



Spring 2013 Salons

with Gourmet Luncheons
hosted by Deanna Trust

RELAX, ENJOY, AND LEARN! NURTURE YOURSELF!

- *Three Master Teachers to Inspire You*
- *New Illuminating Topics to Empower You*
- *Gourmet Fare to Nourish Your Body & Delight Your Senses*

INSTRUCTION: 10 AM to Noon & 2 PM to 3 PM // LUNCH: Noon to 2 PM
Salons take place in Deanna's Casterline Inn decorated with antique icons and sacred artifacts.



SATURDAY, APRIL 27: The Magical Journey of Crystals with Sue Freeman

With hands-on practice, have fun learning about the many different types, sizes, shapes, and uses of crystals. Learn how crystals can be used for self-healing and experience a Heart Alignment Meditation with crystals. During this journey, you'll select and personally work with three crystals, which you can then take home. Sue is the owner of the Art of the Heart (www.TheArtoftheHeart-Chester.com) and Center of the Heart Ministries in Chester, NJ, a Reiki Master Teacher, and Spiritual Energy Healer. **MENU:** *Spring Caesar Salad with Arugula;*

Vichysoisse; Asparagus Vinaigrette with Walnuts in Lemon Baskets; Swiss Cheese and Leek Tart; Red Raspberry Mousse and Godiva Chocolates.



SATURDAY, MAY 18: Coaching for Personal Confidence with Alissa Okrent

What could YOU be gaining from life with more personal confidence? Reconnect with your authentic self, trust your inner wisdom, and stand tall! Learn to become more calm, clear, and confident with Certified Life Coach Alissa Okrent, owner of Compass Confidence. (www.CompassConfidence.com) You will be taught specific tools to let go of tension and stress and to brighten your spirit by building confidence in your body's wisdom messages. Learn to speak your truth with ease in the face of any life challenge. **MENU:** *French Impressionist Favorites - Monet's Waterlily Salad;*

Renoir's Fennel Soup; Cezanne's Jas de Bouffan Potato Salad; Epinards en Surprise a la Normandy (Spinach Crepe); Mousseline au Choclat with a Red Hat



SATURDAY, JUNE 15: The 7 Rays of Creation with Lorraine Henrich

Are you ready for personal transformation and planetary evolution? Become an active force in the Universe by harnessing the 7 Rays of Creation. In the beginning of time, these 7 Rays stretched forth to create the forces and form of the world we live in today. The Rays appear in stories of creation, Eastern Mysticism, and Western Esotericism, and are reflected in the signs of the zodiac, the human psyche, and the history of Earth. These 7 Rays contain keys to deep healing, self empowerment, soul purpose, and planetary evolution. • Lorraine has studied all over the world and is the founder of the Tree of Light Healing Center in Morris Plains, NJ. (www.TreeofLightHC.com)

MENU: *Mushrooms Mariné; Coquilles St. Jacques; Pomegranate and Spinach Salad with Balsamic Vinaigrette; Deanna's Cajun Chicken Gumbo; Charlotte Malakoff au Chocolat. • Special vocal entertainment by Crista Orefice.*

COST: \$90.00 per individual salon / Sign up for all 3 salons and get one free...just \$180.00!

10% discount for reservations and payment by Friday, April 12, 2013

Price includes gourmet 5-course luncheon prepared by Deanna from her favorite recipes.

Vegetarian substitutes are available upon advance request.

Mail checks payable to DEANNA TRUST • Send to 192 Casterline Road, Denville, NJ 07834

Call to reserve your salon: 973-366-3570

www.TrustFengShui.com