



## June 2011 Newsletter

### *Fun in the Sun!!!*

It's finally summer! The kids will be out of school by the end of this month, festival season is in full swing, the evenings are long and beautiful...what a great time of year! Get into the bright, active energy of the season with Esoterica! We're offering a new class series to help you get active and joyful, new merch to deck your home out for barbecue season and new tools to enrich your spirituality. Come check out the new pendulums and banners, new evil eye talismans, bells, tingshas, bags...the selection is fantastic and the prices are even better!!

### *Special Events*

#### **Yoga Open House June 2<sup>nd</sup>**

Join us from 4 pm to close for a Yoga Open House! Esoterica is thrilled to offer Yoga classes THREE nights a week starting in June and we want to introduce you to our fabulous instructor! Nationally certified Fitness Instructor and Yoga Teacher Andrea Howard will offer FREE 15 minute mini-classes each hour. The perfect opportunity to try-before-you-buy, you won't want to miss this incredible way to improve your Mind, Body and Spirit!

#### **The League of Extraordinary Authors Meeting June 4<sup>th</sup>**

Join us Saturday, June 4<sup>th</sup>, at noon to meet The League! The League of Extraordinary Authors is a support group for writers living in the Northern Virginia area and is open to writers of all genres including fiction (sci fi, horror, mystery, thriller, supernatural) and non-fiction (historical, regional, contemporary). For more information about the group, feel free to drop Clint a line at [caction66@yahoo.com](mailto:caction66@yahoo.com). This month's meeting will feature special guest author Alma Katsu!

#### **Meet Your Spirit Guides June 4<sup>th</sup>**

Join us from 6 to 8 pm for this unique spiritual opportunity! Various tribal cultures believe that every individual has a guiding spirit that guides them through the ups and downs of life. For those individuals fortunate enough to communicate directly with their guides, they find it helps them navigate the best ways in dealing with what life has in store for them. Come and explore what your guides have to say. This session costs \$39.95 to attend. Save \$5 if you register by June 3rd

#### **Pagan Pathseekers Meeting June 24<sup>th</sup>**

The Pagan Pathseekers are a local MeetUp group seeking community, communion with nature, and fellowship with like-minded individuals. Their main focus revolves around fellowship, learning, teaching, exploring, and sharing the practices of nature-based belief systems, while building community, and honoring nature. Join us at 7 pm for the meeting. Learn more about the Pathseekers at <http://www.meetup.com/NOVA-Pagan-Pathseekers/>

### *Weekly Gatherings*

#### **Mondays: Yoga for Everyone, 6:30 – 7:30 pm**

Starting June 6th

If you want to try yoga for the first time, get back into a regular practice, or augment your routine, this class is for you. We will stretch, strengthen, tone, relax, rejuvenate and connect body, mind and spirit. This is not your average gym yoga. Andrea has a skillful way of integrating yoga poses and stretches to facilitate 'meditation in motion.' This class is appropriate for all ages, from beginner to advanced levels.

#### **Tuesdays: Mindfulness Meditation, 7 pm**

Ron, our resident palm reader and handwriting analyst presents an evening focused on Mindfulness Meditation Tuesdays at 7 pm. Learn to become calmer and more present in your life with purposeful meditation. There is a \$10 participation fee, cash only please.

**Wednesdays: Chakra Dance, 7 – 8 pm**  
Starting June 8th

This class is a completely unique format, combining 10 plus years of teaching yoga, pilates, tai chi, bellydance and exotic dance. Combining the best of everything Andrea knows, this class puts a spiritual spin on movement. Chakra Dance activates the chakras from root to crown and aligns body, mind and spirit through beautifully inspired movement.

**Thursdays: Yoga for Special Populations, 1 – 2 pm**  
Starting June 9th

This gentle yoga format is the perfect class for those with health challenges and physical limitations including pregnancy. Every stretch and pose has modifications to make them adaptable to your unique needs. Many people are reluctant to try yoga, even though they know of the benefits, because classes offered to the general public do not offer this specialization. Andrea most recently worked in a physical therapy clinic, facilitating yoga classes with patients. She brings this level of expertise to every class.

***Psychic Readings***

**Ron Shank**  
Palm Reading & Handwriting Analysis

Our most well-known psychic, Ron Shank serves as our resident palm reader, handwriting analyst, meditation instructor and occasional cartomancer. Ron is available for Palm Readings, Tarot and Playing Card Readings, and Handwriting Analysis Tuesday through Sunday, 2 pm through closing.

**Larry Baukin**  
Palmistry, Numerology and Tarot

Larry Baukin has been a teacher and professional practitioner of Tarot, Palmistry and Numerology for over twenty years. Larry is available for Palmistry, Numerology and Tarot most Fridays.

**Rev. Tom 'Midnight' Vandenberg**  
Tarot, Hypnotherapy and Rune Readings

Rev. Tom Vandenberg is a gifted psychic, magician and spiritual counselor with more than twenty years experience in the field of metaphysics and magic. Tom is available for Tarot and Rune Readings and Hypnotherapy sessions the first and third Saturdays of the month starting at 12:30 pm.

**Kevin Baird**  
Tarot Readings

Kevin Baird is a Spirit-Guide professional who can connect you to your muse and help you energize your life. Kevin is available for Tarot readings the last Sunday of the month.

**Anne Nguyen**  
Reiki Treatments & Tarot Readings

Anne, a Reiki/Karuna Ki Master Teacher, has been practicing Reiki since 1998. She is an Ordained Minister and also a Master Teacher in Magnified Healing, another alternative form of healing energy. Anne is available for Reiki Treatments & Tarot Readings the second Saturday of the month.

Phone the store at 703-777-4642 to make appointments with individual readers.

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Our website: <http://www.esotericanova.com>

Our facebook: <http://www.facebook.com/esotericanova>

Our Yahoo Group: [EsotericaAnnouncements-subscribe@yahoogroups.com](mailto:EsotericaAnnouncements-subscribe@yahoogroups.com)

Our myspace: <http://www.myspace.com/esotericagoddess>