

With afternoon seminars on
We are pleased to invite you to the
Annual General Meeting 2016

Herbal Medicine

Marcia Dixon graduated from the four-year Bachelor of Science in Herbal Medicine program of study and clinical training offered by the College of Phytotherapy (now University of East London) in 2003. She then completed a two and half year Masters of Science in Herbal Medicine from the Scottish School of Herbal Medicine, graduating in 2008.

Marcia will be discussing:

- Introduction to Western Herbal Medicine, holism, history and philosophy
- Discussion on aromatic plants and the overlap in use between aromatherapy and herbal medicine
- Discussion on non-aromatic plants as they pertain to musculoskeletal and skin complaints with a focus on those with a long history of topical use
- Discussion about making infused oils from fresh or dried plants
- Procedure, solubility of constituents in oil, choosing a carrier oil
- Demonstration of preparing to infuse oils

Marcia also has a special treat, she will teach us the safe and proper way to make an herbal oil infusion and you will get the hands on opportunity to make your own.
You also get to bring it home as your gift!

Power of Hypnosis

Since 2001 Tariq Sattaar has been engaged in studies which span from diverse disciplines such as bio-physics, psychology, sociology, comparative religions, hypnosis and metaphysical healing. He is a Certified Consulting Master Hypnotist, Certified Neuro-Linguistic Programming Practitioner, and a Certified Instructor for the National Guild of Hypnotists, and the International Medical and Dental Hypnotherapy Association. He is responsible for maintaining the OHC's high standards for its hypnosis certification courses and clinical practice.

Discussions will revolve around the power of hypnosis as a personal empowering tool, the importance of our use of words and the use of aromatherapy to anchor positive changes and elicit desired emotional states. The discussions will end with a beautiful guided visualization to enhance our confidence and bring awareness to our internal resources that make us successful healers.



JOIN US @ The Holiday Inn Yorkdale 3450 Dufferin St, Toronto

Saturday May 28th 9 am-12 pm (AGM) 1-5:30 pm afternoon with speakers

Fee is \$120-includes lunch, and speakers

Go to CFA website for more details