

NAN'S ROCK SHOP & SPIRITUAL CENTER



Email nan@nansrockshop.com

website: www.nansrockshop.com

#13995 HWY #1. Wilmot, Annapolis County, Nova Scotia
902 825-2700

Feb / March

Carol Shares: Join the Wave

Here I sit in the kitchen lounge of the Rock Shop
The snow is falling outside, a bit of chill in the air
I am warm and cozy, a cup of my herb tea blend in hand
Sipping quietly letting my thoughts wander, feeling truly blessed and grateful.

A feeling of success anchoring in, relief, comfort ... and even bliss
I have my therapy rooms rented out, the shop is full, workshops scheduled
A tribe of confident and motivated people around me
New goals for this year of 2020 being organized and set into motion.
My heart is full, feeling loved and supported, confidence within myself.

I opened this Healing Center in the year 2000
I started with one therapy room in a large empty house
Me with no business experience, but a heart that just would not quit
The universe continued to send me people to help keep me on the path
Six months later my Mom (Nan) started Nan's Rock Shop
And the rest is history!

This Centre holds the efforts and love of so many
Volunteers, customers, clients, friends and family
Thank you, thank you, thank you.

So I encourage you to live fully
Take chances, follow your dreams, and never give up on your potential
Regularly take time to sit with your victories
Allow your purpose, your gifts, your love and heart to shine forth!
Know that I did it against all odds
Know we can all accomplish anything when we set our mind and heart to it
You were chosen to do this earth walk; you brought gifts that you alone can offer
I believe in you, in us, and in the power
Of what is in each of us to open up and share.



This positive ripple from you joins in with others ... and we create a WAVE!

Success is not final, failure is not fatal: it is the courage to continue that counts. Winston Churchill

STAY IN TOUCH WITH US!



NEWSLETTERS: Keep updated! Which includes: website (subscribe to receive my newsletter through email), Join **Facebook: Nans Rock Shop and Spiritual Center** and **Facebook: Rock & Oilers** (Young Living Essential Oils).

Private Sessions of Natural Healing and Holistic Choices, Workshops & Events continue to be offered. Including Tarot Readings, Reiki, Reflexology and more! <https://nansrockshop.com/private-sessions/>

Come visit see what is new in the shop! We share with you this beautiful place, the place I grew up, great memories, a close family, friends & colleagues.

WORKSHOPS & EVENTS

(Down deposit of \$50.00 is required for all workshops to hold your space)

TUESDAY EVENINGS: **Tribal Belly Dance** with Teri Nichols. *Time: Every Tuesday 7-9pm. Teri: 902 825-2264*

WEDNESDAY AFTERNOONS: **Meet Christiane Jones** in the shop. She offers private sessions in Reflexology, Reiki and Nutrition Counselling and Workshops! *Or call 902 804-4090.*

THURSDAY AFTERNOONS: **Mystics Tarot Readings and Workshops** with Eve Chapman. *Time: 12 – 5pm Cost: 15 min for \$25.00, 30 min for \$50.00. Chance a drop in appointment, or call to schedule. 902 692-9791*

Reiki Training with Carol Layton Reiki is an ancient “natural healing” technique originating from Japan. It is a healing form of energy that you can apply to yourself, pets, family, friends, clients, situations, everything and everywhere! Be all you can be with Reiki; it is my most cherished training; to me Reiki is magic; Reiki is love. Let me share my many experiences with you. It is a great foundation for any direction that you may choose to take in the natural healing and spiritual arts. Reiki classes are continually taught here; contact me to see what dates work for you.

Essential Oils: We offer free workshops on how to bring the therapeutic quality of essential oils into your daily routines. Using high grade essential oils just makes scents/sense! Here at Nan’s Rock Shop we use Young Living products!

Feb 1: **Intro to Hypnotherapy & Past Life Healing** with Darlene Sawler. Plus **Pendulums with Past Lives** with Carol Layton. Potluck lunch! *Time: Saturday 10 – 4pm. Cost: \$75.00*

Feb 2: **Intro to Tarot Workshop** with Eve Chapman. *Time: 1-5pm. Cost: \$75.00 ++++FULL++++*

Mar 7: **Fortune-telling and Sixth Sense Power** with Darlene Sawler. Plus **Opening Intuition with Crystals** with Carol Layton. Potluck lunch! *Time: Saturday 10 – 4pm. Cost: \$75.00*

Mar 8: **Healing with Crystals** with Eve Chapman. *Time: 1-5pm. Cost: \$75.00*

Mar 14: **Workshop Combo** with Carol Layton and Christiane Jones. Intro to Smudging, Reflexology, Reiki and Essential Oils. *Time: Saturday 1 – 5pm. Cost: \$75.00*

Apr 4: **Intro to Tea Leaf Reading** with Darlene Sawler. Plus **Make Your Own Herb Tea** with Carol Layton. Potluck lunch! *Time: Saturday 10 – 4pm. Cost: \$75.00*

April 25 & 26 **EFT Tapping (Emotional Freedom Technique)** with Al Rodee Level 1 & level 2 www.alrodee.com

I have been working with Al for 7 plus years. A great tool to add to your health tool box of natural healing and happier living. I especially like it because it is something I can learn to give myself when I am stressed, needing relaxation, or just to download positive affirmations to feel better. Al also offers private session, my EFT Coach for some of my more challenging subjects. Thanks Al, I just love working with you! I highly recommend it! Carol
Time Saturday and Sunday 10am – 4pm. Cost 150.00 per day OR \$250.00 for both days.

For more details click onto my website www.nansrockshop.com