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OK In Health - September Newsletter!

2008

Welcome to the September OK In Health Autumn Newsletter!
It's that time of year again and begins with Fall Fun with classes & workshops!
Fall class registration is now underway and they are filling fast. Visit our event calendar page on OK In Health website to register. Classes and workshops will be offered in a variety of sections - see our [event & classes page](#).

In this newsletter, we also have some new wellness articles to read such as:

- [Now you can improve the fat burning process 24 hours a day by Norm Danniels](#)
- [Overweight Pets - Its not just a human problem! by Linda Buhler](#)
- [How to Buy and Store Vegetables](#)
- [Shamanic Journeying and Sacred Medicine: Alchemy of the Soul by Dawn Dancing Otter](#)
- [Your Brain Health and Aging -](#)
- [Being Indigo - What is an Indigo – part two by Sharon Taphorn](#)
- [What is Classical Homeopathy? by Katharina Riedener](#)



**This month's Newsletter! Event Calendar * Contests * New Recipes *
 Wellness tips * Support Groups * Free Newsletter ***

Workshops & Events Directory

DATE	TITLE	VENUE
	Fall Workshops, courses, & Events For more events, larger print, and full details - Click Here	More Details
Fall Nia Classes	Nia - Meaningful fitness for everybody. 3 levels of weekly classes; Classic, Gentle, and Self healing. Nia delivers cardiovascular fitness, core strength and flexibility. Nia is fun, playful, timeless and just plain exhilarating!	Penticton
Every Monday, beginning Sept 8, 5:30 pm	Men's Kundalini Yoga and Meditation Cultivate your confidence as a Man, feel your authentic masculinity and uncover your gentle hearted nature. This yoga is suitable for the most inflexible beginner. Kundalini Yoga is an ancient technology of breath, movement, relaxation, meditation & mantra. It balances the glandular system, the nervous system, & calms the mind & emotions.	Penticton & Men`s pages
Sept 10 - Oct 27 Wed. 7.30pm	Kundalini Chakra Series - 8 Weeks Learn to manage your own energy, tap into your innate power and courageously meet every challenge in your life. Gain experience of your chakras and how they run your life. This 8 week series will explore each chakra through the ancient technology of Kundalini Yoga and Meditation, as taught by Yogi Bhajan. All classes include an in depth handout for each chakra.	Penticton & Fitness & pages
Wed. Sept 10 - Nov 26 4:00 - 5:30 pm	I'm All That - Yoga for Youth (13 -19) Feel good about yourself, handle stress & boost your energy with Kundalini Yoga. Build respect for yourself & others. Kundalini Yoga strengthens the nervous system and glandular system to balance mood swings. Become calm, focused and confident in the face of any challenge. Each class includes, breath work, dynamic yoga set, relaxation, and meditation. This yoga is suitable for the most inflexible beginner.	Penticton & Fitness page

Wed.evenings, beginning Sept. 10 at 7:00pm	A Course in Miracles - A Workbook Experience Come gather with other ACIM students as we work our way through the workbook.	Kelowna
Starting Sept 11 Thurs even.	Chakra Empowerment Immerse yourself weekly in the issues and characteristics of each Chakra and discover tools to strengthen each Chakra. 7 manuals with questions surrounding Chakra issues included in course fee. 2.5 hours a week for 7 weeks.	Penticton
Saturday Sept 13, 9am-noon	Open House at Shanti Yoga Therapy Celebrate Shanti Yoga Therapy's Grand Opening & meet the instructors.	Penticton & Fitness Page
This Fall	Fall Yoga Classes Gentle, Restorative, and Vinyasa (flow yoga). Explore and experience the many benefits of yoga with wildflower's gentle and supportive guidance.	Penticton & Fitness Page
Starting September 15,16,17,18,19 plus Oct. Nov. & Dec	Basic Kinesiology Programme (BKP) The BKP is a stand-alone course giving you powerful basic kinesiology techniques for use on yourself and with family and friends. In addition, it will provide you with a solid foundation in kinesiology, which you can build on as you become confident. The BKP form is the Foundation Training of the PKP Certification Programme and the ICPKP Diploma of Kinesiology.	Winfield BC
Sept 16 & 18 Tues & Thurs 7pm-9pm	The Law of Attraction - Introductory Workshop If you agree with the teachings 'The Secret' but feel that there is still a piece of the puzzle missing you're right! Come join us for the day and discover exactly what that puzzle piece is and begin creating the life you truly desire!	Kelowna
September 19-21	The New - Wise Woman Festival Over 50 workshops to choose from and many new friends to meet... Sunrise Ceremonies, Workshops, Wise Woman Store, Healing Oasis. Meals & a range of accommodation available at retreat . Come on your own or bring a friend.	Naramata /Penticton area
Saturday, Sept. 20th at 7:30 pm	Bloodline - The movie What if the greatest story ever told was a lie? More than three years in the making, a new documentary that takes up where Dan Brown's The Da Vinci Code left off, will re-ignite the controversy over whether Jesus Christ married Mary Magdalene and had children.	Lake Country
Sept 20 - 21 Sat & Sun	Angelic Healing II If you are wanting tools to assist yourself with more insights and clarity in all areas of your life, then this course is what you are looking for. (No pre-requisite)	Calgary, Alberta
Sept 20 - Sat	Homeopathic First Aid course Learn the basics about Homeopathy and how to use homeopathic remedies for daily ailments and emergencies! Homeopathic medicine works beautifully for the whole family including seniors, babies, becoming mothers (ailments during pregnancy and birth) and the family pets as well as farm animals.	Red Deer Alberta
Sunday Sept 21 - 7pm	Equinox Yoga Honour the transition of seasons with gentle yoga and meditation in the enchanting surroundings of Linden Gardens. Honour the balance of day and night with gentle yoga and meditation in the tranquil setting.	Kaleden (near Penticton) Fitness page
September 21, 2008 11:00 am - 4:00	3rd Annual Organic Okanagan Festival The Okanagan's Finest Green Living Expo This year's festival will be held all over the stunning grounds of the winery. Vendors' marketplace, mini farmers' market, the sustainability lecture series, Organic Okanagan Film Festival, First Nations cultural experiences, and a local music. Also hands-on activities: mini home energy audits, local food cooking demonstrations, an organic taste challenge and children's corner. Sale, sample, engage and enjoy!	Summerhill Pyramid Winery, Kelowna
Thursday	John Orr - Singing Bowl Concert His concerts have been described as "etheric star music" and "galactic sound".	Kaleden

Sept 25, at 7:30 -10:00pm	John has selected the finest bowls, gongs, and tinkshas from his global travels. With them, he produces a non-invasive, relaxing space of healing.	(near Penticton)
Friday Sept 26, 7 - 8 P.M	John Orr - Evening Informal Gathering John will spend time demonstrating & discussing his gongs, bowls, crystals, stones, and essential oils. John has hand selected the tools of his craft from around the world and loves to share these special tools of his craft. Also Individual Healing Sessions on Friday from 10 - 5pm	Penticton
Sept. 27. 12:30 - 5:30pm	John Orr - Healing Workshop Spend 1/2 day with John Orr in a group healing workshop. John will provide a unique healing experience through sound, discussion & sharing.	Penticton
Sept 26 - 28	Classical Equitation with Craig Stevens Craig has spent 20 years studying with the French masters at Samur in France, his methods are 18th century when Equitation was considered an art form. The horses are trained by learning to balance and be in self carriage, and no restraints or force is used. As the rider develops the understanding and ability to communicate more clearly, the movements improve-- but rather than learning tricks to mask mistakes, riders learn what they are doing that is producing the mistake and how to ride with such clarity that the movements become fluid, light, and precise.	Langley, BC (Van)
Sept 27 - 28	P.A.T.H. Expo Promoting Alternative Therapeutic Healing - Speakers * Lectures * Readings * Exhibits * Workshops * Psychic Showcase * Crystal Singing Bowls and more. This event is always fun and entertaining! A gathering of all the Psychics in a question and answer forum.	Salmo Valley Kootenays
Sept 27 - 28	Shamanism Learning Intensive Level 1 - Journeying and Power Animals This level is for the Journeying beginner, or relatively inexperienced.	Penticton
Sept 30- Dec 9	Core Dynamics Body Mastery An artistic integration of Pilates, Yoga, & dance techniques for greater mind/body connection, more nuanced strength & flexibility, less overall body tension, and greater ease of movement. If you like yoga and Pilates, but crave a more artistic approach that deeply focuses on self-healing, this class is for you.	Penticton
Sept 30 - Dec 9th	Dance Alchemy This is an Ecstatic, freeform, style of dance expression. Each week, we will focus on one chakra (body energy centre) and express the characteristics, symbolism, gifts, and challenges of each chakra through breath, amazing world music, and movement. Every 'body' 16-99+ is welcome, regardless of movement challenges or previous experience. Free your Mind...Breathe your Heart...Dance your Soul!	Penticton
	October	More Details
Fridays am: October 3, 10 and 17	Exploring Homeopathy with Pat Deacon Come and explore homeopathy ! Get a taste of its history, philosophy, and materia medica (medicines). Learn about remedies that you can use at home for common accidents, injuries, and acute ailments.	Penticton
Thursday Oct 2nd PM	Grief walking: The Soul of the Well Lived Life This evening, featuring a screening of the new National Film Board documentary film 'Grief walker', will be devoted to prolonged wondering about how glimpsing the end of our loves and ultimately our life could and should be the real birth of our love of life.	Penticton
Friday Oct 3rd	The Tangled Garden of Wisdom and Grief: Carrying the Dead and the Orphan Heart of Palliative Care by Stephen Jenkinson. This workshop will be and Grief Illiteracy and on what the care of our dying people should have as its root and its flower.	Penticton
	A Hand Made Life by Stephen Jenkinson	

<p>Sunday Oct 5th 9:30am - 1pm</p>	<p>This meeting is for craftspeople. For years I've wanted to do a teaching that makes a song of praise, gratitude and encouragement for the makers in our midst who have not abandoned and forgotten their thumbs, and for the <i>made things</i> which are more often trivialized or enslaved than honourably employed. This meeting will be that song.</p>	<p>Penticton</p>
<p>October 4,5,6 Weekend</p>	<p>Cranial Sacral Workshop - Level I Come & find your internal tide! Experience the subtle rhythms of the cranial sacral system & invite release, balance & stillpoint within the nervous system & throughout the body. Make this weekend a retreat time by at the Naramata Centre.</p>	<p>Naramata</p>
<p>Sat Oct 4</p>	<p>Personalized Energy Healing - Introductory Workshop In this fun and informative workshop you will discover and become familiar with many of the more common Energy Healing techniques. We then take it one step further to help you discover what exactly that unique twist of yours is. Once we cultivate a relationship between you and your gift, you will find it is extremely easy to access and use it whenever you choose. Children over the age of 10 yrs welcome.</p>	<p>Kelowna</p>
<p>Sat Oct 4 at 2 - 4pm</p>	<p>Shouldering The Load Stop 'shouldering' the load! Learn to release chronic shoulder discomfort and tension. Many of us carry our stress in the shoulders. This workshop assists you in recognizing when you are 'carrying the world' on your shoulders and how to release the tension and strain you feel. A must for those who do repetitive work at a desk or table.</p>	<p>Kelowna</p>
<p>Oct. 2, 3, 4 & 5.</p>	<p>FSRC Four Pillars of Destiny Essential Course An introduction to one of the Chinese astrological studies on a person's destiny - fate and luck, based on the person's year, month, day and hour of birth.</p>	<p>Vernon</p>
<p>October 3, 4, 5.</p>	<p>Riva's Healing Retreats "We Help People..." to shed the past, heal pain, clear toxic patterns, heal the physical, heal their animals, release karma, strengthen relationships, connect to their soul, and alter their blueprints of disease through loving connection with animals, nature, and soul. You will access and interpret your own personal journey in sacred space through intuitive animal communications, power animals, shamanic journeying, meditations, shadow work, fire ceremony, and soul healings.</p>	<p>Armstrong</p>
<p>Oct 3, 4, 5</p>	<p>Tarot Card -Workshop</p>	<p>Penticton</p>
<p>Begins Oct 3, 4, 5 6 mths course</p>	<p>Plug into your Power, Personal, Psychic, & Intuition Six month intensive inner journey. Month by month discover different tools and techniques as you clear personal blocks and connect with universal love force. Learn to understand the laws and lessons of life, plus your own personal programs.</p>	<p>Penticton</p>
<p>Oct 8 wednesday</p>	<p>17th Annual Seniors Symposium South Okanagan Seniors Wellness Society will host a trade fair and conference on Brain Health & Aging on October 8 Drop by and say Hi to OK in Health members at booth</p>	<p>Penticton</p>
<p>Oct 11 Saturday am</p>	<p>Breastfeeding Week Celebration This is an invitation to breastfeeding mothers past, present & future. Door Prizes, Refreshments, time to meet other breastfeeding mothers.</p>	<p>Penticton</p>
<p>Oct 14 & 15 Level 1 Oct 16 & 17 Level 2</p>	<p>Touch for Health - Level 1 and Level 2 This is a system of natural health care made simple and easy to learn and use. It was designed to empower everyone to take care of their & their families' needs. It teaches muscles testing and a range of gentle yet powerful techniques to improve health, well-being and vitality. Touch for Health uses the muscles as a biofeedback mechanism.</p>	<p>Winfield BC</p>
<p>Wed s tarting October 15 mornings</p>	<p>Yoga PlayTime - for you and your child Gentle and playful yoga fun for you and your child. Old Yogini had a farm, shanti shanti om! Explore gentle & playful yoga postures, songs & rhymes with your child.</p>	<p>Penticton</p>

Oct 16 - 19	Australian Bush Flower Essences Workshops - Level 1 & Level 2 * History of Flower Essences * Understand how emotional patterns affect your health * Learn how to make a Flower Essence	Vancouver
Oct 20	Women's Wellbeing and Bush Flower Essences ~spiritual & metaphysical aspects of femininity and the female energy system~ How Bush Flower Essences can assist with-Menstruation, Menopause, Enhancing relationships, Sexuality, Infertility and conception, Pregnancy, Healthful birthing, Nurturing the spirit in the child.	Vancouver
Oct 17 - 21 Weekend	The Gems of Excellence : Level I A fun filled experiential course where you are integrated in a group using the language of Geotran, a digital, numeric, geometric language which speaks directly to the memory fields that hold the record of who you are and what your potential is.	Kelowna
Oct 17 - 21	Angelic Healing Intensive I invite you to join me in the beautiful Okanagan for 4.5 days of working with the Archangels and Ascended Masters. Experience their unconditional love and assistance in your personal healing and ability to assist others with their healing.	Kelowna
Oct 18 & 19 Sat & Sun	Meditation Intensive - 2 day Intensive Workshop learn to get out of their head and focus on the present. The more time spent focused on the present the less time spent feeding the ego, and the natural result is to become in alignment with the Truth of who we are and what we want.	Kelowna
Oct 24 - 26 Weekend	The Gems of Excellence - Level II Gems of Excellence II is designed for you to return to the classroom free of learning stresses and learn the process of integration for yourself and others.	Kelowna
Oct. 25, Nov. 15, Dec. 6 10 to 12:30am	Spiritual Beginnings Spiritual and Psychic Development and Training. This course will be given once a month & will lead you by the hand with meditations & techniques to explore & practice, as well as spiritual concepts to build your own awareness & expand your own levels of consciousness.	Kelowna
October 25 2:00 to 3:30	Kid's Play Spiritual Exploration for kids 6-9 years old In these classes, which will be offered once a month, I will be offering a variety of teachings on angels and spirit guides and how to contact/communicate with them. We will also explore how to work with Light.	Kelowna
October 24, 25, 26	Basic Ear Reflexology Certificate Weekend Course	Vancouver
Oct 25 & 26	Vancouver Health Show 2008 Over 150 exhibitors featuring health experts, body workers, fitness clubs, & more...	Fairs & Festivals
Oct 25 - 27	PRACTITIONERS COMPLETE REFLEXOLOGY 3-day Intensive Practitioner programs: with Yvette Eastman	Vancouver
Oct 25 - 28	BodyTalk System - Introductory Modules 1 & 2 BodyTalk can be used as a stand-alone system to treat many health problems, or seamlessly integrated into any health care system to increase its effectiveness & promote faster healing. It is suitable for health care professionals as well as lay people who may want to learn the BodyTalk system.	Kelowna
Oct 25 & 26	Business Course For Wholistic Practitioners This course will benefit anyone who is considering operating a small business, or is currently in one, especially a wholistic practice. This course will be a very well rounded wholistic viewpoint including the practical business areas as well as the metaphysical side to creating and attracting what you desire.	Kelowna
Oct 25 & 26	E=mc2 Chakra Empowerment What the e=mc2 do we know about vibrational medicine?"This fascinating and timely workshop is for those that want to develop more deeply the understanding of vibrational medicine and energy anatomy. Since the movie	Salmon Arm

	"What the bleep do we know" there is a growing awareness of the importance of intent in our daily lives.	
October 27, 7-10 pm	Temples on the Other Side - Sylvia Browne 2008 Farewell Tour Featuring Colette Baron-Reid and Sylvia Browne. Listen to Sylvia as she explores the many temples and halls that exist on the Other Side and explains how they all hold wisdom that can dramatically improve your life!	Seattle
October 29, 7-10 pm	Temples on the Other Side - Sylvia Browne 2008 Farewell Tour	Portland
	November	More Details
Nov. 1 & 2, 10am-3pm	Freeing the Soul Spiritual Expansion with published author, Denise Obidowski. This workshop will be based on Denise's second book. Topics we will explore are: what is true service according to the Beings of Light; the ego machinations that can get in your way; higher level meditations (practice included). Higher spiritual knowledge and concepts will also be presented.	Kelowna
Nov 1, 2	HAND REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
Nov 1, 2 Sat & Sun	Imago Couples Weekend Based upon the book by Harville Hendrix "Getting the Love you Want". This is an intensive 2 day workshop for married and unmarried couples to rediscover the joy and spiritual potential of being together while using their relationship for personal change & growth. It is designed to help couples begin to heal the history each brought into the relationship and the history they have created together ... to rediscover the joy of being together.	Kelowna
Nov 2, 3	Animal Reflexology and Other Natural Therapies with Jackie Segers from New Zealand	Vancouver
Wed am: November 5, 12, and 19	Exploring Homeopathy with Pat Deacon Come and explore homeopathy ! Get a taste of its history, philosophy, and materia medica (medicines). Learn about remedies that you can use at home for common accidents, injuries, and acute ailments.	Penticton
NOV 6-11	TOUCHPOINT ESSENTIAL ADVANCED REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
Nov 7,8,9 Weekend	Brain Gym 101 Learn twenty-six Brain Gym exercises, the Edu-K Balance process, & Dennison Laterality Repatterning. Discover a permanent tool for reaching personal goals. Applications for students, teachers, parents, artists, athletes, health care practitioners, & business professionals.	Penticton
Nov 7, 8, 9	Basic Holistic Foot Reflexology Certificate Weekend Course	Vancouver
November 7,8,9	Riva's Healing Retreats "We Help People..." to shed the past, heal pain, clear toxic patterns, heal the physical, heal their animals, release karma, strengthen relationships, connect to their soul, and alter their blueprints of disease through loving connection with animals, nature, and soul. You will access and interpret your own personal journey in sacred space through intuitive animal communications, power animals, shamanic journeying, meditations, shadow work, fire ceremony, and soul healings.	Armstrong
November 8th 8:00am to 6:00pm	Strengthening Ties: Women in Agriculture Conference A conference supporting women in agriculture, designed to support women in agriculture by providing access to information. A variety of workshops, plenary sessions and keynote speakers designed to encourage & inform women in agriculture. Drop by and say Hi to OK in Health members at booth	Penticton
	Intro to Equine Massage therapy	

November 9	Wit's End Farms - Equine Rehabilitation Centre. Learn Anatomy, Physiology, how muscles work, the signs of pain, and different massage techniques.	Abbotsford
Nov 13 & 16 2008	<p>Cranio Sacral Reflexology- Basic & Advanced</p> <p>Cranio sacral is the name given to the approach to osteopathy developed by Dr Sutherland 100 years ago. He saw how the bone structure of the skull permitted slight motion and noted that restriction of normal motion due to injury, trauma or disease could affect health. The cranial osteopath works gently with the bones in the skull and associated bodily systems to remedy such conditions. The Reflexologist can achieve the same result by combining an understanding of cranio-sacral therapy with conventional reflexology, since the bones of the feet reflect the skull and sacrum exactly. Dr. Faure-Alderson has a school in Paris and England and is coming to the OKanagan. BC - More Info</p>	Penticton, Okanagan, BC
Nov 14	<p>November 14th is BC Bereavement Day</p> <p>Grief is a highly complex and absolutely normal reaction to a death. It affects each person differently. It takes time to work through, often much longer than people expect. Many people feel isolated in their grief and pressured by society's expectations to "get over it and move on".</p>	See Support group Page
Nov 15th, Sat at 2 - 4 pm	<p>The Straight Goods on Slouching.</p> <p>Get out of the slumps and change that well-worn posture that stresses our backs and creates all manner of problems as we age.</p>	Kelowna
Nov 15 2:00 to 3:30	<p>Kid's Play</p> <p>Spiritual Exploration for kids 6-9 years old</p> <p>In these classes, which will be offered once a month, I will be offering a variety of teachings on angels and spirit guides and how to contact/communicate with them. We will also explore how to work with Light.</p>	Kelowna
Nov 14- 16	<p>Classical Equitation with Craig Stevens</p> <p>Craig has spent 20 years studying with the French masters at Samur in France, his methods are 18th century when Equitation was considered an art form. The horses are trained by learning to balance and be in self carriage, and no restraints or force is used. As the rider develops the understanding and ability to communicate more clearly, the movements improve-- but rather than learning tricks to mask mistakes, riders learn what they are doing that is producing the mistake and how to ride with such clarity that the movements become fluid, light, and precise.</p>	Langley, BC (Van)
Nov 15 Saturday	<p>'Spirituality for Dummies' - Introductory Workshop</p> <p>This is the perfect course for those who are brand new to the idea of spirituality. We will cover many of the most common spiritual practices, healing techniques, and schools of enlightenment. An action packed day full of tons of fun and lots of hands on. Children over the age of 8 yrs are welcome.</p>	Kelowna
Nov 19 - 20	<p>MERIDIANS ON THE FEET REFLEXOLOGY</p> <p>with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics</p>	Vancouver
Nov 22, 11 to 1pm	<p>New Age Crystals</p> <p>Discover the crystals that are emerging during this new age of enlightenment. Certain crystals have been emerging in this new age of enlightenment. Come learn what they are and what properties they hold. Many of these crystals have extremely high energies. Many tend to work with your own specific needs. These are highly healing, aligning, and expanding crystals!</p>	Kelowna
Nov 22 - 23	<p>Journeying and Power Animals - Level 1</p>	Victoria
Nov 22, 23	<p>Basic & Advanced Vertical Reflexology Therapy Weekend Course</p>	Vancouver
Nov 23 10 -3pm	<p>Divine Laws of Success</p> <p>This workshop will look at the elements needed to bring forth more success in your life through better partnership with Spirit and Divine Laws. Tools and techniques will be explored throughout the day.</p>	Kelowna
	<p>Healthy Body Image</p>	

Nov 29 Saturday	Come join Sherri for a fun-filled action-packed day of health! During this full-day workshop you will learn how to change the way you feel about your body, and thus, how you treat it. With simple explanations and easy to follow steps, creating a healthy body image is a simple and fun process.	Kelowna
Nov 30	CHAKRAS ON THE FEET with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
Sunday Nov 30	An Afternoon with Dr. Deepak Chopra - Live in Kamloops BC Deepak will discuss the nature of consciousness as a fundamental reality that differentiates in-to cognition, moods and emotions, perception, behaviors, biology, social interactions, personal relationships, environment & the forces of nature.	Kamloops, BC
For more events, larger print, and full details - Click Here		
Fitness Classes		
Stay Active, Keep Healthy Have fun! and may be meet a new friend!	<p style="text-align: center;">On Going - Fitness Classes, dance classes, walking club ... Click Here for : Nia Technique - Regular classes, Gentle Classes & Self Healing with Nia: The Body's Way LET'S GET WALKING!.. Kundalini Trance Dance Core Dynamics movement African inspired Dance S.h.a.p.e. classes - Yoga off the Mat Chakra, Hatha Yoga Classes</p>	More Details
Great Articles	<p style="text-align: center;">Free Events & Health Shows & Festivals Support Groups Directory and weekly Meditation Classes & groups</p>	More Details

OK in Health Articles

Now you can improve the fat burning process 24 hours a day by Norm Danniels

Whether you are trying to lose a few stubborn pounds or completely reshape your body, you need to make sensible dietary changes and engage in some regular exercise. A magic pill to do all the work would be great, but it just doesn't work that way. Having said that, an effective fat burning supplement can be a wonderful catalyst to help you achieve your weight loss goals and accelerate the whole fat burning process. It needs to be strategic and target the specific fat burning opportunities that occur over the course of the day. Men and women are metabolically and hormonally very different. Women, for example... [\[Read More... \]](#)



Overweight Pets - Its not just a human problem! by Linda Buhler, Pet Practitioner,

Just like us, pets that are overweight are at a much higher risk of developing a number of health conditions. Problems like arthritis, heart disease, respiratory difficulties, and diabetes are among the long list of issues seen in cats and dogs who weigh more than they should. Unfortunately, unlike humans, obesity in pets is often not taken very seriously. The best way to maintain a healthy weight for your pet is to feed them an appropriate diet that is adjusted to ... [\[Read More... \]](#)



How to Buy and Store Vegetables - Maria Carr

Your mother's voice echoes in your head every time you head to the supermarket. You know you should eat more leafy greens, rainbow colored vegetables, and fibre-rich fruit, but it seems like every time you shell out the cash for the fresh stuff, you end up throwing much of it away. You go shopping on Saturday, and by Monday, the lettuce is wilted, the tomatoes are mealy and squishy, and the avocados, well, their buttery flesh is streaked with black. Food is expensive, and you can't afford to waste it. If you feel like you throw away a lot of food, you're probably right--and you're not alone. We throw away nearly 31.6 million tons of food a year. That's like throwing away \$600! To help cut down on food waste, you need how to store it, how long it should last, and what to eat first. We've compiled a guide to produce that will have you eating (not wasting) your precious produce... [\[Read More... \]](#)

Shamanic Journeying & Sacred Medicine: Alchemy of the Soul by Dawn Dancing Otter

The first healing that we are historically aware of is Shamanism. Though it has gone by many different names, nearly every culture, the world over, has a version of Shamanic practice. Even considering its longevity and foundational presence in human life, this practice has remained relatively enigmatic until very recently. Shamanic Sacred Medicine is all about returning to ourselves and healing our illusions of separateness. As we heal our fragmented consciousness, we expand compassion and... [\[Read More... \]](#)

Your Brain Health and Aging with Dr. Robert J. Sutherland, Chair of Neuroscience at the Canadian Centre for Behavioural Neuroscience at the University of Lethbridge.

Have you ever forgotten a name or a fact and attributed it to age? Of course you have if you are human. The relationship between memory and aging plus the potential causes and risk reduction for Alzheimers is of paramount interest in our communities. We have the oldest population in British Columbia. Life expectancy in BC is the highest in the country – 70 years for men and 83 years for women.. [\[Read More..\]](#)

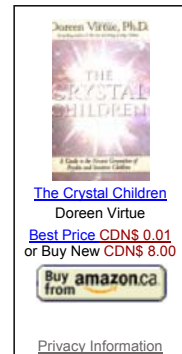
Being Indigo - What is an Indigo – part two by Sharon Taphorn, Vancouver, BC

Indigo's and Crystals share many of the same traits, the main difference being that Indigo's have a temper, Crystals do not. Rainbows are first timers on the earth journey, so for them, everything is new, they have an extreme amount of energy & will not wait for your time schedule in anything...[\[Read More..\]](#)

What is Classical Homeopathy? by Katharina Riedener, Osoyoos, BC & Red Deer, AB

Homeopathy is a natural system of medicine based on the practice of treating like with like. HOMEOPATHY is derived from the Greek word HOMOIOS, meaning like or similar and pathy which means suffering. Homeopathy is concerned with the treatment of you as an individual person with all your characteristics, preferences, as well as your personality and your feelings. The remedies will stimulate and encourage your body's own healing energies... [\[Read More... \]](#)

Oct 8 Wednesday
[Seniors Symposium](#)
[Brain Health & Aging](#)
[Penticton](#)



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September 19-21
[Wise Woman Festival](#)
Naramata /Penticton

Sept 27 - 28
[P.A.T.H. Expo](#)
Promoting Alternative
Therapeutic Healing -
Salmo Valley
[Kootenays](#)

Classical Homeopathy with Katharina Riedener



Experience how Homeopathic Medicine can treat the real cause of your problems! Homeopathy can be very beneficial in chronic disease as well as acute illnesses. Homeopathy has helped people all over the world for 200 years! Homeopathy is safe for anybody at any age and in any condition of health including your pets! Katharina has run a family practice for 10 years and offers consultations in **Osoyoos**, (South Okanagan), BC and Red Deer, Alberta on a regular bases and also offers [Homeopathic First Aid courses](#). Consultations are also available in German. Katharina Riedener DHom, RCS Hom, HMC - [Email](#) or Phone: 1 - 250 485-8333, www.homeokat.com

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Caponata

Ingredients: 4 small eggplants * 6 tbsp salt (90 grams) * 2 tomatoes * 2 tbsp olive oil (30 milliliters) * 4 peppers * 4 zucchini * 4 white onions * 1/2 cup wine vinegar * 1 tsp sugar (5 grams) * 1 spoon capers (20 grams) * 2 bay leaves * 1 cup pitted green olives * 1/2 cup extra virgin olive oil * Salt * Pepper.

Directions: Preparation time is 180 minutes. Preheat oven to 375 degrees Fahrenheit. Cut eggplant into piece, sprinkle with salt and let it stand with a heavy weight on it for 30 minutes. Chop up the tomatoes, heat oil in the saucepan then add the tomatoes and cook for 15 minutes. Cut peppers and zucchini into pieces. Slice the onions thin. Pat eggplant dry. Heat vinegar in saucepan over a low flame, dissolve sugar in vinegar and mix together all ingredients and place in an oiled roasting pan and bake in the oven at 350 degrees for 1 1/2 to 2 hours turning every 30 minutes. Yield: 4

Stuffed Tomatoes



Ingredients: * 2 tbsp olive oil * 2 tbsp each of fresh basil, oregano, parsley, chives; chopped * 1 cup goat's cheese * 4 tomatoes * salt to taste.

Directions: Using a sharp knife remove the stems from the tomatoes, approx. 2" wide by 1" deep. Roughly chop the fresh herbs and mix with goat's cheese. Divide the cheese mixture equally among the tomatoes and stuff. Prepare the BBQ to medium high heat. Place the tomatoes on the grill; cover BBQ with lid. Cook until soft, about 7-10 minutes.

Crustless Quiche

Ingredients: 1 tsp. Canola Oil * 1/4 cup finely chopped onion * 1 pkg. (10oz) frozen chopped broccoli, thawed, drained. * 2 cups egg beaters * 1/2 cup lowfat cottage cheese * 1/2 cup 2% shredded reduced fat cheddar cheese * 8 tsp. black pepper.

Directions: 70 Minutes to Prepare and Cook. Preheat oven to 350. Heat oil in small nonstick skillet on medium-high heat. Add onions, cook 5 minutes or until onions are tender, stirring occasionally. Add broccoli; mix well. Spoon into lightly oiled 9-in pie plate. Mix remaining ingredients until well blended; pour over broccoli layer. Bake 45-50 minutes or until center is set and top is golden brown. Servings: 6

Home-made Chai Tea



Ingredients

Black Tea – either 2 tea bags or 2 tsp loose tea * 1 cup milk * 1 cup water * 3 cloves * 3 cardamom seeds * 1 small cinnamon stick * 1 piece fresh ginger * Honey and/or sugar to taste.

Instructions

Mix water, milk & spices and bring to a low boil. Add black tea, cover and let stand 2 – 3 minutes. Strain spices and tea. Sweeten to taste

Simple Sticky Rice

Ingredients - 2 Cups Uncooked Sticky Rice

Instructions - Soak Rice overnight or for at least 4 hours, Drain and Rinse in Cold Water, Please rice in a steaming basket or vegetable steamer over boiling water, cover and steam for 20 minutes, For uniform steaming, flip rice over for the last 5-10 minutes, Remove from boiling water and place in covered dish that is not air tight.

Back to School - Healthy Lunch Box ideas



A healthy lunchbox can help to improve your child's attention, behaviour and learning throughout the day and into the afternoon. It should provide one third of your child's daily requirements of nutrients. Here are some healthy snack ideas for back to school. Organic Bananas, Yogurts, Sliced Carrots, Boiled egg, Multi-grain sandwiches, Whole-grain breads or crackers, Light canned tuna fish, Cooked pasta, Raw vegetables that can be cut into slices, Fruits. Encourage the kids to make sandwiches with whole-grain breads or bagels; tortillas; or colorful wraps. Try different sandwich fillings, such as tabouli mixed with feta cheese in a pita pocket, or a veggie burger. To avoid food

warming up and risking our kids' safety it is important to ensure our children's lunch boxes stay chilled. Juice and water can be freeze and put it into your lunchbox to keep your food cool.

More Recipes - [click Here!](#)

Contests

Such as:

One signed copy of the Fantasy novel "*FireDrakes, Chronicles of the Daemon Knights* by okanagan author David Korinetz.'

Reflexology treatments, Yoga class, Readings, CD`s, Family counselling, Feldenkrais, Hypnosis, Reiki, Massage, Homeopathic, T-shirts, Shiatsu treatments, and Organic Facials... and more amazing contests to win!



Plus enter to win:

New - One free **Movie pass** to see [Bloodline](#) on Saturday, Sept. 13th at 7:30 pm at Creekside Theatre. Lake Country

New - One free **Movie pass** to see [Bloodline](#) on Saturday, Sept. 20th at 7:30 pm at Creekside Theatre. Lake Country

New- One free **Movie pass** to see [Bloodline](#) on Sunday, Sept. 14th 2:00 pm at Smith & Co. Penticton, BC.

New- One free **Concert pass** to see John Orr [Singing Bowl Concert](#) on Sept 25th at the Linden gardens, Kaleden. and also

One ticket to see the movie [Grief walking](#):The Soul of the Well Lived Life with Stephen Jenkinson, on Thurs. Oct.2nd, 2008 at the Cleland Theatre in Penticton, BC at 6.30pm. [[See OK In Health contests #15](#)]

ENTER
[NEW CONTEST](#)

Grief walking: The Soul of the Well Lived Life

A culture addicted to security, comfort and 'be all you want to be' makes no time in its public or private life for sorrow or uncertainty or the end of things. To a culture like our own, **grief** is mostly medicated or resolved, and our hearts elbow our lives out of the way in their headlong search for safe landings and getting their needs met. But what would our culture look like and how would our children think of us fifty years from now, if we began to honour and teach grief as a skill, as vital to our personal and cultural and spiritual life as the skill of loving?

Stephen Jenkinson, is the subject of [Grief Walker](#), a National Film Board of Canada documentary The new screening of the new National Film Board documentary film 'Grief walker', will be devoted to prolonged wondering about how glimpsing the end of our loves and ultimately our life could and should be the real birth of our love of life.

Stephen Jenkinson, MTS, MSW, RSW, is revolutionizing the way we think about death and dying. He has a Master's Degree from Harvard University (Theological Studies) and the University of Toronto (Social Work). As a palliative caregiver, sculptor, traditional canoe builder, and winner of a Governor General's Award for Architecture, Stephen is a sought after speaker and teacher in the palliative care field and his work has been featured in several television documentaries on spirituality and wilderness creativity. He is the author of *Money and The Soul's Desires* (Stoddart Publishing) and a contributing author in the recently published *Palliative Care - Core Skills and Clinical Competencies* (Elsevier Saunders Medical Publishers).

Stephen Jenkinson will be holding workshops in [Penticton](#):

[Friday 3rd October](#) - *The Tangled Garden of Wisdom and Grief*: by Stephen Jenkinson

Carrying the Dead and the Orphan Heart of Palliative Care by Stephen Jenkinson. This workshop will be and Grief Illiteracy and on what the care of our dying people should have as its root and its flower.

[Saturday 4th October](#) - *A Hand Made Life* by Stephen Jenkinson

This meeting is for craftspeople. For years I've wanted to do a teaching that makes a song of praise, gratitude and encouragement for the makers in our midst who have not abandoned and forgotten their thumbs, and for the made things which are more often trivialized or enslaved than honourably employed. This meeting will be that song.



The [Griefwalking](#) documentary film and workshops are also been held in other cities across canada, such as:

Castlegar, BC - Mission, BC -- Surrey, BC - Williams Lake, BC - Whitehorse, YT - Salt Spring Island, BC
Calgary, AB - Montreal, QC -and Ontario.

'me- time'

This time of year is likely to be a time
where you feel as though everybody wants a piece of you,
so make sure that you schedule in some **'me- time'**
later on! You'll be thankful for a little time and space to yourself,
whether it's for an indulgent realizing [treatment](#) or visit a [local practitioner in your area](#),
take a [gentle exercise class](#) or [workshop](#), join a [group](#), read a [book](#) or just to watch an [inspiring DVD!](#)



'me- time' ideas

Hatha, Astanga, and Chakra Yoga Classes with Aunaray
Kelowna BC. 250-469-2212. See [OK In Health fitness page](#) for Fall class times.

VAJRAYOGINI PRACTICE with Brenda Molloy.

Tibetan Nuns preserved the Vajrayogini practice in their monasteries, sending the healing energy they had cultivated in their bodies to Mother Earth. This yogic practice connects us to the Earth keeping us grounded and vibrant, especially as we journey through the seasons of our lives (pregnancy, motherhood, menopause.). Women only. 250-769-6898 for more info

Nia fitness classes with Michelle Parry

3 levels of weekly classes; Classic, Gentle, and Self healing. Nia delivers cardiovascular fitness, core strength and flexibility. mBody Living Arts Center, 125 Eckhardt Ave East (corner of Ellis and Eckhardt) for more details. Ph: 250-492-2186. See [OK In Health fitness page](#) for Fall class times.

Yoga Classes

Gentle, Restorative Yoga, and Body Poetry and all levels of Yoga classes - beginners to advanced. Also Lunch Yoga, FAMILY YOGA, OPEN HIPS, BREATH OF LIFE, YOGA NIDRA, and SOLSTICE BLISS. At Shanti Yoga Therapy, 19-219 Main St, Penticton, 250 - 486 5739. See [OK In Health fitness page](#) for Fall class times.

Kundalini Yoga and Meditation with Haribhajan Khalsa.
Penticton Ph: 250 - 488 - 5157. See [OK In Health fitness page](#) for Fall class times.

[Please mention OK in Health during your enquiry]

Dance Classes

Dawn Dancing Otter

Bodywork Classes, Afro-Jazz Dance for adults, Core Dynamics Body Mastery, DanceAlchemy Ecstatic Dance with Dawn Dancing Otter, Penticton, BC. Ph:250-276-6359. See [OK In Health fitness page](#) for Fall class times.

Latin Dance Lessons - with Nico Salsa,

Cha Cha, and Merengue Fun, easy-paced classes for singles and partners. Beginner and Improver classes. Phone Kelowna 250 - 763 7775

Try a Class on Sept 23rd

Core Dynamics Body Mastery classes and DanceAlchemy classes

Tuesday 6 - 7:15pm - Core Dynamics Body Mastery classes.

Tuesday 7-9pm, - DanceAlchemy classes

"Try these classes out Sept 23 at mBody by donation -Registration is required"

Date: Tuesday 6 - 7:15pm - Core Dynamics Body Mastery classes.

Facilitator: Dawn Dancing Otter

Location: mBody Living Arts Centre, 125 Eckhardt, Penticton (corner of Ellis and Eckhardt)

Email: for more details. **Web Site:** www.dancingotter.ca **Register** by calling 250 - 276-6359

[Please mention OK in Health during your enquiry]



Social and wellness groups

Penticton Walking group. Yahoo Group Online group for walkers in Penticton and local area to find a walking buddy. All fitness levels welcome. --call Lorrie at 493-4843

Are you interested in cycling in Penticton? Tuesday, October 21 at 7.00pm – 8.30pm. Want to meet other cyclists? Want to be a cycling club member? An organizational meeting will be held for those interested.... at Penticton community center, theatre lobby. Contact Dave Lieskovsky at 250-492 2433. See more [Penticton events & fitness classes on OK in Health](#)

Kelowna Seniors Computer Classes. Only six students per class with two instructors. Register in person at the water street senior centre or call Marie at Kelowna 250 -762 4108

Synergy Breakfast for Women

meets every second and fourth Thursday of the month. Synergy Breakfast offers the opportunity for ladies in Kelowna to meet others. We share positive ideas and experiences, we build relationships and friendships, we make business connections and we share and support each other. Contact: Lisa Jaffary Kelowna (250) 861-5166

Wise Woman Weekend Western Canada's largest women's gathering. [\[More Details..\]](#)

Seniors Outreach Okanagan North

There is no reason for a senior to be lonely in Vernon. Several social programs are waiting to have new participants, talk time/Wheels to Meals happens every Thursday at 10:00am at Schubert Centre, in the Wellness Clinic. If you are feeling isolated, you are welcome to have one of our Peer Counselors visit you. For those you want to have the excitement of learning the basic computer skills or the Internet. Volunteers are always welcome. (Seniors Outreach Okanagan North is a member agency of United Way.) Call Elsa today at 250-545-3717.

Men's Drop-in Support Group

Contact: Peter and Heather Grand Forks. (250) 442-2061 Email: info@shifthappensbc.ca

New Group

South Okanagan Women's Cancer Support Group - This new group of 4-14 women meet monthly to provide support related to the experience of going through treatments, assisting families, physical support to get where you need to go, accompaniment if needed during treatments, sound experienced and professional resource around your emotional path, and laughter. We all need support medically, loved ones, comfort, and experience. We bring into speakers regularly. We meet the 3rd Monday every month at Penticton Health Unit at 550 Carmi Ave, Penticton. Hosted by Joan Moffet. She is a physical therapist (40 years) with a masters degree in education, and a fully certified Healing Touch practitioner over 15 years. Please phone us for the time for 6 or 7 pm. Joan 250 492-6743 or Jennifer 250 770-0205

For more social, wellness, and support groups - visit our support group page - [Click Here!](#)

Post your support group on OK In Health- Free - [Click Here!](#)

[Please mention OK in Health during your enquiry]

Meditation & De-Stress

Sahaj Marg Meditation

Sahaj Marg Meditation a system of Raja Yoga, is a heart centered practice which is offered FREE of charge. To find out more about the practice of Sahaj Marg, please visit www.srcm.org or www.sahajmarg.org. Contacts in the **Okanagan**: Tom McLaughlin 250-498-2310 or Leslie Westgate 250-492-4458. **Nelson**: Eleanor . In **Western Canada**: Christine 604-888-6941 In **Eastern Canada**: Kim 416-590-9454

Weekly Meditation & Discussion With Norma Cowie

Every Wednesday - 7.30 – 9.15pm in Penticton. By Donation. Phone. 250 490 0654

Sadhana Inspirations

South Okanagan Yoga Association presents: FREE Asana and Satsang! Satsangs will be the first Saturday of every month in October, November, and December and SOYA will hold them at Reflexions Yoga Studio, 645 Wade Avenue West, Penticton. 9am. One hour of beautiful stretches and 10am One hour of chanting and meditation. Call Carla at 493-0054 for more information.

Kelowna Meditation Centre

Free meditation classes, meditation philosophy, vegetarian cooking info, hatha yoga & retreats. 250-765-4406

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Horizon Homeopathic

Help your body heal itself... Homeopathy uses natural remedies both to help the body heal itself and be free of disease as well as helping the immune system perform at it's optimum. Having studied in England, I now live in the beautiful

Okanagan and practice from my home on the Westside of Kelowna. Contact Sara Fitzharris at Horizon Homeopathic 250 769 7280 or sarafitzharris@aol.com Website: www.horizonhomeopathic.com

REIKI - REVIVE! ---with Kathy Collins

RELAX and REVIVE

Your body's natural flow and inherent energy force. With its innate intelligence Reiki energy flows to blockages in your body due to sickness, tension, or unresolved stress. Kathy Collins is a Reiki Master / Teacher in Kelowna. Reiki treatments and classes. Flower remedies and holistic health choice guidance. Contact Kathy Collins at 250-763-5997 or kathycee@shaw.ca Kelowna, BC



Before we seal up the home and work place for the winter
- consider having your air quality tested or feng shui designed



Fresh Air Spaces

Can't sleep, always sneezing, watery eyes, coughing, shortness of breath, these are some of the signs that you may have mould growing in your home or office. An underestimated source of illness in our communities is right inside our homes and workplaces. It's called Poor Indoor Air Quality. Canadians typically spend close to 90% of their time indoors.

Have you had your Indoor Air tested Lately? [see Article](#)
www.freshairspace.com Email: info@freshairspace.com
Ph: 250-769-2891 Fax: 250-769-2808

Teresa Hwang - Feng Shui & Design



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Your personal guide to wealth, achievement, health and relationship, by using the correct placement of rooms, doors, windows, driveways, pools, ponds, fountains, hot tubs, furniture, colors and materials. Have Luopan, will travel; servicing Vernon area, the Okanagan Valley, Vancouver, the Lower Mainland, Alberta and internationally. Professional Traditional Chinese Feng Shui Consultant and Certified Interior Designer, Master of Feng Shui FSRC, Feng Shui Research Center Lecturer, proficient in working with clients and students in regards to:

- New home/business construction planning
- Renovation project planning
- Creating the perfect garden
- Locating the perfect building site
- Locating the perfect home/business
- Locating the perfect space for work (Wealth) & rest (Health)

[See 'what is Feng Shui?', Article & Feng shui courses & workshops](#)

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From the editor - Maria Carr and the OKinHealth Team.
The OKinHealth Website: www.OKinHealth.com Email info@okinhealth.com
1 250 493 0106, Penticton, BC



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