

Explore Your Voice: A Workshop with Jen Cook

Thursday March 11th 6:30 - 9:30pm

Explore vocal impulses and uncover possibilities of sound through deep breath work, improvisation and a connection to your body, which all help to build confidence when singing or speaking. The more we begin to trust our voice and bodies, the more clearly and easily we are able to communicate.

Jen Cook is an accomplished singer, actor and passionate teacher who uses her 15 yrs of performance experience to help people find confidence, ease and joy in their voice and body.

Contact Jen: jcc@jencook.ca or 416 428 9119 Registration: \$30

Ecstatic Trance Body Postures with Ingrid Cryns

Wednesday 6:30 - 9:30 pm, monthly as follows: March 17th April 14st May 19th June 16th

An exploration of specific body postures that act as a biological door, or gateway to an alternate reality. Experience the science of Shamanism & ecstatic body feeling. While sitting or standing in a very specific posture, and listening to a rattle shake in a steady manner for only 15 minutes, participants enter into a trance state. Learn from direct experience and raise your immune system. By Donation +/- \$25

Contact: info@somaearth.com 416 656 4444 or visit: www.meetup.com/consciousness-195/

Healing Through the Great Elements: An Introduction to Ayurveda with Billy Gekas

Thursday March 25th 7 – 9pm

Defined as the "Wisdom of Life", this 5,000 year old tradition is also known as the Mother of Healing. Ayurveda as a holistic therapy offers practices for developing a harmonious relationship with Creation and cultivating balance in all aspects of one's life. In this workshop you will learn: basic Ayurvedic principles and philosophy; the 5 Great Elements and how they are organized in energetic forms (the Doshas) and how to discover your own Dosha. Join us for a beautiful interactive evening filled with self-discovery & self-healing through the profound wisdom of Ayurveda. Billy Gekas is a Yoga & Ayurvedic Therapist & Educator.

Contact Billy: info@OMViriditas.com Registration: \$25

Introducing The Womb Chakra: Source of Power in All Women

Monday March 22nd 7 – 9pm with Maureen Walton & Karen Holmes

Explore the healing power of your womb! This evening session will provide an introduction to the work of shaman Cindy Lindsay who for over a decade studied the mysteries of the womb-chakra in Peru and India. The evening will serve as a prelude to two intensive workshops with Cindy to be held at Wyldwood Sojourn (2 hours east of Toronto) in the spring of 2010. This will be an opportunity to reflect upon your own power-centre, and to learn with these ancient practices. The womb is the home of the soul; explore its mysteries.

Contact: Maureen mwm@kos.net or Karen spiritway@sympatico.ca Suggested donation \$20

Mediumship - Sensing the Dead with Fleur Hanlon

Wednesday April 7th 7 - 10 pm

This is an introductory workshop to help you start you practicing mediumship. You will learn how to build or deepen your practice, contact your spirit guides, and develop your sensitivity. The evening is open to all levels of experience. Fleur is a strong Spiritist and gifted healer who works using meditation, 'white table,' and with spirit guides in her own spiritual work. Fleur helps her clients at The Hermit's Lamp to better navigate their lives, connect with their ancestors, and assist in healing body, mind, and soul. Cost: \$35.

Contact: fleur@thehermitslamp.com or 647 286 8739 Visit: <http://www.thehermitslamp.com/events/>

Spring Holistic Wellness Fest 2010 presented by Selina Khan & Toronto Psychic Services

Saturday April 24th 1- 5pm

Come and get ready to spring ahead. Treat yourself to a holistic tune-up for your mind, body and spirit!

We will have professional practioners set up to offer the following services:

*Reflexology *Reiki *Chair Massage *Integrated Energy Therapy *Chakra Balancing

*Bach Flower Remedy Consultations *Totem Animal Readings *Psychic and Mediumship Readings

Book as many sessions as you wish! 15 minutes with any practioner for \$20. No pre-registration.

For more information contact: Selina Khan 416 855 5712 www.TorontoPsychicServices.com

Emotional Healing Using Essential Oils And Aromatherapy with Mary Swaine

Sunday April 25th 2 – 4pm ** Free Workshop & Demonstration**

Essential oils are particularly effective in emotional healing, because the nose is the direct link to the limbic brain, where emotional memory is stored. Essential oils can also be used to enhance soul consciousness and spiritual development. This workshop will demonstrate how to use and blend oils to help heal all types of negative emotions (depression, anger, anxiety, fear, sadness, etc.) to create emotional well-being.

Mary Swaine is a Montreal-based Naturopath, Psychotherapist, Hypnotherapist, Masotherapist, Reflexologist and Intuitive Radionician. Mary is the author of Healing Emotional Trauma, and Painful and Negative Emotions – Alternative Therapies that Heal.

Contact Wonderworks to register – space is limited.

Introduction To Astrology with Deirdre Norman: A Six Week Course for Beginners

Thursdays April 8, 15, 22, 29 and May 6, 13 7 - 9 pm

Ever wondered what everyone is talking about when they mention Mercury retrograde? And what exactly is a transit, a natal chart, an ascendant, and a Saturn return? Deirdre will guide you through the basics of Astrology: signs, houses, modalities, and the planetary influences, in a practical and accessible way. Come and learn what that astro-babble is all about. Cost: \$200. **Location TBA**

Deirdre Norman is an astrologer, professional witch, and hockey player who thinks that since we are all dancing with the energy of the planets we may as well learn the steps. Contact: www.tinkerwoman.com

Wonderworks Bookclub Meeting – Friday March 19th 6:30pm

The Secret Life of Bees by Sue Monk Kidd. Set in South Carolina in 1964, this radiant novel is about feminine spirituality, racial tension, and maneuvering through love, loss and change.

To RSVP, and to get an email with the list of the discussion questions we will be covering, Contact: wonderworksbookclub@gmail.com Bookclub events are free and open to all.

Ddd Tarot Mondays 12 to 5pm Weekly with Monica Bodirsky wwD

We are now offering Tarot Card Readings on Mondays (instead of Tuesdays as before). Monica has over 20 years of Tarot reading experience, and is a fourth generation seer whose great-great grandmother provided healing and spiritual consultation. As a visual artist and a tarot specialist, she uses symbolism and archetypes with intuition to assist her clients through life changes and decisions.

Rates per session: \$40 for ½ hour, \$60 for 45 min., \$75 for 1 hour.

Walk-in, or pre-book an appointment with Monica: 416 784 9519 or monica.bodirsky@gmail.com

Juicy Fridays Presents:

Friday March 26th ‘Well Rooted Gardens’ with Ariela Weisfeld

Learn how to create an ecological Eden in your backyard or balcony this Spring. Ariela will offer practical information on how to make this dream a reality at the launch of **Well Rooted Gardens**, her new gardening business. We'll spend the evening talking about introducing edibles into your garden, rain-water harvesting, sustainable gardening, composting, biodynamic principles and permaculture.

Friday April 30th ‘Beltane’ with Deirdre Norman

Beltane, also known as May Day, is a Springtime festival for fresh energy and new connections. The evening will include a teaching on the history of Beltane and will also include a ritual celebrating the fertile nature of the planet and ourselves. Participants are invited to bring spring flowers for the altar.

Juicy Fridays is an ongoing series of free events presented by Wonderworks and guests, featuring an eclectic range of exploratory topics and celebratory occasions. Call or email Wonderworks to register.

Wonderworks Celebrates 20 Years on Harbord Street!!!

Please join us for a reception and special performance by

I FURIOSI Saturday April 17th 7pm



I FURIOSI Baroque Ensemble is one of the world's most innovative Baroque ensembles, comprised of four of Canada's leading early music specialists: soprano Gabrielle McLaughlin, violinists Aislinn Nosky and Julia Wedman, and cellist/gambist Felix Deak. For a full and glorious decade, I FURIOSI's concerts have been revitalising the face of early music in Canada, inspired by the practice of the Baroque era while invoking the "bizarre and unnatural" aesthetic both cherished and despised in its time. www.ifuriosi.com

**wonderworks & fleishman
gallery**

79a Harbord Street (west of Spadina) Toronto, ON, M5S 1G4
Tel: 416 323 3131 Toll Free: 1 800 329 0757

info@gowonderworks.com www.gowonderworks.com
<http://fleishmangallery.blogspot.com/>

Business Hours:

Monday thru Friday 10:30 – 7pm
Saturday 10:30 - 6pm Sunday 12 – 5pm