

Pamlico Rose Seeds Initial Summer Wellness Programming at Rose Haven Center of Healing Registration is Now Open

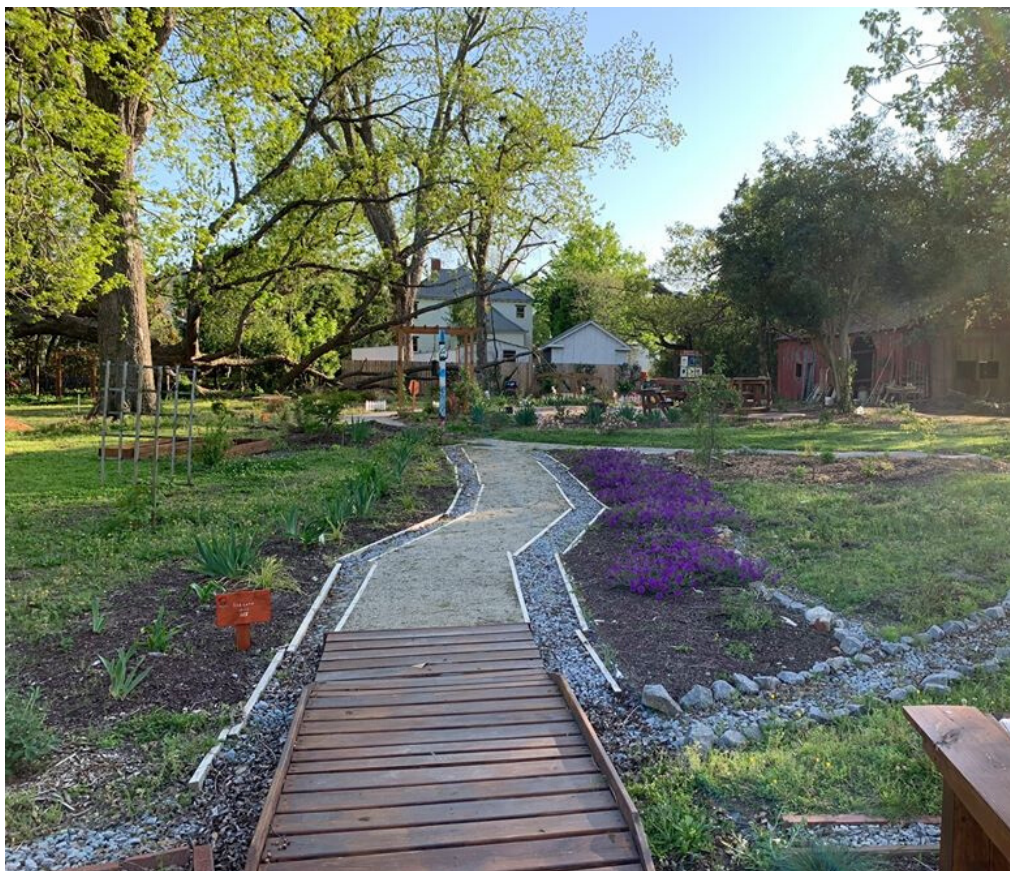
Women Veterans have the opportunity to enroll in four Total Life Fitness classes this summer at no charge. Starting the week of July 13th, and applying social distancing guidelines, courses in woodworking, Reiki meditation, and stained glass promote ways to live fit and will be offered at Rose Haven Center of Healing with the Nature and Forest Therapy Walks taking place at Goose Creek State Park. All classes will be 90 minutes long, with the Rose Haven classes starting at 7pm and the Nature Walks beginning at 9am on Saturday mornings. Enrollment is capped at four per course so sign up now!

Tuesday	7pm	Stained Glass Making Classes	(July 14th, 21st, 28th, Aug 4th)
Wednesday	7pm	Reiki Meditation Classes	(July 15th, 22nd, 29th, Aug 5th)
Thursday	7pm	Woodworking Classes	(July 16th, 23rd, 30th, Aug 6th)
Saturday	9am	Nature and Forest Therapy Walks	(July 18th, 25th, Aug 1st, 8th)

To Register Visit <https://forms.gle/Hy9XD6wZ3khX8cyX6>

For all Members of the Community:

To local Washingtonians, please stop by and tour the gardens. Find a bench and take a moment or more to lean back and take in mother nature. Garden volunteers are always welcome.



For more information email Kaitlyn O'Donnell kaitlyn@pamlicorose.org

Programs and Instructors



Mindfulness Masterclass- Each week a different topic in developing mindfulness for stress relief, personal development, and spiritual growth will be covered. The purpose of this class is to help you gain increased awareness of how you respond to your environment and ultimately to live a more conscious life. Principles and techniques from Reiki, an energy management practice from Japan, will be used to increase relaxation and introduce concepts of spiritual healing.

Dr. Molly Pleasants is a Physical Therapist and Reiki practitioner. She is originally from Charlotte, NC and now lives in Washington, NC. Following a work-related injury, she quit her full-time job and started exploring complementary and alternative therapies. Molly currently works freelance for skilled nursing facilities and owns her own PT practice. Throughout her career, she has noticed that incorporating spiritual and personal development aspects into rehab treatment improves outcomes. **Classes will take place July 15th, 22nd, 29th, August 5th, Rain date August 12th.**



Let the Sunshine In – Stained glass art and self-expression

Welcome to the world of colors, sunlight and glass. In this course, students will learn to cut glass copper, foil, solder, clean, patina and wax. By the end of the 2nd class, students will have completed a suncatcher. Weeks 3 and 4 will be a student combined effort of creating a stained-glass decorative stake for the Rose Haven Gardens.

Mitzi Mallon is a former teacher and principal for special needs children. She has worked with stained glass for 20 years and has taught the art of stained-glass artmaking for several of those years. **Classes will take place July 14th, 21st, 28th, August 4th, Rain Date August 11th.**



Take the trail less traveled – Introduction to Nature and Forest Therapy

Being in and moving through the outdoors provides a restorative and therapeutic way for people to connect to the natural world through a deep, sensory experience that provides physical, mental and spiritual benefits. Each week, trailwalkers will be venture on a therapy hike to open up avenues of healing through nature.

Dr. Yoshi Newman is an educational psychologist and a Certified Nature and Forest Therapy Guide. Yoshi also has a certification in emotional intelligence to practice and teach how to access and use emotions to advance learning. She is a certified Nature and Forest Therapy Guide. **Classes will take place July 18th, 25th, August 1st, 8th, Rain Date August 15th.**



Fun with Tools-Introduction to Woodworking

Attending carpenters to be will learn basic woodworking skills, how to use the right tool, safely, and how to enjoy creating and building in wood. Each student will build a small Hope Chest to take home at the completion of the session.

Jeremiah Peed is the Rose Haven Center of Healing carpenter. Originally from Little Washington, Jeremiah grew up working with wood. His first job was refurbishing antique furniture, and he later became a welder. He served 6 years in the US Army and spent a year deployed to Iraq in Operation Iraqi Freedom where he built tables and chairs for his fellow soldiers. He has built everything from houses to guitars. **Classes will take place July 16th, 23rd, 30th, August 6th, Rain date August 13th.**