

FREE SoderWorld Sunday Classes featuring various Topics & Guest Speakers*

9:30am—10:30am (Love Donations for the Speaker Appreciated)

On Sundays, SoderWorld is committed to offering a FREE class on a variety of subjects for your mind, body, and spiritual growth and awareness. Bring a friend or family member. We honor all world religions and are not affiliated with any one religion or dogma. For our quarterly class schedule, come in and pick up a copy or visit our website, Facebook page, or signup for our emailed newsletter.

Sunday Workshops* 11:00am—1:00pm (Prices Vary — Average \$25-\$30)

Following our Sunday morning free classes, SoderWorld often provides a related workshop or lecture on select topics. SoderWorld does keep a portion of the workshop fee. Thank you for supporting our Center.

*If you are interested in being a Sunday Class/Workshop Speaker, please email us at mail@soderworldwellness.com for an application form.

 **Sunday Special**  11am—5pm Sundays Only

Attend a Sunday Class or Workshop and receive a 20% discount on a same-day massage. Schedule is subject to availability, so call ahead for a reservation. Explore our beautiful meditation gardens and walk the labyrinth before your massage. Bring a guest. Treat yourself to a fabulous massage. You deserve it!

JANUARY – FEBRUARY – MARCH, 2017

JAN 1ST **CLOSED:** Celebrate the New Year with those you love.

JAN 8TH **THE AKASHIC RECORDS: UNDERSTANDING YOUR SOUL'S JOURNEY.** Join **Greg Zera** to learn: what the Akashic Records are; what the Akashic Records are not; what happens in an Akashic Record consultation; how you can use the information provided by the Records for your highest and greatest good; & why it is important to have a relationship with your Akashic Record. Greg Zera is a Reiki Master Teacher, Akashic Record Consultant, Certified QiGong Instructor & Practitioner of both Vibration Sound Therapy & Crystalline Consciousness Technique.

PRIVATE CONSULTATIONS: Only six Akashic Record Consultations available. Schedule a 20-minute session for \$25.

JAN 15TH **CREATING YOUR AMAZING 2017.** Start your New Year with guidance from **Lozen BrownBear** of the Apache Nation. When it comes to creating an amazing year, we must decide to do a major exploration of the inner self. The power to change the outer world must change within you first.

WORKSHOP: Your Amazing 2017. Lozen will share some powerful techniques to achieve an amazing 2017. \$25

JAN 22ND **WHY DO REGRESSIONS?** **Gail Schoenbacher**, Hypnotherapist, will discuss (1) present, (2) prenatal and (3) past life regressions. The first will uncover issues the conscious mind does not want to deal with, like "Why can't I lose weight?" The second will touch on sensitive buried issues, like "Why did my parents abandon me?" The third will answer soul questions, like "Why am I attracted to this person?"

WORKSHOP: Group Regression. The entire group will be regressed to a past life experience followed by Q&A. \$20

JAN 29TH **BEST OF BOTH WORLDS: DEEP TISSUE KMI AND BREATHWORK.** The goal of healing should be to both support and empower. Kinesis Myofascial Integration (KMI) offers a highly supportive but temporary therapeutic space which unfolds over 12 sessions including simple active breathwork: a deeply healing experience with both intelligent and intuitive bodywork that results in lasting cumulative change. Experience it for yourself with **Kevin Troiano**, a medical intuitive certified in KMI Structural Integration and Massage Therapy.

WORKSHOP: Body Reading & Structural Strategies followed by Group Breathwork. Get a personal body reading and then experience KMI as both intelligent & intuitive. Group breathwork to follow. \$25

FEB 5TH **HOW TO LOSE WEIGHT & KEEP IT OFF WITH ACUPUNCTURE & CHINESE MEDICINE.** Ready for change? Reduce your cravings and increase your metabolism. Let acupuncture energize your body and maximize the absorption of nutrients, regulate elimination, control overeating, suppress the appetite and reduce anxiety by using a combination of body and ear points. Join **Sonia Rivera**, licensed Acupuncturist in the healing arts for over 15 years.

WORKSHOP: Come and experience a mini-treatment for weight loss. Discuss nutrition and lifestyle changes to help you achieve your goals. Go home with ear beads with adhesive placed in the same spots on the ear to continue stimulation of ear points. By applying pressure to the beads when you feel an urge to eat, it causes a mild endorphin release, relaxing you and increasing your willpower to resist temptation! \$25

FEB 12TH **MESSIAHS AMONG US: FINDING DIVINE LOVE.** **Chad Soderholm** will present this big screen multimedia presentation and explore the subject of divine love as taught by various renown ascended masters from their wise philosophies and guidance. A group discussion will follow, so bring a friend and plan to stay until 11 AM.

After class, you're welcome to join us for brunch at **Mattie's Restaurant** just 2 blocks North of SoderWorld on Route 83 (Kingery Rd).

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FEB 19TH 15 PLAYS IN 45 MINUTES ABOUT BEING IN LOVE. Watch relationship experts **Bill & Theresa Simantirakis** in a first time theatrical performance at SoderWorld that answers the question: What's happening when we fall in and out of love? Bill & Theresa Simantirakis are instructors for the Gottman Method 7 Principles Program. They are "love coaches" that rely on the scientific method for relationship advice. As trained Gottman Educators, they instruct singles and couples on the proven techniques to help their love lives thrive instead of just survive.

WORKSHOP: What makes love last? Take an introspective look at your love life. No sharing of personal details with anyone. Discover proven techniques to deepen friendships and connections. \$25

FEB 26TH WHO ARE YOU CALLED TO BE? THE ENNEAGRAM--WINDOW TO YOUR SOUL. Join **Rosemary Hurwitz** for an Introduction to the Wisdom of the Enneagram, a 9-point universal personality to spirit (holistic) system by ancient spiritual seekers. Rosemary will briefly discuss its history and provide a sample of the wellness map within about 3 of the 9 types, which is what time will allow. Rosemary has been teaching & coaching for over 15 years.

WORKSHOP: Who Are You Called to Be? A deeper look with the Enneagram. As a continuation of her presentation, Rosemary takes a deeper look into the other 6 types and their emotional wellness map within. \$25

MAR 5TH SELF-CARE DURING CANCER TREATMENTS & BEYOND. From her personal experience, **Donna Williams** will share some tips on how to live better while going through cancer treatments or just deciding to live a healthy lifestyle. She will share with you how to implement a lifestyle of Reiki, meditation, diet and exercise for a successful experience. This is excellent for parents and caregivers. Self-care is very important.

WORKSHOP: Donna will share Reiki energy with you so you can administer self-healing or assist loved ones. \$25

MAR 12TH PSYCHIC PANEL: Where can you experience 3 readings for 1 question—all for a love donation? Ask and it is given at this popular event! Come early for a seat and bring a friend to hear **JoAnn Seckus** (Card Reader & Intuitive), **Philip Clark** (Numerologist) & **Jim Schultz** (The Intuitive Channeler). This class extends to 11 AM to serve more people. If you desire an individual reading, our panelists are available for private readings at SoderWorld.

MAR 19TH NATURE AS YOUR HEALER: EXPLORING PERMACULTURE DESIGN. Permaculture is a contraction of the words "permanent," "agriculture," & "culture." **Marie Zubinski**, Yoga Instructor, Massage Therapist & SoderWorld's Resident Gardener, explains permaculture design and how to create more sustainable landscapes with a spiritual connection to nature. Topics will include building rain gardens, fruit tree guilds, edible forests, and nature therapy.

WORKSHOP: Making the Most of Resources in Your Back Yard. Weather permitting, we will tour the SoderWorld grounds, look at different medicinal plants, different ways to make the most out of the landscape (rainwater harvesting and native species), and conclude with a walking nature meditation. \$25

MAR 26TH INTUITION + LEARN 6 WAYS TO MUSCLE TEST + WHAT'S YOUR HIGHEST GOOD? Join **Tom Masbaum** & learn six different ways to use your body to tell you what is for your highest good. Learn a three-second acupressure technique to reduce anxiety, anger, etc. that you can do without anyone knowing you are doing a procedure. Practice in the class zeroing in on your intuition. Learn the Mind/Emotion/Body connection. www.eft-tom.com

Private Emotional Freedom Technique (EFT) Session while you experience increased blood flow from the new Bio-Electro-Magnetic (B.E.M.E.R.) device going into NASA spacesuits. [8 minutes twice per day equals a 5-mile run]. Enjoy both at once—an EFT session and 8 minutes on the B.E.M.E.R. mat from Germany. \$20 for 8 mins/person