



Winter 2012 Salons

with Gourmet Luncheons
hosted by Deanna Trust

RELAX, ENJOY, AND LEARN TO NURTURE YOURSELF

- *A Host of Master Teachers to Empower You*
- *Three Illuminating Topics to Nurture Body & Soul*
- *Delicious Edibles to Nourish and Inspire You*

INSTRUCTION: 10 AM to Noon & 2 PM to 3 PM // LUNCH: Noon to 2 PM

Salons take place in Deanna's home sanctuary decorated with antique icons and sacred artifacts.

SATURDAY, JANUARY 21: Chakra Healing and Awareness (SNOW DATE: 1/ 28) with Dr. Suhail Jarroush and Suzanne Bini (www.AquarianSun.net)



Join Suzanne and Suhail and learn how our perceptions, senses and states of awareness are influenced by our seven chakras or energy centers. Become more aware of chakra interplay in your life to better connect unconscious forces in a beneficial manner and empower emotional, mental, and physical health and well-being. A profound vibrational healing meditation with crystal bowls will conclude this presentation. *MENU: Arugula and Sweet Red Pepper Salad with Balsamic Dressing; Sweet Potato Vichyssoise; Brussels Sprouts with Maple and Walnut Vinaigrette; Baked Chicken with Cider and Apples and a side of Bulgur Pilaf; Spicy Layer Cake*

SATURDAY, FEBRUARY 18: Five Steps to Health and Healing (SNOW DATE: 2/25) with Dr. Sharon Rasa (www.RasaHealth.com)



Do you feel stuck in your health and healing process? Are you already eating well and taking supplements but haven't achieved the wellness you imagine? Are you ready to move beyond your biochemistry? Let Dr. Rasa teach you how to integrate your physical self with an awareness of the energy body, mental body and more, for solutions that work. Effective bio-energetic, cranial-sacral, light, color or sound healing techniques may be demonstrated on selected participants. *MENU: Beet Vichyssoise; Warm Spinach and Basil Salad; Broccoli Rabe; Italian Ratatouille; Black Forest Chocolate Cake with Raspberry Sauce*

SATURDAY, MARCH 10: Tree Whispering: Sacred Connectedness to Trees, Plants and Nature with Dr. Jim Conroy and Basia Alexander (SNOW DATE: 3/17)



(www.TreeWhispering.com) Make a Sacred Connection to Nature through Tree Whispering's intuitive communication approach. You'll open your consciousness to subtleties in a guided visualization exercise, have a heart-opening experience, expand intuition, and feel validated for previous Nature-affinity connections. Learn about conscious practices to help trees and plants regain health or remain vibrant while experiencing their point of view. Their holistic methods inspire practical spirituality, visionary gardening success, tree advocacy, and personal well-being. Find how a shift in your thoughts and actions can help bring Nature's living Beings - including people - back into harmony and balance. *MENU: Sweet Black Cherry Soup; Watercress, Endive, Sesame and Mandarin Orange Salad with Champagne Vinaigrette; Woodsy Wild Mushrooms Medley; Three Onion Casserole; White Chocolate Mousse with Frangelico*

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

10% discount for reservations and payment by January 14, 2012

Price includes gourmet 5-course luncheon prepared by Deanna from her favorite recipes and vocal entertainment by Crista Orefice

Call to reserve your salon: 973-366-3570

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

www.TrustFengShui.com