



**JANUARY**

**HOW TO MEDITATE**

**Fay:** Wed., Jan. 4, 11, 18, 25 7-9:30 pm  
**\$100 (\$90)** 4 Classes

Meditation can help you to relax & relieve stress, sleep better and bring your attention to the present moment. In this program you will practice different meditation styles and learn techniques for grounding, enhancing intuitive awareness and working with energy.

**TAI CHI – 24 YANG FORM**

**Kelley Gaspar:** Thurs., Jan. 5, 12, 19, 26, Feb. 2, 9, 16, 23, Mar. 2, 9, 16, 23 7:45-9 pm  
**\$144 (\$120)** 12 Classes

Relax..breathe..flow..align. Daily practice will stimulate your Chi, increase your energy, strengthen your immune system & balance your body/mind/spirit. Learn stretching techniques, the Eight Strand Brocade & the associated movements. Dress comfortably.

**ABUNDANT NEW YEAR PROGRAM NEW**

**Linda Lee Purvis:** Sun., Jan. 8 1-3:30 pm

**\$95 (\$85)** Includes 4 weeks support  
Through coaching, meditation, visualization & interactive discussion, you will clarify your vision, intention & game plan for making 2017 your best year ever. In class you will set the foundation to meet your goals. Afterwards you will be provided with on-line coaching support, action plans & check-ins to keep you on track.

**REIKI – LEVEL I**

**Fay:** Fri., Jan. 13, 20 7-10 pm **\$120 (\$100)** 2 Classes

In this level you will be introduced to the history of Reiki, the Usui hand positions and how to sense the aura. You will learn/practice giving treatments to yourself & others, scan for & remove energy blocks, administer group healings and give Reiki to animals & plants. Attunement. Manual & Certificate.

**MEDIUMSHIP – LEVEL II NEW**

**Dorothy Clifford:** Mon., Jan. 16, 23, 30, Feb. 20, 27  
**\$120 (\$100)** 7-9 pm 5 Classes

In this program you will work on building confidence as you continue practicing mediumship techniques with the group & each other. Related topics will also be discussed. Pre-Req: Mediumship - Level I

**REIKI – LEVEL II**

**Kelley Gaspar:** Sat., Jan 21 9:30 am-5:30 pm  
**\$175 (\$150)\***

Attunement initiates an intuitive awakening & acceleration of energies. In this class, learn the advanced techniques of Byosen, Reiki Mawashi & Enkaku Chiryō (scanning, group energy, distant healing fundamentals). Includes an introduction to the non-traditional use of healing vibrations (singing bowls, ting-shas) and two Okuden symbols. Group healing practice. Manual & Certificate.

**SHIFT YOUR ENERGY FOR ABUNDANCE**

**Linda Lee Purvis:** Sun., Jan. 22 1-3 pm **\$30 (\$25)**

The group will receive a subtle stream of positive biofeedback frequencies to help shift stagnant energy patterns into ones that are entrained to a higher, more positive vibrational resonance. Meditation, visualization & coaching perspectives will also support your shift. You will take home a charged crystal.

**PAGAN CHANT**

**Kelley Gaspar:** Tues., Jan. 24 7-9:30 pm **\$30 (\$25)**

The human voice is a powerful transmitter of sound & vibration. The combination of sacred words with drums, rattles & tambourines can create sacred space & shift energy. Learn the history of chanting & its physiological effects of the body/mind/spirit. Practice with the group & create your own chant too.

**PSYCHIC PROTECTION & SPIRIT CLEARING**

**Fay:** Fri., Jan. 27, Feb. 3 7-10 pm

**\$85 (\$75)** 3 Classes

Using theory, handouts, discussion, meditation and in-class exercises, you will learn techniques for protecting, clearing and neutralizing your home and workplace of unwanted energies and/or spirits. A third class will be scheduled for a field trip to clear a haunted house.

**WORKING WITH THE VIOLET FLAME**

**Joy Buckley:** Sat., Jan. 28 1-4 pm **\$35 (\$30)**

St. Germaine is the keeper of the Violet Flame, an effective & powerful multi-dimensional method to release non-beneficial energies and transmute them into ones of a higher frequency. In addition to its protective qualities, this process will leave you feeling lighter, clearer, more physically energized & spiritual charged.

**KITCHEN WITCHERY & FOLKLORE**

**Kelley Gaspar:** Sun., Jan. 29 1-4 pm **\$35 (\$30)**

“Witch” way do you stir??? Discover the magical connotations hidden within your everyday kitchen routines. Do you banish or heal when you cook? Is your cooking in harmony with the Wheel of the Year? How does the power of the moon affect your kitchen creations? Learn the mystery and folklore behind the modern day hearth.

**FEBRUARY**

**SPIRITUAL DEVELOPMENT PROGRAM -**

**LEVEL I Fay:** Wed., Feb. 1, 8, 15, 22, Mar. 1, 8, 15, 22, 29, Apr. 5, 12, 19 7-10 pm

**\$250 (\$225)** 10 Classes

Through teachings, guided meditations & discussions, you will be introduced to spiritual theories that can guide you in understanding who you are, why you are here and how to enhance your soul's journey. Learn about your connection to the universal force, the energy laws that govern life, auras & chakras, spirit guides, past lives, psychic abilities & more.

**SHIFT YOUR ENERGY FOR LOVE NEW**

**Linda Lee Purvis:** Sat., Feb. 4 1-4 pm **\$40 (\$36)**

A stream of subtle, positive biofeedback frequencies combined with discussion, heart-centering meditation, art and coaching will support you in receiving, giving, attracting & embracing LOVE in all of its dimensions. You will take home an art piece and a charged crystal.

**REIKI – LEVEL III**

**Fay:** Fri., Feb. 10, 17, 24 7-10 pm

**\$330 (\$300)** 3 Classes

At Masters Level you will learn the attunement process and accompanying symbols. You will discuss the fundamentals of developing a Reiki practice and course of study, learn about karma and be introduced to crystal healing. You will participate in hosting a Charity Healing Day. Includes Manual & Certificate.

**REIKI – LEVEL I**

**Kelley Gaspar:** Sat., Feb. 18 9:30 am-5:30 pm

**\$120 (\$100)\***

Through traditional Usui Shiki Ryoho and attunements you will align & amplify your natural healing energies. Topics include history of Reiki, chakras, clearing & grounding, hand placement, self-healing and etiquette. Attunement includes the first two symbols. Group healing practice. Case studies. Manual & Certificate.

**MANIFESTING WITH CRYSTALS & CANDLES**

**Joy Buckley:** Sat., Feb. 25 1-4 pm **\$35 (\$30)**

Discover ways to program crystals and candles with affirmations that invite & magnify prosperity, harmony, balance and protection into your life. You will also learn how to create your own herbal incenses to compliment & enhance these intentions.

**SACRED SELF: YOUR SPIRITUAL MEMOIR**

**Laura Suchan:** Sun., Feb. 19 1-4 pm **\$35 (\$30)**

Everyone has a story to tell. Your Spiritual Memoir focuses on the people, events & memories that have meaning to you and how/why they shaped your life experiences & belief system. You learn that writing about how you relate to the world is just as important as documenting your inner relationship with the Divine.

**CIRCLES**

**CHAKRA TUNE-UP CIRCLE**

**Lisa Parker:** Tues., Jan. 10, Feb. 14 7-8:30 pm

**\$18 (\$15) each**

**CHANNELLED WRITING CIRCLE**

**Laura Buckley:** Tues., Feb. 14 7-8:30 pm

**\$12 (\$10) each**

**HEALING & SOUND CIRCLE**

**Laura Buckley:** Tues., Jan. 10 7-8:30 pm

**\$12 (\$10) each**

**REIKI PRACTITIONERS' CIRCLE**

**Fay:** Tues., Jan. 17, Feb. 21 7-8:30 pm

**\$12 (\$10) each**

**SPIRITUAL DEVELOPMENT CIRCLE**

**Fay:** Tues., Jan. 3, Feb. 7 7-8:30 pm **\$12 (\$10) each**

**WICCA CIRCLE**

**Tina Cooke:** Tues., Jan. 31, Feb. 28 7-9 pm

**\$18 (\$15) each**

**READINGS & HEALINGS**

**AKASHIC RECORDS (45 minutes)**

**Irma Haggith:** Sat., Jan. 21 **\$65 (\$55)\***

**GEMSTONE READING (45 min., with pendant)**

**Emylee Cuthbertson:** Sun. Feb. 18 **\$50 (\$40)\***

**INTUITIVE SOUL-UTIONS READING (60 min.)**

**Sacha Williamson:** Sat. Jan. 5, Feb. 4

**\$75 (\$65)\* (some weekdays)**

**PSYCHIC READING (60 minutes)**

**Dorothy Clifford:** Sat., Jan. 14, Feb. 11

**\$75 (\$65)\* (some weekdays)**

**TAROT CARD READING (60 minutes)**

**Vicki Warner:** Sun., Jan. 29, Feb. 26 **\$60 (\$50)\***

**CHAKRA EMPOWERMENT (75 minutes)**

**Linda Lee Purvis:** Sun., Jan. 15, Feb 12 **\$110 (\$95)\***

**MASSAGE WITH REIKI & REFLEXOLOGY**

**Janiece Henderson:** (60 minutes)

Tues., Wed., Sun. **\$80\***

**REFLEXOLOGY (60 minutes)**

**Kelley Gaspar:** By Appointment **\$60 (\$50)\***

**REFLEXOLOGY WITH REIKI (60 minutes)**

**Lisa Parker:** By Appointment. **\$60 (\$50)\***

**REIKI SESSION (60 minutes)**

**Kelley:** By Appointment. **\$70 (\$60)\***

**RESTORATIVE BODY TUNING (75 minutes)**

**Linda Lee Purvis:** Sun., Jan. 15, Feb. 12 **\$105 (\$95)\***

**SOUL-SHIFT DETOX TRILOGY (90 minutes)**

**Linda Lee Purvis:** Sun., Jan. 15, Feb. 12 **\$130 (\$115)\***

**SPIRITUAL COUNSELLING (60 minutes)**

**Fay:** By Appointment. **\$55 (\$45)\***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Spiritual Development Circle 7-8:30 pm	4 How To Meditate (4 Classes) 7-9:30 pm	5 Tai Chi (12 Classes) 7:45-9 pm	6	7 Intuitive Soul-utions
8 NEW Abundant New Year 1-3:30 pm	9	10 Healing & Sound Circle 7-8:30 pm Chakra Tune-Up 7-8:30 pm	11	12	13 Reiki- Level I (2 Classes) 7-10 pm	14 Psychic Reading
15 FREE Book Signing Chakra Empowerment Restorative Body Tuning Soul-Shift Trilogy	16 Mediumship (5 Classes) 7-9 pm	17 Reiki Practitioners' Circle 7-8:30 pm	18	19	20	21 Reiki- Level II 9:30-5:30 pm Akashic Records
22 NEW Shift Your Energy - Abundance 1-3 pm	23	24 Pagan Chant 7-9:30 pm	25	26	27 Psychic Protection (3 Classes) 7-10 pm	28 Working With The Violet Flame 1-4 pm Aura Photography
29 Kitchen Witchery 1-4 pm Tarot Card Reading	30	31 Wicca Circle 7-9 pm	<b>JANUARY</b>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Spiritual Development - Level I (10 Classes) 7-10 pm	2	3	4 NEW Shift Your Energy - Love 1-3 pm Intuitive Soul-utions
5	6	7 Spiritual Development Circle 7-8:30 pm	8	9	10 Reiki- Level III (3 Classes) 7-10 pm	11 Psychic Reading
12 Chakra Empowerment Restorative Body Tuning Soul-Shift Trilogy	13	14 Chakra Tune-Up 7-8:30 pm Channelled Writing Circle 7-8:30 pm	15	16	17	18 Reiki- Level I 9:30-5:30 pm Gemstone Reading
19 NEW Sacred Self 1-4 pm	20	21 Reiki Practitioners' Circle 7-8:30 pm	22	23	24	25 Manifesting with Crystals 1-4 pm
26 Reiki Charity Day Tarot Card Reading	27	28 Wicca Circle 7-9 pm	<b>FEBRUARY</b>			

**JANUARY 2017**  
Customer Members' Special

**10% OFF YOUR PICK†**

†For current memberships only.

**FEBRUARY 2017**  
Customer Members' Special

**10% OFF MUSIC†**

†For current memberships only.

### EVENTS

**REIKI HEALING - CHARITY DAY**  
Sun., Feb. 26 **\$30 (\$25)**  
Enjoy the benefits of a stress-relieving energy treatment by qualified Reiki volunteers. By Appointment.

**AURA PHOTOGRAPHY**  
Dennis Anderson: Sat., Jan., 28  
**\$40 (\$35)**

(Includes Aura Portrait & Printed Report)  
Subtle bio-energetic variances are broadcast by the reflex points in your hand, interpreted by a computer and translated into a detailed report about your aura

### BOOK LAUNCH

**"Pastlife.allan"**  
Allan Green: Sun., Jan. 15 1-2:30 pm  
**Free Talk & Book Signing**  
Allan Green is a Master Past Life & Spiritual Journey Facilitator who has supported over 21,000 sessions over the past 31 years. He works with individuals' Higher Selves & Spirit Guides to help highlight, heal, empower & discover their Divine truth. Many of you have worked with Allan, who conducted thousands of sessions at Odyssey for over fifteen years. In this talk he will share some of his adventures, experiences, empowering insights & ah ha moments. There will be time for questions. Pre-Registration is suggested.

Receive the lower bracketed fee when you pay in full at the time of booking.  
\*All appointments must be prepaid.

## WHO'S WHO?

**Shannon Bowdring-Smith** - is an Artist, Teacher, Palliative Care volunteer, PSW Care student and strong advocate of self-empowerment.

**Joy Buckley** - is a Reiki Master, Teacher and Crystal Healer with an expansive knowledge of gemstones.

**Laura Buckley** - is a Reiki Master, Zenith Omega Practitioner, Spirit Rescuer, Crystal Healer, Intuitive Writer and Meditation Facilitator.

**Dorothy Clifford** - is a Teacher, Healer, Intuitive Reader & Writer.

**Tina Cooke** - is a Teacher, Mentor for the Munay Ki, Ordained Priestess with the Fellowship of Isis, Fairy Shaman, Ogham Master and Mayan Shaman.

**Emylee Cuthbertson** - studies Holistic Nutrition and resonates most with animals, crystals, tarot & music.

**Fay** - is a gifted Teacher, Intuitive Counsellor, Reiki Master, Ghostbuster & Animal Communicator.

**Kelley Gaspar** - is a Reflexologist, Reiki Master, Bard & Runes Master. She is an Ordained Priestess with the Fellowship of Isis & drawn to the Celtic, Norse, Druidic & Sumerian traditions.

**Irma Haggith** - is a Labyrinth Facilitator, Spiritual Counselor, Speaker, Writer & Former Radio Host.

**Dan Mischuk** - is an Astrologist, Hypnotherapist and Teacher of deep meditation & higher-self work.

**Lisa Parker** - is a Reflexologist, Reiki Master and Yoga instructor who also loves nature & herb-lore.

**Debbie Purvis** - Is a former college Chairperson & Professor, Author, Magazine Columnist & TV Host.

**Linda Lee Purvis** - is a Certified Self Actualization & Master Spirit Life Coach, Teacher, Writer & Artist.

**Vicki Warner** - is a Reiki Master, Crystal Healer and Intuitive Reader.

**Sacha Williamson** - is a Reiki Master and Intuitive Soul Coach who runs meditation & vocal workshops.

### REGISTRATION

To register for a Course or Appointment you can come in, call or visit our website. To hold your spot we require a 25% non-refundable deposit. You are entitled to a lower fee in brackets when you pre-register (at least one week before the date) and pay in full.

### ODYSSEY MEMBERSHIP PROGRAM

In addition to \$5 reward vouchers for every \$100 you spend; free gifts; monthly specials; and discount offers; select titles have been discounted by 10% - 25%. The annual fee is only \$10. Sign up today.

**109 OLD KINGSTON ROAD, AJAX, ONTARIO - 905-426-4823 - www.odysseybooks.com**  
M-W 10 am - 7 pm • TH-F 10 am - 7:30 pm • SAT 10 am - 6 pm • SUN 11am - 5 pm