31ST , 2019 - 11:30AM - 12:30PM

ONE DAY YOGA AND MEDITATION RETREAT

FEB. 16TH , 2019 - KASHI ASHRAM 10:00AM- 7:30 PM
\$100.00 MAKE A DOWN PAYMENT TODAY!-SPACE IS LIMITED!

KASHI ASHRAM WEEKEND RETREAT

APR. 20TH & 21ST, 2019 - 10:30 AM - 10:30 AM

#CHANGING THE WORLD ONE BREATH AT A TIME
#LEARN TO REDUCE YOUR OWN STRESS

EIN 81-4081062

WWW.THEHEALINGHOUSEMINDFULNESS.ORG

THEHEALINGHOUSE.111@GMAIL.COM

CONTACT:CANDICE MCCOY

Tentative Calendar Schedule

September 2018 through December 2018

◀ August	September 2018						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3	4	5	6 7:30 pm Yoga with Candi \$8.00	7	8	
9	10	11	12	13 7:30 pm Yoga with Candi \$8.00	14	15	
16 Teen Acupuncture 1:30-2:30 pm	17	18	19	20 6:30 pm Meditation Class and Healing Circle \$20.00 7:30 pm Yoga with Candi \$8.00	21	22	
23	24	25	26	27 7:30 pm Yoga with Candi \$8.00	28	29	
30							

We do not discriminate based on race, ethnicity, color, sex, religion, age, national origin, ancestry, citizenship, sexual orientation, gender identity and/or expression, or disability.



“True forgiveness is when you can say, "Thank you for that experience.”

— Oprah Winfrey

October 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 7:30 pm Yoga with Candi \$8.00	5	6
7	8	9	10	11 7:30 pm Yoga with Candi \$8.00	12	13
14 Ayuveda 101 3 pm \$10.00	15	16	17	18 7:30 pm Yoga with Candi \$8.00	19	20
21	22	23	24	25 7:30 pm Yoga with Candi \$8.00	26	27
28 Community Consciousness Fair 3:30 pm -7 pm Terra Fermata \$5.00 Artwork for PCE and MCHS Family Fun Fairy Hair Acupuncture for Women	29	30	31			

“Resentment is like drinking poison and then hoping it will kill your enemies.”

— Nelson Mandela

November 2018							r ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 7:30 pm Yoga with Candi \$8.00	2 Glow Bracelet Yoga Time: TBD	3	
4	5	6	7	8 7:30 pm Yoga with Candi \$8.00	9	10	
11	12	13	14	15 7:30 pm Yoga with Candi \$8.00	16	17	
18	19	20	21	22 Happy Thanksgiving!	23	24	
25	26	27	28	29 7:30 pm Yoga with Candi \$8.00	30		

December 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Acupuncture for Stress, Anxiety & Depression During the Holidays Sun., Dec. 2, 2018, 1:30 pm - 2:30 pm	3	4	5	6 7:30 pm Yoga with Candi \$8.00	7 Stuart Christmas Parade <u>Hope you walk with us this year!</u> ☺	8
9	10	11	12	13 7:30 pm Yoga with Candi \$8.00	14	15
16	17	18	19	20 8:30 pm Yoga with Candi \$5.00	21	22
23	24	25	26	27	28	29
30	31 New Year's Ev Morning Meditation- Terra Fermata 11:00 am					

Mark your calendars for the events! We also will have two yoga retreats this year at Kashi Ashram.

- February 16, 2019 –Emotional Preparedness Yoga and Meditation Retreat!
 - 10 am -7:30 pm (Includes vegetarian lunch and dinner)
 - \$100.00
- April 20-21, 2019-Life is Sweet Retreat: Manifest the Life You Want!
 - Yoga, Breathing, and Mediation
 - Prices vary based on overnight accomondations-Inquire about prices.
 - 10:30 am-10:30 am
 - Noble Silence form 5 pm-8 am.

To sign up or for more information visit
www.thehealinghousemindfulness.org

The Healing House

The mission is to empower children, teens, veterans, and adults with holistic tools to make their world a better place one experience at a time.

Benefits of Yoga and Meditation:

- ✓ Reduces anxiety
- ✓ Reduces stress
- ✓ Increases cognitive performance
- ✓ Increases focus
- ✓ Increases flexibility, balance, and coordination
- ✓ Increases muscle strength and tone
- ✓ Weight reduction
- ✓ Assists with digestion
- ✓ Improves your memory
- ✓ Improves sleep
- ✓ Calms your nerve system
- ✓ Stretches and protects your spine
- ✓ Improves your postures
- ✓ Increases immunity
- ✓ Prevents joint problems
- ✓ Strengthens your bones
- ✓ Normalize your blood pressure
- ✓ Improves your reaction
- ✓ Increases your blood flow
- ✓ Brings harmony to your life

Retrieved from <https://www.yogajournal.com/lifestyle/count-yoga-38-ways-yoga-keeps-fit>

Classes and Services at The Healing House:

Vinyasa Yoga Classes (Every Thursday Evening @ 7:30 pm)

Cost: \$8.00

Where: The Dirty Hippie upstairs at the Yoga Loft
30 SW Seminole Street
Stuart, Florida 34994
561-222-6057

Meditation Classes: Call 561-222-6057 for information

Where: The Dirty Hippie upstairs at the Yoga Loft
30 SW Seminole Street
Stuart, Florida 34994
561-222-6057

We Come to You:

Private Yoga and Meditation Classes for Business, Families, Schools, Daycares, children, teens, and Individuals. Prices vary. Inquiries: 561-222-6057

Other Services:

Private Reiki Session - \$60 – 1 hour or \$1 a minute

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Integrated Energy Therapy-\$60 - 1 hour or \$1 a minute

Integrated Energy Therapy (IET) opens and facilitates the flow of vital life force within the human body and energy field. The IET techniques painlessly awaken and clear core cellular memory which has been suppressed within the body, mind and spirit; assisting the release of old energy patterns and promoting the self-healing process.



May all beings everywhere be happy and free!

Candice McCoy

Executive Director and Founder of The Healing House, Inc

EIN-81-4081062

www.thehealinghousemindfulness.org

561-222-6057

Thehealinghouse.111@gmail.com