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March 2025

At A Glance

Join us this month for exciting and enlightening courses, workshops, and special events at our Center for Holistic Health!



Chair-Based Yoga & Meditation with Kate Lewis: **TUESDAYS ALL MONTH LONG • 1PM - 2PM**

A chair is used as the primary prop in this gentle, accessible form of yoga. Students will move through seated poses, stand beside the chair to aid in balance, and go through a variety of movements utilizing the chair to boost strength, flexibility and general well-being. **PRICE: \$16 PER CLASS OR BUY 5 CLASSES FOR \$14 EACH (\$70 PACKAGE)**



Sound Immersion Experience with Valerie Redzinak: **WEDNESDAY, MARCH 12 • 7PM - 8PM**

A Sound Immersion is a meditative experience where those in attendance are "bathed" in sound waves. Laying down or sitting comfortably in a chair, we start with a simple guided meditation. The vibrations are produced by various instruments such as gongs, singing bowls, chimes, rattles, and even the human voice itself. We wake from this meditative state feeling comfortable and refreshed. **PRICE: \$30**



Drum Making Workshop with Walter Crow: **SATURDAY, MARCH 15 • 11AM - 1PM**

SOLD OUT • FULL CLASS



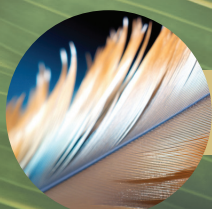
Drum Circle with Valerie Redzinak: **SUNDAY, MARCH 16 • 1PM - 3PM**

A Drum Circle (a.k.a "Rhythm Party") welcomes ages 15+ and offers a chance to participate in a lively group activity with friends and neighbors, regardless of prior musical or drumming experience. It's all about the FUN! No instruments are required to join in, but feel free to bring along your own drums or percussion instruments if you have them. Instruments are available but quantities are limited. The minimum number of participants must be 4 or more in order to hold a proper Drum Circle, so please share this event and feel free to bring friends and family. The more, the merrier! Secure your spot online and send your donation via Venmo to @BeckWellnessCenterNJ **SUGGESTED DONATION: \$20**



Past Life Regression with Gina Cannone: **TUESDAY, MARCH 18 • 7PM - 9PM**

Experience & explore your past lives! Past Life Memory Fragments are encountered everyday through dreams, deja-vu & intuitiveness. Learn about Past Life Recall and experience the regression! Truly enlightening, leaving you with a greater understanding of the soul experiences! When taken back to see & examine past life journeys, we can understand why things are the way they are in the present life. We bring with us both positive traits and talents as well as detrimental habits and patterns. **PRICE: \$55**



Reiki Wand Feathering Certification Course with Gina Cannone: **SATURDAY, MARCH 22 • 11AM - 1PM**

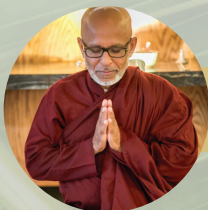
Learn how to incorporate the use of feathering within your reiki session using Goose Feather Puff Wands, Peacock Feathers and Ostrich Feathers for hands-on techniques. You will practice with/on each other and discover the beauty of feathering! The combination of Reiki energy healing techniques with the use of feather wands enhances the overall healing experience, fostering a sense of harmony, rejuvenation, and spiritual alignment. Feathers are often seen as symbols of freedom, transcendence, and a connection to the divine. In many traditions, they represent the presence of spiritual beings, offering guidance, protection, or messages from the unseen realms. Additionally, feathers are symbols of ascension and enlightenment, reminding you to stay open to new insights and experiences. **PRICE: \$125 (Includes feathers and course packet with diploma)**



Monthly Meditation with Joanne Kelleher:
SUNDAY, MARCH 23 • 10AM - 11AM

Please join us for a series of extended Angel and Master Downloads to transform and facilitate your ascension process. Joanne's Healing Meditations will assist with adjusting to higher vibrational attunements. Transmissions vary monthly, such as meditations to improve focus, motivation, calm, balance, confidence, acceptance, courage, insight, and clarity. Discussion and/or practice to follow. Participants should wear comfortable clothes, bring a yoga mat and any other tools needed to sit comfortably for an hour's practice.

PRICE: \$25



SPECIAL EVENT! Awakening in the Midst of Life: A Meditation for Inner Recognition
with Bhante Sujatha: **SATURDAY, MARCH 29 • 11AM - 1PM**

Life doesn't take a time out for us, even when we feel like we need it. But we have the power to take our mind out of life, and can use this ability to observe it clearly. This is the way we bring our practice off of the cushion and into the midst of life. By learning to keep our mind open and aware throughout the day, we discover the true application of mindfulness practice. In this workshop, Bhante Sujatha will guide you through techniques that help to dissolve the lines between the "beginning" and "ending" of a meditation practice, and discover that mindfulness is an ongoing process that becomes a companion in life. In this program suitable for both new and seasoned practitioners, we will learn how to measure our responses, become more adaptive, reduce conflict, and manage emotions. Join Bhante Sujatha in this workshop to learn that in both good times and bad, we always have the choice to step back and see what is happening. This session will include: An Introduction – Awakening in the Midst of Life • A Guided Meditation • Group Discussion: Time for questions and answers +.

DONATION: \$45



Sunday Sound Reset with Valerie Redzinak:
SUNDAY, MARCH 30 • 6PM - 7PM

Timing is everything. Bring your weekend to a close and prepare yourself for the days ahead, ready to calmly take on whatever comes your way during the week. Come, be guided into a meditation and ease into the sound vibrations at a Sunday sound immersion. All you have to do is show up and relax, our sound facilitator will do the rest. Yoga mats and blankets are provided. Bring a pillow, eye pillow or mask and anything else that would make you comfortable.

PRICE: \$30

Please visit our website to register for all of our upcoming classes!



www.holistichealingbwc.com

