



Myra Tovey, RN, BS,CHTP, CHTI, HNC

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Myra is the founder and director of Heart Center located here in Colorado Springs. Heart Center was established to promote living from a heart centered focus. Heart Center offers classes, healing touch sessions, workshops and many other services from facilitators all living from a heart centered philosophy. Myra teaches classes in Healing Touch, Dreams, Heart Centered Living, The Tovey Technique, and the Facilitator's program for Heart Centered Living. In addition to the *Awakened Heart* CD, Myra has authored a book titled *Yes, I Will* where she shares how saying yes to certain events has changed her life.

Myra is a charter member of Healing Touch International, Inc. and Healing Touch Principles of Hypnosis Coordinator. She was appointed to the HTI Board of Directors in January 1997. Myra is a Certified Healing Touch Instructor who teaches energy concepts, stress management, and dream study groups. She has over 40 years of nursing experience. 26 of those years were in school nursing. In 1986 she was awarded Indiana School Nurse of the Year. Myra is a member of American Holistic Nurses' Association, having served on the council for five years as North Central Regional Director and Secretary. Myra is a member of Sigma Theta Tau.

Advantages of Heart Centered Living

- ♥ It keeps one focused in the present time
- ♥ It allows relationships to be balanced and whole
- ♥ It helps one handle stressful situations without blame or projection



Research has proven that heart centered living is a healthier way to live.

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HEART CENTERED LIVING



Heart Center

Heart Centered Living Workshop

Presented by

Healing Touch Oklahoma

Oklahoma City, OK

July 18-19, 2009

HEART CENTERED LIVING

Does stress or health problems in your life have you feeling like you are being pulled in so many different directions that you are unable to focus?

In February, 2005 I was diagnosed with breast cancer. That was my wake up call. Since then, I have developed my Heart Centered Living workshop to empower people through their challenges in life.

The products, services and training programs offered by Heart Center have a common purpose: to help the individual achieve focus, balance and integration in all aspects of their lives.

Through classes, sessions, workshops, products and services, clients are shown the intuitive intelligence of the heart.

When one starts to react to what's going on in their life, they lose clarity.

My whole work for the last 28 years has been to bring people to techniques centered at the heart center and the realization of how to pass through change and transform patterns of behavior.

Heart Centered Living Workshop Class

\$250.00 Tuition includes:

- ♥ Myra's Book "Yes, I Will"
- ♥ Music CD "The Awakened Heart"
- ♥ Heart Center Workbook

Next Class:

Integrus Baptist Medical Center

Oklahoma City, OK

Date: July 18-19, 2009

Time: 9:00—5:00

INTRODUCTION TO HEART CENTERED LIVING

The Heart Centered Workshop Introductory Class is an overview of what it means to live in the heart center. Myra's book "Yes I Will" will be used to share stories of spiritual discovery and healing.

In this introductory class you will:

- ♥ Learn the steps to heart centered living
- ♥ Discuss the importance of dream work
- ♥ Experience heart centered exercises
- ♥ Discuss heart centered living as it applies to illness or health crises
- ♥ Discuss the heart centered living facilitator program

