

Hearts Desire, Angels Within with Winston Cochrane winstoncochrane@rogers.com

Thursdays, 1:30-3:30pm in Quilting Room in Wesley Memorial UC

6 weeks starting on Jan 20, 2011

Maximum 14

Storm Policy: No classes when schools are closed in Moncton

There will be a segment for relaxation, guided meditations for the Heart, a segment of Yoga for the eyes.

Week One Angel(s) of Unconditional Love & Freedom:

Week Two The Angel(s) of Illusion & Reality:

Week Three The Angel(s) of Creative Wisdom:

Week Four The Angel(s) of Abundance:

Week Five The Angel(s) of Power & Authority;

Week Six The Angel(s) of Spiritual Understanding.

Students are asked to bring note book/paper approx 8x11 size, pens/pencils to write with

Instructor Bio:

Was a member of the Canadian Forces for a number of years, worked with the Sgt -of-Arms in Victoria, B.C., was small business owner in Lunenburg, NS & moved to Moncton where i retired. i became interested in spiritual things in 1995. i have a level 3 Reiki certificate, am certified as a spiritual alignment connection practioner & have certificates in basic, advanced, initive anatomy in theta healing as instructed by Vianna Stibal.

Some people are very sensitive to perfumes and other scents. Please respect a scent free environment by not using scented products. Thank you.

A note to seniors about class attendance and absenteeism....

As you know, our instructors are all volunteers, who work very hard at putting courses together. Your cooperation is appreciated in letting them know if you are unable to attend any of the classes as most instructors plan weekly classes that are appropriate to the number of registered students in the course.

If circumstances change between registration and the first class, or if you decide to withdraw after the first or second class, please email tsccordinator@nbnet.nb.ca or call 364-2780. Many courses have a wait list and this could allow someone else to take your place. Sometimes, seniors have travel plans or medical appointments made in advance. It would help instructors to know this at registration, if possible, so that class material may be adjusted accordingly. Illness, as well as other unanticipated and unavoidable conflicts can occur. If you are able, please let your instructor know as soon as possible if you will miss a class.

Thank you!