

- You are receiving this e-mail because it is my understanding that you want to be on my **INTOUCH** mailing list to which I send occasional mailings with my availability, at most monthly. You can also opt to be on my **GENERAL** e-mail list, which I e-mail about 2 times a year, only when there are special offers or events, or you can let me know if you want to receive updates on **DANCE ONLY**.
TO BE COMPLETELY REMOVED from this list, **PLEASE** do not block my address, just reply and request to be removed!

Dear People,

Happy Thanksgiving!

It has been some time since my last update...

Please read on for all the news:

1 *Change of Address*

2 *about de-Stress sessions and Metamorphosis sessions*

3 *Holiday Specials*

4 *My upcoming Schedule and my Fees*

5 *Updated Dance Performances as well as updated Links to Inspiration*

It seems to me that life has been accelerating lately and that circumstances have been somewhat turbulent on various levels: in a larger sense in the world, in a medium sense in our city and in a smaller sense in the lives of people around me as well as in my own life.

1. Change of Address

My biggest shift of late is that I have moved to the Upper West Side! We are still unpacking boxes and getting used to the new space, but the practice space is ready to receive you!

Note: The nearest subway is the 1 train to W 86th Street. If you are coming from the East side you can take the 86th Street cross-town bus, which takes about 10-15mins from the 4/5/6 at E 86th Street

In this time of year, but even in general it seems, it is a time of transformation: **letting go** of the old to make room for the new to come in. As waters wash (snow, rains, floods, hurricanes) and the earth shifts beneath our feet (earthquakes, protests, and big life changes) I think we are reminded to keep practicing going with the flow and **letting go** of the old as the sparkling **NEW** is in the process of arriving at our (and my brand new) doorsteps...

2. About de-Stress sessions and Metamorphosis sessions

In October I took a class with TouchPoint from Denmark on using reflexology to help the body release its chronic stress patterns. The class was very informative and I have been applying the newly gained techniques into my sessions:

http://www.touchpoint.dk/touchpoint/UK/UK_artikler_stress.htm

Then, in December I will be traveling to Santa Rosa, CA to take an advanced training in Metamorphosis with Cindy Silverlock. Metamorphosis remains an amazing practice in letting go of knowing and in clarifying of intention. It is a practice of surrendering to the life/ creative force, practically resulting in diminished stress, increased consciousness and an overall more balanced life: <http://www.metamorphosiscenter.com/about.html>

3. Happy Holidays!

I hope you have your pantry and fridges stocked and have some lovely plans that will bring **light** in these darker days of the year...

My Special Treats for you for **December and January**:

- With **Gratitude**... for your business I would like to thank you with a –surprise- **Holiday Gift** if you have a session in these 2 months...

- Out of **Compassion**... during these financially turbulent times (especially NOT the right moment to skimp on your beloved reflex sessions) and in the spirit of wanting to **Share** these -often less known- sessions with you (since each of them have such different unique benefits that I highly recommend), I am offering **Special Rates** for the following sessions:

Abbreviated Sessions (6 session package): \$360 (\$60/ session)

Flower Essences (3 session package) \$240 (\$80/ session)

Single Flower Essence or Metamorphosis sessions: \$20 discounted (\$80 my place/ \$110 yours)!

- On **Giving**... if you have any 6-session package (see rates below), you can now **gift 2 sessions** (normally only 1 of 6) out of your package to someone else and... I have gift certificates if you would like to consider giving the gift of healing to someone else...

Read below for:

4 My upcoming Schedule and my Fees

5 Updated Links to Inspiration

Wishing you **Joy** and **Peace** and **Light** this Holiday Season and always,
Petra

Petra van Noort
917-528 0272
healing arts & performing arts
www.petrany.com
petravannoort@juno.com

*"The strong hold we have on who and what we are...
Keeps us from all that we are."*

I think this message touches on many things; one being the fact that we are limitless creators. I believe that we know this in our Hearts. The answer of how we live this reality is in the message, and the guidance to do so is always present within us, in our Hearts. Please think on this for it bares much fruit. To recognize..... is to consider another choice lived, and an opportunity to make a different choice now.

jOy to you all Always, Roger Ansenelli

SCHEDULE and RATES

January

Mon 2: between 12pm and 7.30pm
Tue 3: between 10am and 7.30pm
Wed 4: between 10am and 1pm, between 5pm and 7.30pm
Thu 5: between 2.30pm and 7.30pm
Fri 6: 6.30pm
Sat 7: booked (APAP dance showcases this weekend, see below)

Mon 9: between 2pm and 7.30pm
Tue 10: between 10am and 7.30pm
Wed 11: between 10am and 7.30pm
Thu 12: between 10am and 7.30pm
Fri 13: between 10am and 7.30pm
Sat 15: between 10am and 5pm

Mon 16: between 10am and 7.30pm
Tue 17: between 2.30pm and 7.30pm
Wed 18: between 10am and 7.30pm
Thu 19: between 2.30pm and 7.30pm
Fri 20: between 10am and 7.30pm
Sat 21: between 10am and 5pm

Mon 16: between 10am and 7.30pm
Tue 17: between 2.30pm and 7.30pm
Wed 18: between 10am and 7.30pm
Thu 19: between 2.30pm and 7.30pm
Fri 20: between 10am and 7.30pm
Sat 21: between 10am and 5pm
etc....