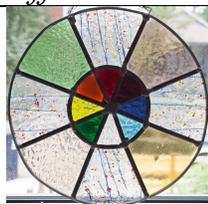




**Sweet Hollows Designs Studio**  
 2 Wheeler Ave., Suite 201, Toronto, ON  
 (647) 688-9795, email: [info@sweethollows.ca](mailto:info@sweethollows.ca)  
[sweethollows.ca](http://sweethollows.ca)

*Affirmations:*

*Check our web site for all our opening specials and hours*



*I achieve balance*

Our stuff: We sell natural tunics and pants, natural knitting yarns, and Ingrid Spletstoesser's art.  
 Our courses and sessions: Ingrid Spletstoesser gives knitting and weaving classes, as well as training in human life force energies. She provides private sessions in Reiki, Brennan Science, Qigong and other modalities.



*I explore minerals*

**Magical stones course:** Learn ancient secrets for cultivating and activating hidden powers contained within the realm of minerals. Practice a protocol for energetic healing using stones and crystals. Presented by Robert Youngs, [www.medicalqigongcanada.org/](http://www.medicalqigongcanada.org/) Contact (905) 509-3796 to register. Saturday, January 26



*I love my woollies*

**New-customer black 100% super-merino woollies half price deal.** Purchase a black pant or tunic at half price, in 100% super-merino worsted wool, oh so soft and smooth! This offer is limited to one garment per customer, in-person shopping, while fabric quantities last.

*Use up to 50% of training presented by Ingrid and of her session fees for services towards the purchase of Our Stuff. Contact us or check our web site for more details. Ingrid's courses are listed below.*



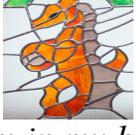
*I am well*

**Reiki classes.** Reiki is a structured bio-energy form that follows healing intentionality. Some call it love. Some call it a gift from our spiritual source. (One-day classes)  
 Level 1 (Usui/Tibetan): Saturday December 15, January 19, February 9  
 Level 2 (Usui/Tibetan): Sunday December 16, January 20, February 10



*I have power*

**Qigong dance.** Qigong movement cultivates life force energy within and around us. Tap into the power of the five elements with gentle and dynamic movement to the tunes of Baroque music. (Four sessions of ninety minutes (1 ½ hours, one each week)  
 Eight silk brocade, an overall tonic. Starts Wed. Nov. 28, 7 pm  
 Three dantians booster. Starts Mon. Jan. 7, 7 pm

|                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><i>I know my skin</i></p>     | <p><b>Personal fabric assessment.</b> Evaluate the human energy life force flows next to your skin and how your skin reacts to different fabrics. (Two hours, free)<br/> Sunday, December 9, 10 am</p>                                                                                                                                                                                                                                 |
|  <p><i>I heal my hands</i></p>   | <p><b>Focused knitting group.</b> Improve your knitting with structured practice while we use methods to calm, nourish and harmonize our human energy fields. (Two hours, free if you use our yarn)<br/> Level 1: Sat. Dec. 8, 10 am      Level 2: Sun. Dec. 9, 2 pm</p>                                                                                                                                                               |
|  <p><i>I comfort myself</i></p>  | <p><b>Creative weaving.</b> Develop your own fabric in soft and strong natural yarns. Start with a scarf or table centre piece using three colours. Use our Leclerc rigid heddle looms. (Three hours)<br/> Saturday, December 8, 2 pm</p>                                                                                                                                                                                              |
|  <p><i>I know myself</i></p>     | <p><b>Access your Akashic records database.</b> Tune into your higher self flows and practice retrieving patterns related to your life purpose. (Three hours)<br/> Thursday, November 29, 6 p.m.</p>                                                                                                                                                                                                                                   |
|  <p><i>I breathe life</i></p>   | <p><b>Breathe the living breath.</b> Breathe in the clear life force of our planet, exhale that which no longer serves you. Plant your feet and stand enfolded and flowing within the life force of our solar system and the universe. (Three hours) Thursday, December 6, 6 pm</p>                                                                                                                                                    |
|  <p><i>I feel joy</i></p>      | <p><b>Broadcast your star messages.</b> Feel the golden central star below your diaphragm shine and pulse its messages within you and beyond. Dust off its spokes and harmonize your song with that of your loved ones, humanity, and our planet. (Three hours) Thurs. Dec. 13, 6 pm</p>                                                                                                                                               |
|  <p><i>I am in my body</i></p> | <p><b>Empower your lower dantian.</b> Connect your lower dantian (abdominal power centre) with your central star and spinal flows. Practice pulsing it to flow life force energies throughout your body. (Three hours) Tuesday, December 18, 6 pm</p>                                                                                                                                                                                  |
|                                | <p>Ingrid Spletstoesser studied healing arts to deal with the chronic pain of her fibromyalgia syndrome. Her path to remission included wearing 100% natural clothing, which was not generally available, so she made her own. She established her fabric arts and contemplation studio to bring together elements of healthful living and natural lifestyle choices. There she also presents her paintings and stained glass art.</p> |