

# THE OPEN MIND CENTER

## Ring in the new...

**It's a new dawn, it's a new day, it's a new life for me...and  
I'm feeling good.**

**~Michael Buble**



As the new year approaches, it is natural to reflect on the months passed and take stock of your experiences. It is often hard not to begin to measure your year in what was not accomplished, what was difficult or all the challenges that made up the 12 previous months. The challenging times need to be honored and valued for teaching us lessons we may have needed to learn, but don't forget the wonderful times the past year has afforded you. Whether it was a spectacular rainbow you saw in July, or the first day of school in August for your smallest child, or the kind word a stranger said to you at the grocery store last February. These pleasant experiences along with the struggles weave together a year like none other, and for that you can be truly grateful. No matter what emotions or memories this year conjures up for you, as the calendar turns to 2012, you have a new slate to write on, a new canvas on which to paint and a new quilt to craft from the fabric of your past. And that is good!

This year when you sit down to write or make a mental list of your new year's resolutions, keep in mind that they can just be guidelines, not a strict list that is difficult to follow and easy to give up. These resolutions can take into account your past lessons and your hopes for the future and take full advantage of this occasion to begin anew. A good resolution will give you a path to making more opportunities to find joy in your life. Instead of saying, I will go to the gym to work out 3 days a week and I will lose 20 pounds by spring, say... I will commit myself to making healthier choices every day. By phrasing your resolution that way, it is much more all encompassing and realistic but also gives you a goal for which to strive. On the clean slate of a new day, give yourself every chance to succeed and in that success, you will be propelled forward to take on every day with a positive attitude. Then, maybe when you take stock at the end of 2012, you will realize that the tricky days were fewer and the triumphant ones stand out more boldly. This is the beauty of a new year...such promise and hope for great things, possibly of our own making.

So, welcome 2012 for what it is, a new life for you...and feel GOOD!

**The Open Mind Center:  
A place to be, a way to be.**  
678.243.5074

1575 Old Alabama Road, Suite 213  
Roswell GA 30076

[WWW.THEOPENMINDCENTER.COM](http://WWW.THEOPENMINDCENTER.COM)

***THE OPEN MIND CENTER is a  
comprehensive holistic center offering  
programs intended to heal the body, nourish  
the soul, and awaken the spirit.***

## Classes and Events You Don't Want to Miss

For a complete list of classes, see our calendar or catalog. [See Calendar](#)

### Six-Week Self Defense Course

In this extensive six week course you will learn how to protect yourself, reduce your fear of being attacked, increase your self-confidence and self-esteem and overcome your worries of past traumas. You will start the year knowing skills that will stay with you and help you for the rest of the year. Join us and literally learn how to save your life.

**Tuesdays beginning January 17<sup>th</sup> through February 21<sup>st</sup> from 6:30-7:30pm**

**Investment: \$300 for the 6-week series**

### Your 2012 Forecast

Would you like to know how 2012 looks for you in all major areas of your life: love, money, health and career? This class is your personal roadmap for the coming year. It is based on your month, day, year, city and exact time of birth. To register, give us a call and provide your birth data by Friday, January 6<sup>th</sup>.

**Saturday, January 7<sup>th</sup> from 1:00-3:00pm**

**Investment: \$50**

### Maximize the Burn in 2012!

Amanda Thompson, Nutritional and Longevity Consultant, will offer simple tricks to turn up your calorie burning power and energy. During this class, you will be given exercise tips, diet and nutrition information and the best supplements to achieve an increase in metabolism and improve weight loss. Join Amanda to kick start your new year in the best possible way. Please bring a pen and paper to take notes. This one hour class will be followed by a 15-minute question and answer session.

**Wednesday, January 11<sup>th</sup> from 7:00-8:15pm**

**Investment: \$25**

### Latin Workout

Dance your way through the new year and keep off those unwanted pounds! Latin workout teaches you the fundamental movements essential to Latin dancing while you receive a full 360 core workout and listen to uplifting Latin music. Not only is it fun, but you can rediscover your body and it's capability to move. With this amazing dancing exercise class you will raise your heart rate and flatten, strengthen and tighten your entire core! It is similar to Zumba. Come join us every Saturday!

**Saturdays from 11:30am-12:30pm**

**Investment: Drop in rate \$15; \$52 for 4 classes; \$99 for 8 classes**

### Longevity... it's a way of life.

Increasing your longevity can be a daily practice and with the right tools, you can bring it easily into your everyday routine. Join Nutrition and Longevity Consultant, Amanda Thompson, as she presents topics on breathwork, diet, herbs and supplementation to contribute to your longevity. By putting these practices into action the benefits you will experience are more radiant skin, abundant energy, ideal body weight and body tone and improved digestion. Please bring a pen and pad to take notes. This one hour class will be followed by a 15-minute question and answer session.

**Wednesday, January 25<sup>th</sup> from 7:00-8:15pm**

**Investment: \$25**

*I always get  
such insight and  
validation from the  
readings at The  
Open Mind Center.*

*~AW*

## Product of the Month:

### I Can Do It 2012 Calendars

By Louise Hay

The energy of this year is one of freedom, change, and expanding your boundaries. **Louise Hay's I CAN DO IT 2012 Calendar** offers you 366 positive thoughts, affirmations, and words of wisdom to help you manifest love, success, health, and overall well-being.

This beautifully designed calendar is the perfect gift for friends, family members and, of course, *you*, because *you can do it* . . . no matter what "it" is!



**Classes and Events (Continued)****Enlightenment and Empowerment**

Come join us for this exclusive three-part intuitive development series called Enlightenment and Empowerment. You will be taught a wide range of lessons including how to make the most of your intuitive skills, meditation and how to gain a better connection with your guardian angels. Psychometry, which is the ability to make relevant associations from an object of unknown history, will also be taught. This series will enlighten you to a whole new way to live your life. Leave behind your old ways and begin afresh this New Year.

**Saturdays, January 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> from 2:00-4:00pm**

**Investment: \$25 for drop in and \$60 for whole series**

**Meditation for All**

In a recently published study, it has been found that people who meditate regularly may be able to use their brains in ways to tune out distractions, focus on the task at hand, and experience more happiness than those who don't. Amongst its other benefits (reduced stress, increased sense of well-being, greater energy and creativity) people who meditate don't get lost in mindless negative chatter; meditation protects you from repetitive negative thinking. Making the choice to meditate is a simple, uncomplicated act of honoring your mind, body and spirit.

**Wednesdays, January 4<sup>th</sup> and 18<sup>th</sup> from 7:00-8:00pm Investment: \$10 per class**

**New Moon Ceremony**

The New Moon is a time of beginnings- a time to plant the seeds that can come to fruition two weeks later on the Full Moon. Join us, every month for our free New Moon Ceremony. After the ceremony, a short healing is done to send you off feeling renewed. Bring a list of what you would like to create in your life.

**Monday, January 23<sup>rd</sup> from 7:00pm**

**Investment: Free**

**New Beginnings**

It's only the beginning now  
 ...a pathway yet unknown  
 At times the sound of other steps  
 ...sometimes we walk alone.

The best beginnings of our lives  
 May sometimes end in sorrow  
 But even on our darkest days  
 The sun will shine tomorrow.

So we must do our very best  
 Whatever life may bring  
 And look beyond the winter chill  
 To smell the breath of spring.

Into each life will always come  
 A time to start anew  
 A new beginning for each heart  
 As fresh as morning dew.

Although the cares of life are great  
 And hands are bowed so low  
 The storms of life will leave behind  
 The wonder of a rainbow

The years will never take away  
 Our chance to start anew  
 It's only the beginning now  
 So dreams can still come true.

By Gertrude B. McClain

*Every man should be born again on the first day of January. Start with a fresh page.*

*~Henry Ward Beecher*

### Tai Chi - Meditation in Motion

If you're looking for another way to reduce stress, consider tai chi (TIE-chee). Tai chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements- connecting the mind and body. Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions. Like other complementary and alternative practices that bring mind and body together, tai chi can help reduce stress. During tai chi, you focus on movement and breathing. This combination creates a state of relaxation and calm. Stress, anxiety and tension should melt away as you focus on the present, and the effects can last well after you stop your tai chi session. Tai chi may also help your overall health and certainly has shown benefits with reducing anxiety, improving balance, lowering blood pressure and increasing energy, endurance and agility. Learning tai chi from a qualified instructor can teach you the underlying philosophy behind this relaxation technique as well as the proper positions and breathing methods.

**Weekly Tai Chi classes held Mondays from 7:00-8:00pm and Saturdays from 10:30-11:30am**

**Investment: Drop in rate \$15; \$52 for 4 classes; \$99 for 8 classes; \$135 for 11 classes**

### Did you know?

~ that we have Intention Candles? These Tori Hartman candles are made with specific intentions to help you achieve any goal your spirit desires. These candles are beautiful and very powerful tools to help you manifest all your heart wishes.

~that we have an Early Bird Hatha Yoga class? Every Tuesday from 6:00-7:00am you can join in this All Level class to jump start your day with peace and balance.

Follow us via our website at: [www.theopenmindcenter.com](http://www.theopenmindcenter.com) or on Facebook at <http://tiny.cc/tomcbus> (group page), <http://tiny.cc/tomc> (fan page) and/or on Twitter at <http://twitter.com/openmindcenter>

*The Open Mind Center: A place to be, a way to be!*

### Yoga for Kids

At the Center we are committed to teaching health and wellness practices starting at a young age. Yoga is a great way to begin to teach kids the benefits of quieting your mind and focusing on breathing. Studies have shown that yoga for kids can enhance concentration, manage headaches and irritable bowel syndrome as well as improving calmness. Each of our Yoga for Kids classes is based on a theme that will inspire your child to manage physical and emotional responses to life. The kids will be taught poses and flows designed to tap into what all kids relate to in their life. We empower children with breathing techniques that help energize, calm, cleanse, and balance their body and mind and show them how to practice yoga anytime.

**Wednesdays from 4:30-5:30pm**

**Investment: Drop in rate \$15; \$52 for 4 classes; \$99 for 8 classes; \$135 for 11 classes**

### Fantastic Services at The Center

We are pleased to offer a wide range of wonderful services to help you have insight, gain strength, bring balance and re-energize your life. Our practitioners are all highly trained and certified to provide the most comprehensive and enjoyable services possible.

### MASSAGE

Lomi, Energy, Swedish, Reflexology, Deep Tissue & more

### ENERGY HEALING

Chakra Balancing, Reiki, Shamanic Healing, Star Matrix Healing

### READINGS

Intuitive, Tarot, Birth Chart, Annual Astrological Forecast

*The Open Mind Center is looking for volunteers to help us grow. If you have been looking for meaningful ways to volunteer in the community and are interested in supporting 'our customers' health and well being, please contact us at (678) 243-5074.*

[WWW.THEOPENMINDCENTER.COM](http://WWW.THEOPENMINDCENTER.COM)

Would you like to feel balanced, calm and strong in the new year? We have yoga and bodywork classes throughout the week, so you can tailor a schedule fit your busy life.

**Yoga and Bodywork  
January 2012**

**Hatha**

Mondays 6:15-7:30pm (Levels 1&2)  
Tuesdays 6:00-7:00am (All levels)  
Wednesdays 6:15-7:30pm (Levels 1&2)  
Thursdays 10:00-11:15am (All Levels)  
Saturdays 9:00-10:15am (All Levels)

**Kundalini**

Mondays 10:30-11:45am

**Restorative**

Saturdays 10:15-11:15am

**Gentle**

Wednesdays 6:30-7:30pm

**Pricing**

\$15 drop in

\$52 for 4 classes, \$99 for 8 classes, \$135 for 11 classes, \$240  
for 22 classes, \$320 for 33 classes

**Yoga for Kids!**

Wednesdays 4:30-5:30

**Tai Chi**

Mondays 7:00-8:00pm  
Saturdays 10:30-11:30am

**Ballroom Dance Class... the Social 8**

Tuesdays 7:45-8:45pm

**Latin Workout**

Saturdays 11:30am-12:30pm

**Pricing**

\$15 drop in

\$52 for 4 classes, \$99 for 8 classes

**Hot Yoga**

Thursdays 6:30-8:00pm

**Pricing**

\$19 drop in

\$73 for 4 classes, \$142 for 8 classes, \$187 for 11 classes

\*4, 8 and 11 class packages are valid for up to 2 months after purchase. 22 and 33 class packages are valid for up to 4 months after purchase.

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**Mini- Session Fridays**

Mini-Sessions are a great way to experience the services our practitioners have to offer in short sessions at a reduced price. If you have 15 minutes to spare on your way to work or on your lunch break or maybe before you pick the kids up from school, stop by the Center to get some insight and relaxation! All mini-sessions are 15 minutes for \$20. Sessions book up quickly, so call early to reserve your spot!

**January 6<sup>th</sup>**

11:00am-5:00pm- Intuitive Readings

**January 13<sup>th</sup>**

10:00am-2:00pm- Reflexology

**January 20<sup>th</sup>**

11:00am-5:00pm- Intuitive Readings

**January 27<sup>th</sup>**

10:00am-2:00pm- Reflexology

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