



Autumn 2012 Salons

with Gourmet Luncheons
hosted by Deanna Trust

RELAX, ENJOY, AND LEARN TO NURTURE YOURSELF

- *Four Master Teachers to Guide You*
- *Three Illuminating Topics to Empower You*
- *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 Casterline Inn decorated with antique icons and sacred artifacts.

SATURDAY, SEPTEMBER 15: Laughing Heart & Happiness with Diana Perez & Diane Lang

Hone your skills to release stress using helpful laughter techniques and develop happiness as a mainstream way of life. Laughter Yoga is a fun form of exercise that helps strengthen the immune system, unwind the negative effects of stress and make you feel good in the "here and now." • Join experts Diana Perez, certified "jollilogist" and laughter yoga instructor (www.LaughterHeart.com), and Diane Lang, Happiness Coach, author, and college adjunct professor (www.DLCounseling.com), as they lead you into the world of the Laughing Heart and Happiness Bliss. **MENU: New Orleans Delight: Brennan's Grilled Grapefruit;**



Bayou Bean Salad; Arnaud's Scallops and Cream in a Coquilles Shell; Deanna's Cajun Chicken Gumbo; Brennan's Bananas Foster Flambé.

SATURDAY, OCTOBER 20: Intentional Power - Your Story, Your Way with Debra Hollinrake



Learn Law of Attraction skills, Emotional Freedom Technique (EFT), and the cutting edge tool for self-empowerment and awareness, Life Activation. This triple crown focus will aid you in truly living *Your Story, Your Way*.

• Debra, a motivational speaker, is a certified Law of Attraction coach, a certified EFT counselor, and a Light Activation practitioner. (www.IntentionalPower.net) **MENU: French Impressionist Palette: Green Bean, Walnut and Red Pepper Salad Brittany style; Renoir's Soupe of 17 Herbs; Jas du Bouffan (Cezanne's home) Potato Salad; C'oeq au Vin Provence (country chicken in wine); Monet's Tarte Tatin (upside down apple tart with creme fraiche).**

SATURDAY, NOVEMBER 17: Tarot - A Journey of the Goddess with Lorraine Henrich



Join us for a day of discovery as we explore the many faces of the Goddess as she journeys through archetypes of the Tarot. Archetypes provide a psychological map that can help us identify our stage of growth and place in the world. Tarot, an ancient system of wisdom and alchemical transformation, contains within it all the archetypes of the Universe, and a system of enlightenment by which we can awaken our Soul and become one with our True Self. Through this journey, we will be empowered to embrace our Divine Nature and manifest our dreams into reality. ***This class is for both men and women, as the Goddess Archetypes of the Tarot hold the keys and wisdom and understanding for all.*** •

Lorraine, a Celtic shaman, Kaballah instructor, and Master Mystery School teacher, is the founder of the Tree of Light Healing Center in Morris Plains, NJ. (www.TreeofLightHC.com) **MENU: Thanksgiving Rapture: Cream of Pumpkin Soup; Hearts of Palm and Garlicky Greens; Roasted Turkey; Chestnut Stuffing; Yams with Apricots and Sunflower Seeds; Brillat-Savaris Spinach; Lemon Sorbet; Apples molded in Scarlet Overcoats.**

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 September 1, 2012

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

- *Vegetarian substitute for poultry and seafood dishes are available by Advance Request only.* •

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