



## **OHNA CONFERENCE 2015**

Transformation takes place throughout one's lifetime in many different ways. OHNA's goal is to assist this constant flow of change by creating the space needed for personal metamorphosis. The intention for empowerment and a deepened sense of self has been set. One of the ways to become more in tune with the self is through music. A 2013 study published in *Frontiers of Psychology* titled 'The Psychological Functions of Music Listening' showed that listening to music can bring about a higher sense of self-awareness. It is also no surprise that what we eat can have an impact on our physical and emotional growth. By bringing presenters that can offer insight using research based modalities, OHNA provides the space needed for growth.

This year, OHNA is "Consciously Creating Space for Transformation".

[Click here](#) to learn more about presenters, schedule and conference registration information.

## **BOOK SALE & SILENT AUCTION**

There will be a **Book Sale** at the conference again this year. A table will be prepared for lovingly used holistic books. Bring as many as you are ready to part with, and mark a dollar amount on the inside cover. All proceeds go to OHNA. Any books not sold will be donated to Breitenbush.

A **Silent Auction** will again be held. If you would like to participate, bring an item or a service you would like to donate. A table will also be prepared for the silent auction items. All proceeds go to OHNA.

Both the silent auction and the book sale will open Monday morning, and close on Wednesday morning. Please be prepared to complete your transaction(s) prior to leaving Breitenbush.

## CALL FOR OHNA BOARD NOMINATIONS!!!

We hope you continue to give thoughtful consideration to how you might be able to participate in helping OHNA grow and flourish. You can become a member and serve on the Board, contributing your gifts and talents in a meaningful way to the holistic community. The positions coming open in the Fall are listed below. There will be an election at the conference for the following positions:

- **Secretary**
- **Treasurer**
- **Director-At-Large x 2**

Nominations are now being accepted. Please [contact](#) **Jess Young**

## DIRECTOR'S MESSAGE

### Greetings OHNA member & friends,

As nurses, we often face the temptation to succumb to the overwhelm and stress that comes from a variety of directions. We worry about our patients, face resource challenges, and worry about ourselves. This worry can lead to self-judgment (feelings of failure or inadequacy), other-judgment (blaming others or bureaucracy for a situation), and feeling powerless.

Unfortunately, the feelings and judgments themselves can contribute to the problem. [See More](#)



## WELCOME!...

### *Welcome*

to our new & returned OHNA members!

Cordann 'Cordy' Anderson  
Karen Apland  
Stephanie Eicher  
Jill Eversole  
Anna Keene-Winsor  
Rachelle Pettigrew  
Carol River



Thank you for supporting OHNA's Holistic vision!

## **EDUCATIONAL WORKSHOPS/CONFERENCES**

### **Life Mastery with Yoga Nidra, Amrit Method - Sept 17 - 20, 2015 - Bend, OR**

Yoga Nidra is a guided meditation technique, accessible to everyone, that combines conscious awareness with deep relaxation.

- \* Imagine your life unfolding as you always wanted.
- \* See yourself letting go of the past and frustrations about the future.
- \* Create a life of relaxed acceptance and fulfillment beyond your wildest dreams.

[Learn More](#)

### **Basic Pranic Healing - Level 1 - Sept 12-13, Marylhurst, OR**

In PRANIC HEALING® Level 1, you learn the basics of working with your energy aura, including learning to "scan," or feel the energy, to "sweep," or clean away congested energy, and to "energize," or supplement areas in your aura that have a pranic deficiency.

[Click here to learn more](#)

**OHNA members receive a 20% discount**



### **Imagery International 2015 Conference - Oct 30 - Nov 1, 2015, Menlo Park, CA**

The purpose of our conference is to gather lovers of guided imagery and all of its forms, who wish to learn and grow both personally and professionally.

- \* Annual Imagery International Meeting on Friday, October 30 at 7 pm.
- \* Learn, network, have fun, and revitalize your body, mind and soul.
- \* Saturday night Halloween celebration - fun and festivities. Wear a mask!

[Click to learn more...](#)

### **8th International Aromatherapy Conference - Nov 6-8, 2015, San Francisco, CA**

New research simultaneously supports many applications of essential oils to support cancer patients, but also foretells an even wider usefulness of essential oils for the serious chronic and degenerative diseases of our time. Scientific lectures will be complemented by reports from pioneering practitioners who have already expanded the reach of aromatherapy into those new areas that science is currently exploring. [See More](#)

### **Healing Touch California 2016 Regional Symposium - April 9-10, 2016, Redwood City, CA**

**Conference Theme: *A DECADE OF UNITY...we do the work***

This is the 10th anniversary celebration conference. Many special activities are planned, in addition to supporting Healing Touch practitioners, students and instructors from all organizations in a state-wide celebration of sharing, learning and joy. This is an inclusive organization. [Learn more here...](#)

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It is the purpose and intention of OHNA to seed the Earth with  
peace, and feed the vortex it creates.



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**BE WELL - KNOW YOU DESERVE TO TAKE CARE OF YOURSELF...**

Join Our  
Mailing List



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Provider approved by the California Board of Registered Nursing, Provider # 15842

OHNA is a tax-exempt 501c6 organization

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