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Creative Connectionz
 focusing on the 3 ARTz



YOGAaah



DRUM CIRCLES

MASSAGE

Therapeutic Massage/Essential Oils
 Positive Movez * YOGAaah style classes
 Community Drum Circles
 Creative Healing Artz Workshops
 Sacred Circle Gatherings * Weddings
 Retreats * Seminars * Conferences

VISUAL | PERFORMANCE | HEALING ARTz



Deblyn Russell

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 [Located in the Cedar Valley Clinic of Acupuncture]

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Jowa Holistic Expo

"A body, mind, soul expo", featuring
 Dr. Norm Sheedy, the Secret Code for Bliss

March 15, 16, 2008

Des Moines Marriott Downtown

I will be at **Iowa Holistic Resources** booth

www.sacredintentions.org



Mark your calendar for this years

CORNSTALK III

Art, Peace and Music Festival
 The first weekend in august

For more info www.cornwoman.com

wisdom * priorities * opportunity * hope * achievement * retreat * truth * love
 * gratitude * grace * tenderness * support * love



Therapeutic Massage

Drawing from 17 years experience giving therapeutic massage. Rejuvenate with a unique massage experience that is a "healing salve for the body/mind/spirit of self". Also used, are 3 therapeutic grade essential oils along the spine.

\$30 for 30 min. ~ \$55 for 60 min.

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Kahi Loa, (One with Life)

a prayerful, earth based massage approach, is now available.

**90 minute sessions ~ \$75
(intro special until 7-4-08 for \$55)**

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Integrative Body Networking

12 hour CEU massage training program

This course will teach a full body massage, from an art and science approach. Networking and integrating the bodies muscles and soft tissue.

**The next training is Fri., May 30, 6-10 p.m.
and Sat., May 31, 9 a.m.-6 p.m.**

Max. 4, Pre-registration is required

Introductory SPECIAL: \$120

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Positive Movez ~ YOGAaah

6 week sessions • March 11 ~ April 23

(No class, Thursday, April 10)

May 6 - June 12

80 minute classez

**Tuesdays and Thursdays @ 5:45 p.m.
Wednesday @ 9 a.m.**

**Cost: \$50 for any classes in 6 wk session
\$30 for any 6 classes in 6 wk session or drop by
anytime for \$7 a class held at the U. U. S.
Sanctuary, 3912 Cedar Heights Dr.**

Hatha style yoga has become my personal style, mixed in with a variety of modalities. 17 years of teaching Positive Movez ~ YOGAaah style.

You ~ breathing, stretching, and healing.

Gather the Women

Gather your girlfriends and come to this evening ritual and artistic workshops, on

International Women's Day

Saturday, March 8, 6:30-9 p.m.

This event will honor each woman in a celebratory way, admission is "**free will offering**" toward room rent and workshops. Held at the **Unitarian Universalist Society, 3912 Cedar Heights Dr., Cedar Falls.**

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Commissioned Lay Minister

In November 07', I was initiated into the Unitarian Universalist Society as a CLM.

This creates an opportunity for me to continue to celebrate sacred gatherings, MARRY & bury.

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Community Drum Circle

Where the magic of the rhythm takes over!

The Spring Equinox Drum Circle...

Friday, March 21 at 7:30 p.m.

Merry Month of May Drum Circle...

Friday, May 16 at 7:30 p.m.

Summer Solstice Drum Circle

Outdoor location TBA – Fri., June 20

Bring your own percussion/drum instruments or use those provided...**FREE**. Held at and sponsored by the Unitarian Universalist Society RE, in the Sanctuary

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The Moses Code

A major spiritual film, about Law and Attraction and manifestation, is being combined with a world-wide prayer and meditation vigil.

The Moses Code will be shown at the Unitarian Universalist Society,

6 p.m. & 7:45 p.m., Saturday, April 5th
Cost is **\$5** per person. Special discounts available
The prayer/meditation vigil will held there on
Sunday, April 6th from 11 a.m. - noon
Sponsored by Creative Connectionz & Spirit Unlimited.