



## Notes From The Lodge

Hello there! As many of you may already know, my name is Heather Inman and I am the new lodge keeper here at DancingTrees. Coming on board here has been both a rewarding and a very crazy experience. There is so much to learn, and so many new and interesting people to meet! I can certainly say that no two days are alike. What I am really here to say today, however, is that I

really need your help! We would all like to see a wider variety of classes being offered. This is where you come in. Have you ever thought about teaching a class before? Do you have a talent, hobby, or craft that you would enjoy sharing with others? We need dedicated individuals who would like to spend a day or two a month sharing their skills

with others. If you are interested in teaching a class or if you have any ideas that you think might work, please let us know. Your ideas are important to us! We are currently trying to get a tutoring night up and running free to high school and college students. And this month we'll begin the famous Sunday afternoon game time where anyone can come and play our wide

## Belly Dancing (continued on page 2)

My name is Rijah Newell and I have been belly dancing for five years at a very novice level. I have learned so much about myself

through the dance, especially the ability to truly love myself and the women around me. I decided to begin teaching recently,

although I am still just a beginner. I am offering a dance class that teaches basic belly dance moves, and an ability to honor

## Our Very First Newsletter!

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### What You'll Find:

- *Notes from the lodge*
- *Interesting and innovative insights into the classes that are currently being offered at DancingTrees Lodge*
- *What's happening in the month of March!*

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## Belly Dancing (Continued From Page 1)

the Goddess within each and every one of us. This is a drop-in class and you are welcome to attend whenever it is convenient to you. Donations are appreciated to help the dancing trees lodge continue the great work they are doing.

Belly Dance was inspired to celebrate many of the earths rhythms. Honoring the Earth and celebrating the

harvesting of crops or planting of crops in association with fertility is one of the many reasons to dance. This dance encourages women to ground themselves with the earth, and in turn to stay grounded within themselves.

When I dance it is ecstasy for my soul, a releasing of the goddess within. It is for me not for an audience, not for the occasional guy who

may be enthralled by the sensual movements. My dance is for other women as well who like me may not feel comfortable in their own skin. I dance to honor their beauty and mind, intertwined with a soul, and not just the fleshy body that is just a vehicle for me to explore in. Belly dance is a light in my world that begs me to come play.

## Unveiling Your Guardian Goddess (continued on page 3)

Unveiling Your Guardian Goddess workshop includes: a guided meditation, objective reflection, and two exercises tools, to incorporate your personal reflections from your own Guardian Goddess into your daily life. This workshop is scheduled periodically at Dancing Trees

Lodge. The next event is scheduled on April 21, 2005 from 10:00 a.m. to 2:00 p.m. Personal sessions for individual readings are available after the workshop. Registration is required. Cost for session is \$40.00 - \$5.00 donation for lunch. Raven Merrill is

a Spiritual Intuitive Reader and Channel who has over 30 years of experience doing psychic readings. She is available to businesses and individuals for workshops, classes also personal and group sessions. For more information please visit [www.ravenstar.net](http://www.ravenstar.net)

## Healing Drum Ceremony

Just relax and receive. This simple ceremony focuses on healing participants and the land. When the drumming ceremony is completed, we will focus on shamanic journeying. This will be taught for those who have never tried it

before. Facilitated by Yvonne Treeslimb Raphael Second Mondays 7pm . \$10 to benefit the Lodge. Donations of sweetgrass braids for the ceremony are also appreciated.



Come join Treeslimb Raphael the second Monday of every month!

## Living Gluten –Free

Suzanne Dunham utilizes the Dancing Trees Lodge for Living Gluten-Free seminars. She chose Dancing Trees for her first session in November because the Lodge provides attendees with a comfortable, casual and inviting setting. In addition, the kitchen and dining areas are well equipped and the atmosphere conducive for a gathering of people to enjoy a meal together. The Living Gluten-Free series, offered through MSAD #44 adult education winter semester, covers basic information on gluten-intolerance and celiac disease in the first session. In the second session there is a review with more detailed information about nutrition, alternative grains to wheat and other gluten-based grains/flours as well as alternative practices to help those

living with gluten problems and other autoimmune diseases to better cope. The winter semester series, sessions I and II, were held at Telstar High School because of the SAD #44 connection. The third session, which will be held at Dancing Trees Lodge, will be a cooking class where participants will learn ways of cooking alternative grains and then the group will enjoy a meal together. She is hoping to have this third session also be the start of a gluten-free support group. Suzanne has also participated in the Dancing Trees Lodge healing day where she gave herbal facials. According to Suzanne, it was an uplifting and healing day for her too. She plans to conduct addi-

tional gluten-free seminars for the spring semester. Anyone interested in learning more about the seminars or the support group can contact Suzanne at 665-2967 or by email at:

[dunhamfarm@msn.com](mailto:dunhamfarm@msn.com)



Comfortable, Casual Atmosphere!

## How Goddess's Handle Their Money

Please come and pamper yourself with Raven Merrill and her friend and co-sponsor, Carol York from Ameriprise Financial for these wonderful events:

There are two dates scheduled currently. The first is for March 18-

for brunch from 11 a.m. to 2:p.m, the second is for April 28, from 6:00 p.m. to 8:00 pm.

This includes a sumptuous meal, a short guided meditation, an interactive money game, question and answer periods and English Finishing Tea.

Registration is required. Cost \$50.00 per person.



## Facilitated Group Breathwork Sessions

When asked "What single lifestyle change has the greatest potential for promoting optimum health?" Andrew Weil, M.D. Responded "LEARN HOW TO BREATHE WELL." Breathing, The Master Key to Self Healing.

Breath is an amazing self healing tool that can relieve stress, improve health and increase the quality of life.

Breathe In & Beyond offers **FACILITATED GROUP BREATHWORK SESSIONS** the 2nd and 4th Thursday starting at 6:00pm at DancingTrees Lodge.

This is a dynamic evening combining Warm Up, Active Breath, Music and Intuitive Healing. This is a powerful and nurturing combination to

support you as you open to your true self. A GREAT TUNE UP!

**Wear comfortable clothing. Bring blankets, pillows, water to drink, a journal and pen. Registration required.**

Call 583-6603 . Cost \$20.00 Payable to: **Breathe In & Beyond**

## Knitting, Crocheting and Crafts Galore

This is a class that is new to the lodge. It will be designed for people of all ages who have always wanted to learn how to knit, crochet, sew, or even do embroidery. The class is free, and those who wish to attend will be

given a list of supplies needed for each class. The first class will be more geared towards finding out what the people attending want to do for crafts. The class will be adjusted to incorporate the crafts

that people are most interested in learning. It will be on March 19th from 1-3 pm. Please call the lodge to let them know that you will be attending! Reserve your seat today!

## Meet The Board Members of DancingTrees Lodge



Nicky Howell  
-President-



Valerie Moreau  
-Treasurer-



Jacqueline Kennagh  
-Secretary-



Frank Howell  
-Vice President-



Justin Kiger  
-Asst. Treasurer-



Ali Paterson  
-Asst. Secretary-

## Holiday Re-giving

Did any of you get an item or Christmas or Chanukah that may have been a duplicate of something you already have, or is something that you may have no use for? We are looking for items that you can't use in

an effort to jump start our Dear Santa program that happens each December. We collect things year round in order to give a better holiday to those who are in need. If you are interested in helping us, by

donating unused holiday items, please call Heather at 539-2670 to arrange a time for a drop-off or for us to pick it up. All donations are tax deductible.

## What is a Crystal Healing?

Crystal healing works with the notion that the electricity in the body can be manipulated by the use of different stones.

A routine 90 minute healing session, the comfortably clothed person is laying on a bed with a healer on one side and an assistant on the other.

Some of the most common reasons that a client comes to a crystal healer are:

- \* Physical ailment
- \* Physical injury
- \* Emotional issues
- \* Past life regressions
- \* Current life issues
- \* Relationship challenges
- \* Behavioral insights

The balancing or centering of the body, mind and spirit allows for renewed energy, acceptance, self-love,

problem solving mechanisms, lack of stress and motivation to learn. A healer will commonly use 70-100 different stones during a healing.

If you have any questions, please ask a crystal healer. And as with all alternative healing, please make sure your healer is qualified and trained. Don't be afraid to ask where the healer has trained and what certification he/she holds.

Healings are performed at Dancing Trees Lodge by appointment.

Classes on stones and related topics are taught at the Lodge monthly.

For date and time call the

### Don't forget your lodge donation!

Our new donation basket is available with tax deductible receipts inside of it, just waiting to be filled out!



Nicky Howell  
557-2544

ClearPath Crystal  
Healing

lodge or check the website!

**What's Going On in March!**

**Gluten Free Foods Seminar**

with Suzanne Dunham

March 4th from 10am -2 pm with

**Healing Drumming Ceremony**

With TreesLimb Raphael

Monday, March 6 From 7-9 P.M.

**Belly Dancing with Rijah**

Monday March 13 & 27 from 5:30-6:45 P.M.

**Breath Classes with Chris & Paula Easton**

Thursday, March 9 & 23 from 6-8 P.M.

You must reserve a space!

**Goddess Money Party with Raven**

Saturday, March 18th from 10-2

Call for you reservation!

**Knitting, Crocheting & Crafts Galore!**

With Belinda Hagar & Mary Emmons

Beginner Class- March 19th- 1-3pm.

Please call to reserve your space!

**Game Day**

Sunday Afternoons from 2-4 pm

You must call to reserve your spot!

**Tutoring**

Tuesdays from 5-8pm. Meals Included!

You must call to reserve your teacher !

Clip along the dotted line to save the list of events going on at the lodge in March!

Check us out on the web at [www.dancingtreeslodge.com](http://www.dancingtreeslodge.com)



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