

# December 2008

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## ECOWELLNESS CENTRE



In addition to having many new staff members, we also have some little preschoolers who have joined us on site at the Forest Preschool to learn more about nature. Would you like to learn more about our staff? Please read about our numerous in-house staff and associated consultants at www.ecowellness.com (and soon we will have www.crnhc.com operational -- where you can read about the clinic).

programs@ecowellness.com

# Clinic

613.839.1179

WELLNESS SEMINARS

YOGA

MASSAGE

OVERNIGHT LODGINGS

SENSITIVITY TESTING

ACUPUNCTURE

WALKING TRAILS

SAUNA

## HEALING HOUSE CANADA



Based on your feedback, we have decided to change the delivery of the 28-day program to a modular format. In addition, we have decided to hold the training program at the EcoWellness Centre; this will allow us to offer the training at half the original price & will offer more flexibility for students. We will offer the series each fall and spring starting in 2009.

### A NEW WAY OF PROVIDING HOLISTIC HEALTH CARE

613.839.3598

HEALING HOUSE CANADA

www.healinghousecanada.com

## CARP RIDGE HEALING HOUSE



I would like to thank the many people who contributed to transforming my former residence into a beautiful and welcoming place of healing. The renovations were extensive and could not have been completed without the dedication and vision of Healing House staff and volunteers. Consider joining us in January for a yoga, art or general mini-retreat. We also look forward to seeing you at our December open house.....*Katherine*

## CARP RIDGE LEARNING CENTRE



The secluded and natural space hosts educational, spiritual, and fitness programs for children, youth, and adult groups. Offering eco-friendly facilities that nurture and accommodate groups, the land also showcases responsible environmental care, nourishes a variety of groups, and provides a warm and friendly place for organizations to host their staff development and business activities. www.carpridgelearningcentre.com

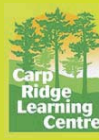
### BOOK YOUR WELLNESS DAY TODAY!



PROVIDE YOUR STAFF WITH A RELAXING MEETING PLACE.

CREATE A CUSTOM RETREAT.

ENJOY A THERAPEUTIC DAY OF HEALTHY EATING, MASSAGE, SAUNA AND OTHER SERVICES AT OUR PROFESSIONALLY STAFFED ECOWELLNESS CENTRE.



programs@ecowellness.com

613.839.1179

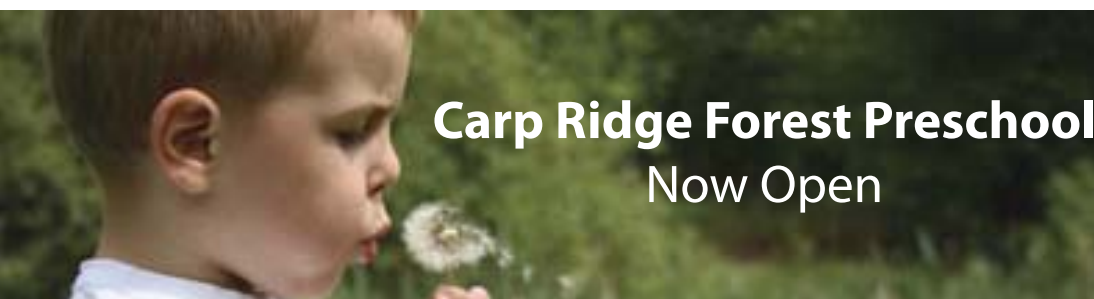
www.carpridgelearningcentre.ca

## CARP RIDGE FOREST PRESCHOOL



Please note that our Forest Preschool is in full operation. In order to fulfill all health and safety requirements, we need to ensure that the driveway between the clinic and the **Carp Ridge Healing House** is not operational while we are in program time. Barricades are set up to remind drivers not to travel between the two buildings. This route will only be used in emergency situations or during snow removal. In addition,

when visiting our facilities, please remember that preschool age children will be sharing the space with us, and we must keep our driving speed to a minimum. Thank you for helping us to ensure the safety of our little friends!



### Carp Ridge Forest Preschool Now Open

## YOUTH LEADERSHIP

Youth ages 13-16 years are invited to join us at Carp Ridge for our seasonal leadership retreats.

7:00pm Friday February 13th to noon on Sunday the 15th. Activities will include: morning yoga, shelter building, cooking organic foods, guided meditation, self discovery, nightly hikes and campfires, leadership activities, and team-building exercises.

\$125.00 per participant  
For inquiries or registration, please call 613.839.1179



### Upcoming Courses

#### December 5th So Glad 2 Be Me"

#### Workshop for Girls 8-12 years

The "So Glad 2 Be Me" Workshop for Girls is returning! Creator/facilitator, Jen Charbonneau of Arnprior will host this popular self-esteem/ healthy body image workshop for girls ages 8-12yrs Friday, December 5th, 2008 (PA Day) from 9 am - 4 pm.

This day long workshop will:

- Increase self-esteem;
- Instill healthy body image;
- Reinforce a girl's sense of self, of her purpose and belonging;
- Align her actions with her inner wisdom;
- Teach her how not to be influenced by negative peers and the media;
- Increase awareness of different emotions and learn effective coping methods for change; and
- Reduce stress and teach her meditation skills.

### Healing House Canada Training

We have a new modular training format to be offered each Fall and Spring. Fall 2009 dates are:

- level 1 - sept 6-12
- level 2 - oct 18-24;
- level 3 - nov 8-14
- level 4 - dec 6-12

Read more at  
www.healinghousecanada.com

### Open House Carp Ridge Healing House December 13th

Tour our new facility and let us show you how our **Healing House Hosts** provide holistic individualized home-based care as you recover from stress or illness, resolve emotional issues, convalesce or die peacefully.

### January 14 The Basics of Non-Violent Communication

- Gain powerful insights and effective tools;
- Get beyond blame, criticism and misunderstanding;
- Achieve an end to taking things personally;
- Learn to dialogues with authenticity and compassion; and
- Move from power struggle to inspired cooperation.

www.RachelleLamb.com

### Learning Centre Dates

- Dec 5th - **So Glad 2 Be Me**
- Dec 5, 6, 7 - **Institute of Shamanic Medicine weekend**
- Dec 7th - **Families in Nature**
- Dec 21st - **Solstice Sweat 2:30pm**

Jan 20- **Monthly German New Medicine introduction with Barb Pierce**, 7-9pm, \$20 - pre-registration required

### Coming in the New Year:

- Level I, II and III with Ilse Laker  
Date: April 3rd-6th  
Cost: \$595.- CAD
- Practitioner Workshop (prerequisite Levels I-III)  
Date: May 9th/ 10th  
Cost: \$295.- CAD

Come to a monthly GNM introduction to see if this is for you.