



Authentic Living Center

Newsletter



May, 2009

Whole Kid's Cook with Whole Grains



Kids come and cook with Whole Food's Culinarian, Aubrey



Friday,
May 29

6:00 - 7:30 pm

Enjoy Sprouted Tortilla Pizzas
Macaroni & Cheese
and other Whole Grain Kid-Friendly recipes.



Class Fee: \$5 per person

Alkalize Your Way to Healthy Living

by Dr. Theresa Pigott



The internal environment maintains itself in a very narrow pH range. Seven being neutral, the numbers below (0-7) are acidic and the numbers above (7-14) are alkaline. Dr. Robert Young and several other proponents throughout history believe when our blood and other fluids become to acidic they create disease. Period.

Poor diet, toxins, stress, lack of exercise, and lack of hydration lead to increased acidity in the blood stream, causing our own red blood cells to change shape, clump together, and lose their ability to carry oxygen. White cells also get affected by this acid environment and can no longer maintain their ability to fight intruders, thus infections occur.

One of the fastest growing theories in preserving health, longevity, and preventing or reversing disease is to maintain an optimal pH balance and neutralize the effects of this acidic condition. Alkalizing our way to healthy living can be found in this WOMAN principle: (In honor of this months Mother's Day Celebration.)

W - Water: Drink alkaline water, half your body's weight in ounces per day (i.e. - a 100 pound person needs 50 ounces of water per day.) There are machines that produce alkaline water, or you may use drops placed into purified water.

O - Oxygenation: Exercise, movement breathing techniques, massage and lymphatic drainage massage all help to increase oxygen in the cells.

M - Minerals: Minerals are necessary to help maintain cellular integrity, rebuild and repair damage, and act as co-factors in the production of energy.

A - Alkalize: Alkalize with proper foods especially greens and vegetables.



ADULTS ALSO WELCOME

Contact Authentic Living Center at (248)822-9253 to reserve your spot at our table.

Reiki Classes

with
**Reiki Master
Katie Quinn**



Reiki is an ancient and profoundly simple system of "laying on of hands" healing derived from Tibetan Buddhism.

Reiki II

**Saturday
May 30, 2009
10am - 4pm**

at the
Authentic Living Center

Using the Essential reiki by Diane Stein, learn the Reiki symbols, remote healing and much more. Receive your second attunement.

Class fee \$150



Reiki I

**Sunday,
May 31, 2009
10am - 4pm**

N - Nutrition: Nutritional Supplements are necessary to help bring the body into balance. Whole foods vs. synthetic are essential.

Following these easy tips is a great way to alkalize your way to a healthier life.

For more information on alkalizing your way to healthy living see Dr. Pigott and check out any of Dr. Young's books: The pH Miracle Series and watch for our upcoming lectures on this topic.



Tai Chi & Qigong Beginning June 1

The Authentic Living Center welcomes

Mr. Jason Schoenherr

Beginning June 1 well known Martial Arts Instructor Jason Schoenherr will begin teaching Tai Chi and Qigong classes at the Authentic Living Center. Jason is extremely dedicated to teaching and practicing Martial Arts and has been doing both full time for over 13 years as the primary instructor at School of Eastern Martial Arts

in Walled Lake.

Schedule of Classes will be:

Mondays

- 9:00 am - 10:00 am Tai Chi
- 10:00 am - 11:00 am Qigong
- 6:00 pm - 7:00 pm Tai Chi or Qigong



Wednesdays

- 9:00 am - 10:00 am Tai Chi
- 10:00 am - 11:00 am Qigong

Class Fees:

- 10 Sessions - \$120 10 Sessions of both classes taken consecutively - \$180
- Monthly Unlimited Visits - \$98 per month*
- Walk-in Welcome - \$15
- Stay for a second class for an additional \$10.

**(allows you to take classes at both the Authentic Living Center and the School of Eastern Martial Arts)*



Wellness Weekend -

This Reiki class is designed to learn self-healing.

Both class fees include an additional practice session (date will be determined day of class)

Be sure to wear comfortable clothing and bring a bag lunch.

If you have any questions regarding either class, contact Katie Quinn at myrtleschmedly@yahoo.com

To register call the Authentic Living Center at (248)822-9253



Experience the
Magic of **NIA**
with
Winalee Zeeb



**Thursday
May 28
7 pm**

at the
Authentic Living Center

Winalee Zeeb is a first degree black belt teacher and trainer. She will joyfully dance into your heart and lift your Spirit!

Cost: \$10

ALC Students may use their package.

Breaking Free!

Are you ready to break free? Woman on Earth Wellness Weekend in beautiful Berea, Kentucky, October 2, 3, & 4 is where you want to be.

Break free with all of these body, mind, spirit modalities:

GROUP SESSIONS

- N.E.T. (Neuro-Emotional Technique)
- Woman Words writing workshop
- Tai Chi
- Transformative Film Study
- Shamanic Journeying
- Freedom Movement
- Restorative Yoga



INDIVIDUAL BREAK-OUT SESSIONS (each participant chooses 2)

- Ayurvedic Principles with Tracy Briney
- "Mirror, Mirror on the Wall" - Body Image NET work with Dr. Theresa Pigott
- Belly Dance Basics with Kyrai Antares
- "In One Fell Swoop" - relief from pain, tension, stress, and anxiety with Susan Holt
- Egyptian Goddess Lore with Normandi Ellis
- Intro to Shamanic Healing Technique with Fawn Burgess

Enjoy! Friday night song/rhythm circle; delicious, homemade, vegetarian meals; group art creation; Woman on Earth Marketplace (sell or trade your wares)!

PROGRAM SCHEDULE

Friday, October 2 - 10am - 9pm
Saturday, October 3 - 9am - 9pm
Sunday, October 4 - 9am - 2pm

Call 859-200-8013 to register or to get more information. Register before September 1 and receive early bird price of \$325. After September 1, registration fee is \$350.

INTRODUCTION TO ENERGY HEALING

with **Mark Rebner**,
Energy Worker/Massage Therapist



Introduction to Energy Healing introduces the philosophy and methods of Esoteric Energy Healing.

(Esoteric means deep within, so in this aspect it means deep inner healing.) We discuss the Human Energy System and how to access and work with it to effect healing shifts and balances.

The Human Energy System is an intricate structure of physical and non-physical patterns and forms. It contains seven major energy centers (known as Chakras), many minor centers, and vibratory levels and energy bodies that work together to bring about

Pre-Registration is suggested.
Call (248) 822-9253.

After class there will be an informal introduction to the White Belt training. Find out about becoming a NIA instructor.

For more information contact Beth Silver (248) 229-5755.

How Sweet It Is!



Whole Food's Sweet Potato Quesadilla

This interesting twist on Mexican cooking was a treat to the tastebuds.

Ingredients:

- 3-4 med sweet potatoes
- 1 can black beans
(rinsed)
- 1 med shallot (small dice)
- baby spinach
- 1 med red bell pepper
(small dice)
- Grapeseed/Canola/Olive
Oil Spray
- Cheese of your choice
(recommended is 1
year old Cheddar)
- Whole Wheat Flour or
Sprouted Tortillas

Instructions:

Bake potatoes for about 1 hour at 350 degrees or until done. Saute red pepper and shallot, add black beans and cook for an additional 10 minutes on low heat. Remove skins and mash potatoes, then spread onto tortilla and layer with black bean mixture, spinach and cheese. Place filled tortillas onto a

health, vitality, and a sense of higher purpose.

Some class offerings include:

- Centering Meditation
- Discussion of the chakras and the Human Energy system
- Soul Awareness Chart and discussion
- Exercises to sense energy
- Demonstration of Energy Balancing

There are no prerequisites and everyone is welcome to attend!

Date: June 9, 2009
Time: 6:00 pm - 8:00 pm
Cost: \$20
Place: Authentic Living Center
1640 Axtell Road
Troy, Michigan 48084

For registration and information please contact:

Mark Rebner, NCTMB
Energy Worker/Massage Therapist
(248) 219-7199
mark@rebworks.com

Mark has been a massage therapist and energy worker since 1999 and is currently training to become an INEH teacher. He has been a dedicated student of Shamanic work since 2003 and is apprenticed to the Sweet Medicine Sundance Path. Mark taught massage therapy for four years at the Michigan School of Myomassology, practices Craniosacral Therapy (Biodynamic & Upledger) and is a Reiki Master.



BACK BY POPULAR DEMAND - A Trio of NET Group Sessions Coming in June

Due to their popularity, we are bringing back three extremely effective Group NET Sessions conducted by Dr. Theresa Pigott. NET (Neuro-Emotional Technique), is a revolutionary technique, which releases emotions that get "stuck" in the physical body.

UNEMPLOYED - DOWNSIZED - LAID OFF - FIRED?

All of these situations come with such pain, emotional turmoil, and heartache.

Come and be healed at this FREE Group NET Session.

WEDNESDAY - JUNE 10 - 7:00 pm - 8:30 pm

Course Fee: FREE



lightly sprayed sheet pan and bake for approximately 25-30- minutes.

Garnish with salsa & guacamole and enjoy!

If you are unemployed, have been laid off, downsized or fired, this session will help you to:

- Experience a release of the stress associated with being unemployed.
- Change your beliefs which keep you stuck.
- Control reactions to this "negative" situation.
- Experience a calm about the circumstance.

"Mirror, Mirror"



Using Dr. Pigott's revolutionary Mirror Technique and NET, identify and revise negative thinking and judgments about your body. Bring an old issue that you want to break through and "Leave it at the door".

Tuesday - June 16 - 7:00 pm - 9:00 pm

Course Fee: \$35

CREATE ABUNDANCE

Even in this Economy

- Release blocks about achieving wealth.
- Unlock obstacles that keep you stuck in your current money blueprint.
- Find the reason why you have money issues.

Wednesday - June 24 - 7:00 pm - 9:00 pm

Course Fee: \$35



For additional information or to register for any of these sessions, please contact the Authentic Living Center at (248) 822-9253. Space is limited please be sure to call to reserve a spot.

Upcoming Events - Be Sure to Save the Date

AUTHENTIC LIVING CENTER OPEN HOUSE

OCTOBER 18, 2009 12:00 - 4:00 PM
1640 Axtell Rd
Troy, Michigan 48084



Contact Info

Dr. Theresa Pigott
1640 Axtell Rd.
Troy, MI 48084
248-822-9253

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