






February 2010

HealthQuest & Center for Natural Medicine, Inc.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>HEALTHQUEST VOTED BEST THERAPEUTIC MASSAGE 2009 !!</p>	<p>1</p> 	<p>2</p> <ul style="list-style-type: none"> ▶ Feldenkrais ▶ Pain Party - CNM ▶ Meditation 	<p>3</p>	<p>4</p> <ul style="list-style-type: none"> ▶ Water Clinic 	<p>5</p>	<p>6</p> <p><u>Acupuncture & ND available Saturdays</u></p>
<p>7</p> <ul style="list-style-type: none"> ▶ Sant Mat Meditation 	<p>8</p> <ul style="list-style-type: none"> ▶ Life In Balance 	<p>9</p> <ul style="list-style-type: none"> ▶ Feldenkrais ▶ Pain Party - CNM ▶ Meditation 	<p>10</p>	<p>11</p> <ul style="list-style-type: none"> ▶ Going Beyond MARGI LANTOS 	<p>12</p> 	<p>13</p> <p><u>Acupuncture & ND available Saturdays</u></p>
<p><u>14</u></p> <p><i>SPA OPEN VALENTINES SUNDAY</i></p>	<p>15</p>	<p>16</p> <ul style="list-style-type: none"> ▶ Feldenkrais ▶ Pain Party - CNM ▶ Meditation 	<p>17</p> 	<p>18</p> <ul style="list-style-type: none"> ▶ Water Clinic 	<p>19</p>	<p>20</p> <p><u>Acupuncture & ND available Saturdays</u></p>
<p>21</p> <ul style="list-style-type: none"> ▶ Sant Mat Meditation 	<p>22</p>	<p>23</p> <ul style="list-style-type: none"> ▶ Feldenkrais ▶ Pain Party - CNM ▶ Meditation 	<p>24</p>	<p>25</p> <ul style="list-style-type: none"> ▶ Life In Balance 	<p>26</p>	<p>27</p> <p><u>Acupuncture & ND available Saturdays</u></p>
<p>28</p> <ul style="list-style-type: none"> ▶ Sant Mat Meditation 			<p><u>HEALTHQUEST VOTED BEST THERAPEUTIC MASSAGE 2009 !!</u></p>			
<p>← ← Event details on reverse → →</p>						

Announcements

*** * HealthQuest Voted Best of Citysearch 2009 * ***
Best Therapeutic Massage 2009 & Perfect 5 Star Rating for Massage!
(Best Couples Treatment 2008)

Weekly Events

Pain Party: Tuesdays 7:00 pm Downstairs CNM Lobby: Experience Cellular Exercise with the MagnaCharge / MG33 system. Pulsed electromagnetic field technology (PEMF), safely delivers pulsed magnetic field to depleted, damaged, or weakened cells. Learn about the technology and experience it for FREE. More info: BodyElectricLLC.com / 503.232.1100

Feldenkrais®: Tuesdays 5:30 -6:30pm: *Feldenkrais®* is a holistic, experiential approach to increasing awareness and learning through movement. During group lessons, a practitioner leads you through a sequence of movement explorations that involve thinking, sensing, moving, feeling and imagining. By increasing awareness, you will learn to let go of habitual patterns; you will learn to recognize and develop alternatives. Contact Rosanna at 503-772-3486 or movingforlife@gmail.com for info.

Meditation: Tuesdays 7-9 pm: Science of Spirituality Group / Tom 503-528-0222 / Free

Water Clinic: First and Third Thursday of each month. 7: pm Attend a free water clinic to learn about the latest in water technology, and experience it for yourself! Ionized water is up to six times more hydrating, loaded with powerful antioxidants, higher in oxygen, helps detox and balance pH. Questions call 503.997.8203

Sant Mat Meditation: Sundays 4-7pm: Meditations on Inner Light and Sound. 1-877-MEDITATE

Special Events

Life In Balance Series: Monday February 8th and Thursday February 25th 7: pm: "Life in Balance", an ongoing series of interactive programs that examine the confluence of personal lifestyle and spirituality. Sponsored by Know Thyself as Soul Foundation Northwest. Call 1-877-MEDITATE or e-mail us at usa-nw@knowtheyselfassoul.org for more info.

The Awakened Lover Initiation for Men February 26-28, 2010: Celebrating and Integrating the Masculine Heart, Purpose and Sexuality. For men of all relationship paths and orientation. Deepen into another level of intimacy; Release innate wisdom and passion that is locked in your body; Propel yourself towards the vast freedom available in love and sex; Build a bridge between your heart, purpose and sexuality; Celebrate your sacred sexual self whether you are partnered or single; Participate in a ceremonial healing with the feminine and masculine. Led by Ed Fell, David Cates and Judith Shivani Davis. \$150 minimum, with a love donation for facilitators at the end of the weekend. For more info: edfell.com Contact Ken Bonnin@ 503.706.7092
Friday, Feb 26th : 7-9:30pm, Saturday, Feb 27th : 9:30am – 6:30pm, Sunday Feb 28th : 9:30am – 3:30pm