



Winter 2013 Salons

with Gourmet Luncheons
hosted by Deanna Trust

RELAX, ENJOY, AND LEARN TO NURTURE YOURSELF

- *Four Master Teachers to Inspire You*
- *Three 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, JANUARY 12: Music of the Soul with Tracey Revak & Sue Freeman (SNOW DATE: 1/19)

Ancient healers and modern science have taught us that the Universe, and everything within it, resonates at its own frequency, including our cells and organs. Tracey and Sue will lead you in healing, through the use of tuning forks, toning bowls – and even your own voice. • Tracey is an ordained Minister, Reiki Master, natural intuitive, and Advanced Vibration & Sound Therapist.

• Sue is the owner of the Art of the Heart and Center of the Heart Ministries in Chester, NJ, a Reiki Master Teacher, and Spiritual Energy Healer. *MENU: A Jazzy Mix: Hot Mushrooms stuffed with Walnuts & Cheese; Winter Greens with Garlicky Vinaigrette; Fireworks Rainbow Soup; Purple Fig and Pine Nut Pizza; Red Berry Mousse & Gingersnap.*



SATURDAY, FEBRUARY 9: An Inspired Palette - Healing Foods and Healing Traditions with Vilasi Venkatachalam (SNOW DATE: 2/16)

Spark transformation as you learn about foods with healing properties from around the world, including the traditional plates and rituals associated with them. Participants will formulate their unique healing cuisine using their noses, tongues, and imaginations as a compass. As a bonus, you will assess your own vitality-at-a-glance in just 15 minutes. • Vilasi is a nutritional biochemist. Honoring ancient wisdom, she shares her knowledge of "Food as Medicine" and Energy Medicine. *MENU: An Inspired Palette - Flavors from the Silk Road: Green Tea Soup; Peanuts, Rice & Herbs; Beet, Tart Cherry & Walnut Salad; Steamed Dumplings; Apricot Pulov w/ Pot Cheese & Vegetable Skewers; Dates stuffed with Pistachio; Cardamom-Saffron scented Rice Pudding.*



SATURDAY, MARCH 9: Soul Awakening with the Seven Sacred Planets with Lorraine Henrich (SNOW DATE: 3/16)

Since Ancient times the stars in the sky were not only a system of measurement and science used to delineate time and seasons, but they were also a map of our ascension. Using the Seven Sacred Planets as our guides, we will journey through the seven energy centers that are directed by these Heavenly bodies. Through guided teachings and meditation, we will awaken to new understandings of the psyche of our soul, as well as joy and purpose. • Lorraine, a Kaballah instructor and Master Mystery School teacher who has studied all over the world, is the founder of the Tree of Light Healing Center in Morris Plains, NJ. (www.TreeofLightHC.com) *MENU: A Planetary Spin: Stuffed Red Pimentos w/ Thyme & Basil; Asparagus, Potato & Fennel Salad; Spicy Beet & Coconut Soup; Pumpkin Enchiladas w/ Molé Sauce; Sexy Strawberry & Black Pepper Popsicles; Artisan Cupcakes.*

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, December 28, 2012

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

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