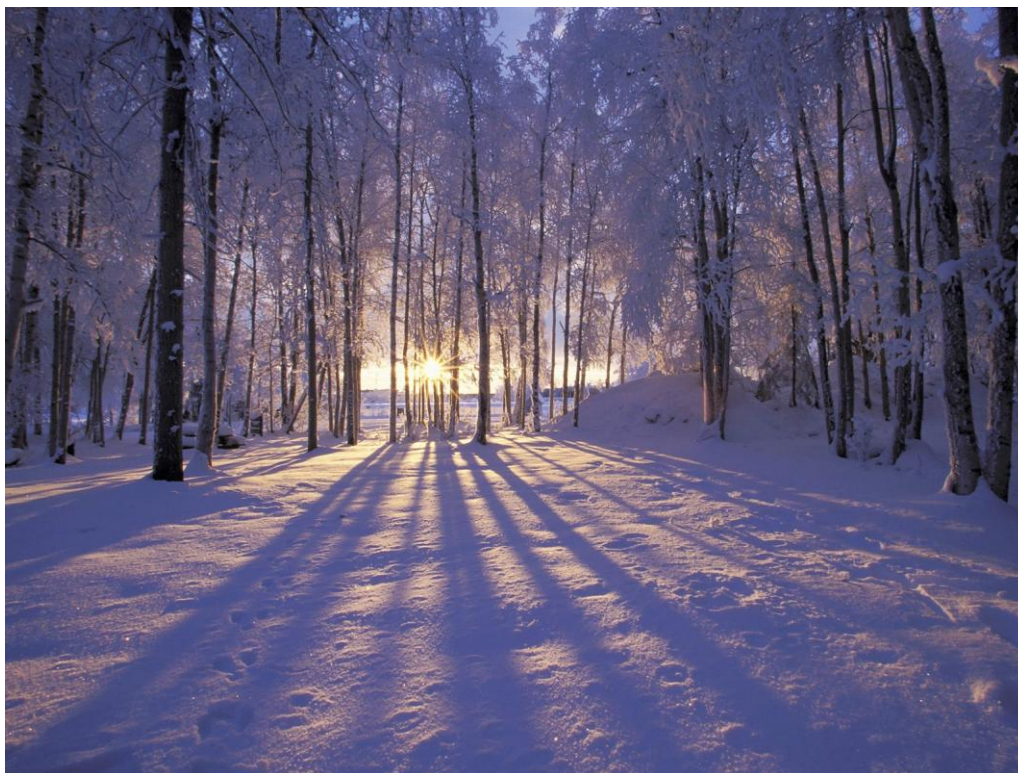


Wainwright House Programs – Winter 2012

More complete descriptions and biographies are on the website



WAINWRIGHT HOUSE PROGRAM & EVENT GUIDE *WINTER 2012*



A Center for Spiritual Healing, Ecology and Retreats

260 Stuyvesant Avenue Rye, NY 10580

www.wainwright.org

914.967.6080

Find us on **Facebook!**

Wainwright House Inc. is qualified as a tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code. Contributions are tax-deductible, as allowed by the law.

Programs run, or are cancelled, based on registration 48- 72 hours in advance.
Please register early to help us run the programs you want, at **www.wainwright.org** or **914-967-6080**.

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JANUARY

“Mindful Yoga for Everyday Healing,” *an ongoing class*

Susan Wright, LMT, LCSW-R, Certified Kripalu Yoga Teacher

Wednesdays 10:30 am – 12 noon

\$20 drop-in class. Pay by cash or check in studio

\$60 monthly card for one calendar month only. Purchase on the first Wednesday of the month.

Mindful Yoga and meditation as a complement to fitness yoga classes, or as a regular stand-alone practice.

“Interfaith Celebration”

Rev. Mary Azima Jackson, Interfaith Minister

Sunday, January 22, 2 pm

Donations Appreciated.

An opportunity for those of different faiths to worship together, while encouraging you to deepen your own faith.

“Channeled Grace Healing Circles”

Theresa Joseph and Linda Fallo-Mitchell

Mondays, January 23, February 7, February 27, 11 am – noon

\$12 WH members/\$18 non-members

This is like getting a \$150 healing session from either Theresa or Linda for a deep discount.

“Living in Higher Frequencies Meditation Class”

Teddy Cronin

Wednesday, January 25, 7 pm – 8:30 pm

\$10 WH members/\$15 non-members

Through channeled energies and participation in higher frequencies, you are encouraged to recognize that meditation is a progression of continually allowing your life to expand and express these higher energies of being.

FEBRUARY

“Mindful Yoga for Everyday Healing,” *an ongoing class*

Susan Wright, LMT, LCSW-R, Certified Kripalu Yoga Teacher

Wednesdays 10:30 am – 12 noon

\$20 drop-in class. Pay by cash or check in studio

\$60 monthly card for one calendar month only. Purchase on the first Wednesday of the month.

Mindful Yoga and meditation as a complement to fitness yoga classes, or as a regular stand-alone practice.

“Private Akashic Session with Bill Foss”

Thursday, February 2

More private sessions may be added Monday, February 6 according to demand

Call for pre-paid appointment

\$150 one-hour readings

\$125 with “Journey to the Akashic Readings” enrollment

Bill Foss will work with you to unlock your greatest potential, give life path guidance, for personal healing and manifesting. Looking into your personal Book of Life will enable you to see tendencies from other lifetimes or timelines. Channeled information from the Akashic Records, with the aid of your spirit guides, angelics, and ascended masters or spiritual gurus.

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“Journey to the Akashic Records”

Friday, February 3 7:00 pm - 10:00 pm

Saturday, February 4 9:00 am - 6:00 pm

Sunday, February 5 10:00 am - 4:00 pm

with Bill Foss

***Workshop Registration by Monday, January 30**

\$225 weekend WH members/\$275 weekend non-members

Friday evening \$25 members / \$35 non-members (7 – 10 pm)

Saturday \$125 members / \$175 non-members (9 am – 6 pm)

Sunday \$100 members / \$150 non-members (10 am - 4 pm)

Lodging is available for \$65 per person/per night for those attending workshops and programs.

We offer single, double or triple occupancy. All rooms are in true retreat style, with hall baths.

Friday night's program is a stand-alone introduction to the Akashic Records or a pre-workshop lecture. Take a meditative journey through your own Akashic Records. On Saturday, participate in energy exercises and techniques taken from Tai Chi, Qi Gong and Reflexology to stimulate the energy fields, endocrine system and physical body. Learn to recognize contrast and how to release conflict from the mind, body and energy fields. Welcome joy through prayer and meditation. On Sunday, experience energizing and breathing as we open the senses and go even deeper into the Records with a different guided journey. Explore and ask questions concerning past life experiences and how they have translated into your present state. Look into the future at possibilities, translate symbols, sounds and messages given to you in the Records.

“The Healing Power of Truth”

Mystic Birinder

Thursday, February 2, 7-9 pm

\$20 WH members/\$35 non-members

Join Mystic Birinder to understand the true process of Healing. Only knowing the Ultimate Truth and living toward True Reality of the Self can dissolve confusion, disorder and disease.

“The Importance of a Spiritual Guide”

Mystic Birinder

Saturday, February 11, 1-4 pm

\$150 WH members/\$175 non-members (for all three workshops)

\$55 WH members/\$70 non-members for this workshop only

If you are in turmoil and unhappy, the Truth is the missing ingredient in your life. The Truth is what can heal today's bruised and worn out world. Truth has not changed since the beginning of time and will not change until the end of time.

“Purpose, Karma & True Power”

Mystic Birinder

Saturday, February 25, 1-4 pm

\$150WH members/\$175 non-members (for all three workshops)

\$55/\$70 for this workshop only

Purpose is powerful word. It identifies the Self and moves the most powerful faculty of the human mind – WILL. The secret of happy living is hidden in the relationship between Purpose and Will. Know how to arrive at your clear purpose.

“Introduction to Contemplative Meditation”

Maureen Adamson with Rev. Craig Higgins

Saturday, February 4 9:00 am – 2:30 pm

\$40 WH members or with church affiliation/\$50 non-members

This popular program is a solid, well-rounded introduction for those who are drawn to meditation as an ongoing spiritual discipline. Program provides a non-denominational introduction into the deeper waters of Christian spirituality. **Includes light breakfast and lunch.**

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Wainwright House Programs – Winter 2012

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“Channeled Grace Healing Circles”

Theresa Joseph and Linda Fallo-Mitchell

Mondays, February 7, February 27, 11 am – Noon

\$12 WH members/\$18 non-members

This is like getting a \$150 healing session from either Theresa or Linda for a deep discount. The larger the circle, the more powerful the healing so please take the time and do something wonderful for yourself. Please come early to register so the circle can start on-time and in peace.

“Living in Higher Frequencies Meditation Class”

Teddy Cronin

Wednesday, February 8 and 22, 7 pm – 8:30 pm

\$10WH members/\$15 non-members

"Living in Higher Frequencies" introduces meditation as a way of living. Through channeled energies and participation in higher frequencies, you are encouraged to recognize that meditation is not simply a seated experience with a beginning and an end; it is a progression of continually allowing your life to expand and express these higher energies of being.

Wainwright House Jazz Brunch

Bob Mover Trio

Sunday, February 12

12:00 – 3:00 pm

\$35 per person

Catered by Corner Stone

“Angel Card Readings”

Lisa K, Angel Therapy Practitioner®

Saturday, February 25, 10:30 am – 5 pm

\$60 - 25-minute Reading

Please call for appointment.

During an Angel Reading, an Angel Therapy Practitioner® receives healing and supportive messages from your angels and spirit guides and delivers them to you. You have an opportunity to ask the angels and your guides questions which may relate to your life's purpose, health, relationships and finances, but you are certainly not limited to these. During your session you may also receive divine guidance from other energies surrounding you including Ascended Masters, your deceased loved ones, and/or your Higher Self.

“Tarot Card Readings”

Lucia Marcella, Master Intuitive Tarot Reader

Saturday, February 25, 10:30 am – 5 pm

\$60 – 25-minute reading

Please call for appointment.

A Tarot consultation with a Master Intuitive Tarot Reader can give you a sense of the probabilities inherent in a situation. The direction you take with this knowledge is up to you. A Tarot reading gives a snapshot of what is going on in the present. It can help you see aspects of a situation that have been invisible or hidden to you. Although the reading does reflect probabilities, it is not a form of fortune-telling.

“Interfaith Celebration”

Rev. Mary Azima Jackson, Interfaith Minister

Sunday, February 26, 2 pm

Donations Appreciated.

An opportunity for those of different faiths to worship together, while encouraging you to deepen your own faith.

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MARCH

“Mindful Yoga for Everyday Healing,” an ongoing class

Susan Wright, LMT, LCSW-R, Certified Kripalu Yoga Teacher

Wednesdays 10:30 am – 12 noon

\$20 drop-in class. Pay by cash or check in studio

\$60 monthly card for one calendar month only. Purchase on the first Wednesday of the month.

Mindful Yoga and meditation as a complement to fitness yoga classes, or as a regular stand-alone practice.

“Balancing Feminine & Masculine Energy”

Mystic Birinder

Saturday, March 3, 1 - 4 pm

\$150 WH members/\$175 non-members (for all three workshops)

\$55 WH members/\$70 non-members for this workshop only

This powerful workshop will address the need for balanced feminine and masculine energies, differences between surrender and submission, and the recognition of our sources of guilt. Every Self desires freedom.

“Healing with Whole Foods”

Saturday, March 3, 9:30 am - 2:00 pm

with Drew DiVittorio

\$35 WH members/\$50 non-members

Drew DiVittorio, one of the area's leading authorities on health and healing will help you learn how to balance and calm your own body through the practice of Tai Chi, how to prepare whole foods at home, and cutting edge information on detoxification and rejuvenation. Learn and taste the healing power of some of the herbal teas Drew recommends.

“Spirit Speaks – Are You Listening?”

A Channeling Session, Talk and Book-Signing Reception

Saturday, March 10, 3 – 5 pm

with Valerie Croce-Stiehl

\$25

“Spirit Speaks-Are You Listening” follows the remarkable spiritual journey of Valerie Croce Stiehl, who knew from early childhood that she had a wise and true voice within that spoke to her from realms beyond. The book tells her tale as the suddenly single mother of five children, years of deprivation as she struggled to put food on the table for her family, to a transforming Near Death Experience in a devastating car crash, and a decade living on an Indian reservation in South Dakota. Valerie will channel for the group and talk about her life experiences. Books are available for purchase and signing. Valerie will be giving two workshops, a retreat weekend, on May 5 and May 6.

“Discover and Release

Negative Patterns from Past Lives”

Saturday, March 10, 10:00 am – 3:00 pm

Michael Rosenbaum ACHT, MP

\$50 WH members/\$65 non-members

We welcome back Michael Rosenbaum whose first Wainwright House workshop was gloriously received by all who attended. Have you ever wondered why you feel suddenly afraid, or angry or sad in a particular situation or with a particular person or place? Well, the cause of that reaction may be from another lifetime. Past-life regression is a very effective way to heal those negative patterns. In this workshop you will learn how and why the mind holds onto memories from past lives. Be led in a group past-life regression to discover and start to release a negative pattern. No prior experience with regression therapy is needed. Please bring your lunch to eat at the lunch break.

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Wainwright House Programs – Winter 2012

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“Learning to Let Go of the Pain”

Saturday, March 10, 10:00 am – 4:00 pm

Dr. Paul Epstein

\$90 WH members/\$125 non-members

Learn how to listen to symptoms and inner wisdom using mind-body therapies of guided imagery, meditation and psychotherapy. Discover the message and meaning hidden inside pain and symptoms.

Wainwright House Jazz Brunch

Ron McClure Trio

Sunday, March 11, 12:00 – 3:00 pm

\$35 per person

Catered by Corner Stone

“Living in Higher Frequencies Meditation Class”

Teddy Cronin

Wednesday, March 14 and 28, 7 pm – 8:30 pm

\$10 WH members/\$15 non-members

Through channeled energies and participation in higher frequencies, you are encouraged to recognize that meditation is a progression of continually allowing your life to expand and express these higher energies of being.

“One Light Healing Touch Evening”

Thursday, March 15 7:00 pm - 9:00 pm

Penny Price Lavin

\$15 WH members/\$25 non-members

Join us for a fascinating, experiential evening of energy healing with the acclaimed Energy Healing and Mystery School, ONE LIGHT HEALING TOUCH.

This evening is a preview for **One Light Healing Touch Day of Healing on April 14.**

Spring Equinox Celebration

Sunday, March 18 6:00 – 7:30 pm

Fire Ceremony and Drumming

Susan Wright, Teacher of Shamanic Practices, Leigh Reeves and Rebecca Kane

Donations welcome.

We need a restored balance with nature to permeate our own personal lives. And as we begin to find that personal balance with nature, we may find renewed grace and power in our work towards a common future.

A Mystical Journey through Song and Poetry

Friday, March 23, 7:30 - 9:30 pm

Soprano Deborah Lefton, pianist Charis Dimaras, and the Voicepoint Ensemble

Join us for the musical passion of award-winning soprano Deborah Lefton and world-renowned accompanist Charis Dimaris, as they present songs celebrating the love affair between a soul and God. Program includes dramatic presentations by Voicepoint Ensemble of the divine messages of Mirabai, Rumi, Rilke and Kabir, the most beloved mystic poets in world history.

“The Yoga of Marketing for Holistic Practitioners”

Saturday, March 24 9:30 am – 1:00 pm

Cathy Wilke

\$60 WH members/\$75 non-members

This workshop is for self-employed holistic practitioners who are struggling to get clients and want to learn how to market their service in an organic way with integrity. Learn how to clearly express what your service is, how to build and grow your clientele, how to create workshops and special events, how to put up a low-cost website, and how to use social media to build your business.

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Reiki I

Saturday, March 24 9:30 am – 3:30 pm

Eileen Savage

\$115 WH members/\$140

Reiki is the gentle, yet profound, practice of extending the healing ability of our own bodies by connecting with the life-force energy that fuels us.

“Interfaith Celebration”

Rev. Mary Azima Jackson, Interfaith Minister

Sunday, March 25, 2 pm

Donations Appreciated

An opportunity for those of different faiths to worship together, while encouraging you to deepen your own faith.

Precious Possibilities for Women: “Smarter, Bolder, Older:™ Women Redefining Life After 50”

Dr. Precious Sellers Mulhern and Enid Weinhaus, MSW

Sunday, March 25, 2012 9:30 am - 4 pm

\$65 WH members/\$80 non-members includes light buffet lunch

“Smarter, Bolder, Older’s” commitment is to support women as we navigate the journey through Second Adulthood.

“

Beyond Diets: A Whole Person Mind-Body Approach to A Healthy Weight and A Healthy Life When Weight is Not the Issue, Dieting is Not the Answer.”

Dr. Paul Epstein, ND

Saturday, March 31, 10 am – 3 pm

\$75 WH Members/\$90 non-members

Dr. Paul Epstein offers a holistic approach to weight loss and weight management concerns, explaining how and why diets don’t work, and what does. We will discuss how to customize an approach that’s unique for your life and mind, body and emotions, addressing underlying issues and supporting long-term lasting change and healing. When weight is not the issue, dieting is not the answer.

APRIL *[a partial listing of Spring programs]*

“Mindful Yoga for Everyday Healing,” an ongoing class

Susan Wright, LMT, LCSW-R, Certified Kripalu Yoga Teacher

Wednesdays 10:30 am – 12 noon

\$20 drop-in class. Pay by cash or check in studio

\$60 monthly card for one calendar month only. Purchase on the first Wednesday of the month.

Mindful Yoga and meditation as a complement to fitness yoga classes, or as a regular stand-alone practice.

“The Post 2012 Career: Creating the Work You Love -- Building the New World Economy”

Thursday, April 19, 2012 7:00 - 9:30 pm

with Rick Jarow

\$25 WH members/\$35 non-members

“Creating the Work You Love” shows you how to honor your soul first, to make quality time for your being, to follow the call of your heart, and to align your work with its power.

“Introduction to Ayurveda: Medicine, Plants and Herbs For Healthcare Professionals and Health-Seekers”

Sunday, April 29 10 am – 3 pm

Scott Gerson, M.D., M. Phil. (Ayurveda), PhD. (Ayurveda)

\$95 WH members/\$85 non-members

This 5-hour workshop, geared towards both healthcare professionals and the lay public, provides an excellent 90-minute introduction to Ayurvedic Medicine.

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MAY

“Mindful Yoga for Everyday Healing,” *an ongoing class*

Susan Wright, LMT, LCSW-R, Certified Kripalu Yoga Teacher

Wednesdays 10:30 am – 12 noon

\$20 drop-in class. Pay by cash or check in studio

\$60 monthly card for one calendar month only. Purchase on the first Wednesday of the month.

Mindful Yoga and meditation as a complement to fitness yoga classes, or as a regular stand-alone practice.

Valerie Croce Stiehl Weekend Retreat

\$100 Saturday and Sunday workshop WH members

\$135 Saturday and Sunday workshop non-members

Lodging is available for \$65 per person/per night for those attending workshops and programs.

We offer single, double or triple occupancy. All rooms are retreat style, with hall baths.

“Who Am I? What is My Spiritual Purpose?”

Saturday, May 5 10 am – 5 pm

with Valerie Croce Stiehl

\$65 WH members/\$80 non-members

Valerie will clairvoyantly channel, for the group, information from spirits, angels and ascended masters, to facilitate rituals and teachings that will guide you on your spiritual journey.

“Finding Balance and Healing in Our Imperfect World”

Sunday, May 6 10 am – 4 pm

with Valerie Croce Stiehl

\$55 WH members/\$70 non-members

The workshop will begin with guided meditation and chanting for higher consciousness. You will learn automatic writing to enable you to receive messages from your spiritual guides. Participate in shamanic inner journeying to clear old wounds.

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