



# Sweet Hollows Designs

We look forward to welcoming you to our new studio at

2 Wheeler Avenue, Suite 201, Toronto, Ontario, M4L 3V2

Come and meet me, Ingrid Splettstoesser, at our Opening Week, Fall 2018

Contact by email [info@sweethollows.ca](mailto:info@sweethollows.ca) or telephone Ingrid Splettstoesser 647-688-9795

***Sunday, October 28***

*11:00 am: Ribbon Lady Walk,*

Meet us as we walk from our studio at 2 Wheeler Avenue, Suite 201 east on Queen to the lights at Bellefair Avenue, where we will head south, then west on Queen and under the old oaks at Kew Gardens Park, down Lee Avenue to the beach. We will retrace our steps to return to our studio. Put a natural ribbon on our iron Ribbon Lady to show your shared commitment to natural clothing. (weather permitting)

*12 noon until 1 pm: Open House,*

At our fibre arts and contemplation studio, 2 Wheeler Avenue, Suite 201, in the Beach of eastern Toronto. Please RSVP to [info@sweethollows.ca](mailto:info@sweethollows.ca).

*3:00 pm until 3:45 pm: Honouring my Excitement,*

Discussion and practice in the **Being Myself** series led by Ingrid Splettstoesser. \$25.00. Register by email to [info@sweethollows.ca](mailto:info@sweethollows.ca) or phone (647-688-9795).

What happens when you are excited about a new venture or idea? How do you embody it, nurture it, let it grow and transform? Feel the right to your excitement to be within yourself, calming and strengthening your body, spirit and mind as you respond to both your supporters and naysayers. Draw upon life force energies at multiple levels to work with this important aspect of joy in our lives.

## ***Monday, October 29***

*12:15 pm to 1:00 pm: Honouring my Excitement,*

Lunchtime talk and practice in the **Being Myself** series led by Ingrid Spletstoesser. \$25.00. Register by email to [info@sweethollows.ca](mailto:info@sweethollows.ca) or phone (647-688-9795).

What happens when you are excited about a new venture or idea? How do you embody it, nurture it, let it grow and transform? Feel the right to your excitement to be within yourself, calming and strengthening your body, spirit and mind as you respond to both your supporters and naysayers. Draw upon life force energies at multiple levels to work with this important aspect of joy in our lives.

## ***Tuesday, October 30***

*12:15 pm to 1:00 pm: Focused Knitting Level 1,*

During this first session of Focused Knitting Level I, we will use three colours to make a fashion headband; try contemplative techniques to improve grounding, encourage flow and strengthen human energy field boundaries; and discuss objectives and additional projects that you would like to complete during subsequent Level 1 sessions. Free if you use our yarn, \$25.00 otherwise. Book an assessment or basics pre-training by email to [info@sweethollows.ca](mailto:info@sweethollows.ca) or phone (647-688-9795) (prerequisite).

## ***Thursday, November 1***

*7:30 am to 9:00 am and 12 noon to 1:30 pm: Free 20-minute Reiki or Brennan Healing Science session,*

Experience the calming and soothing effects of Reiki or Brennan Healing Science life force energy flows as they are made available to support your human energy field. Contact me by email to [info@sweethollows.ca](mailto:info@sweethollows.ca) or phone (647-688-9795) to obtain an intake form and book your appointment.

## ***Friday, November 2***

*12:15 pm to 1:00 pm. Focused Knitting Level 2,*

Use cable stitch and knitting in the round to make comfy stretch leg warmers in this first session. Try contemplative techniques to access your inner strength and creativity. Discuss objectives and additional projects that you would like to complete during subsequent sessions of Level 2. Free if you use our yarn, \$25 otherwise. Book an assessment by email to [info@sweethollows.ca](mailto:info@sweethollows.ca) or phone (647-688-9795) (prerequisite).

## ***Saturday, November 3***

### ***9:00 am to 9:45 am: Focused Knitting Level 2,***

Use cable stitch and knitting in the round to make comfy stretch leg warmers in this first session. Try contemplative techniques to access your inner strength and creativity. Discuss objectives and additional projects that you would like to complete during subsequent sessions of Level 2. Free if you use our yarn, \$25 otherwise. Book an assessment by email to [info@sweethollows.ca](mailto:info@sweethollows.ca) or phone (647-688-9795) (prerequisite).

### ***10:00 am to 12 noon: Medley Design: Dog Coat,***

Free session making a dog coat out of your gently used sweaters. Create a unique dog coat or follow our suggested design. Book a pre-session meeting by email to [info@sweethollows.ca](mailto:info@sweethollows.ca) or phone (647-688-9795) to consider your dog coat objectives (prerequisite).

### ***2:00 pm to 2:45 pm. Focused Knitting Level 1,***

During this first session of Focused Knitting Level I, we will use three colours to make a fashion headband; try contemplative techniques to improve grounding, encourage flow and strengthen human energy field boundaries; and discuss objectives and additional projects that you would like to complete during subsequent Level 1 sessions. Free if you use our yarn, \$25.00 otherwise. Book an assessment or basics pre-training by email to [info@sweethollows.ca](mailto:info@sweethollows.ca) or phone (647-688-9795) (prerequisite).

## ***Sunday, November 4***

### ***1:00 pm to 3:00 pm: A Multi-modal Approach to Lower Back Pain***

Do you experience back pain? Have you looked at Brennan Healing Science, Reiki, Jin Shin Jyutsu or Qigong as one of the ways to help? During this session Ingrid Splettstoesser will explore how each of these modalities view pain and lower back pain, with reference to issues raised by the group. We will practice techniques from each modality to soothe, strengthen, and harmonize our human energy fields that can contribute to lower back pain relief. \$25.00. Register by email to [info@sweethollows.ca](mailto:info@sweethollows.ca) or phone (647-688-9795).

*As part of her commitment to a more natural garment industry, 50% of the fees paid (prior to HST) for Ingrid Splettstoesser's courses at the Sweet Hollows Designs studio and for her private sessions may be applied to regular-priced products sold by Sweet Hollows Designs.*