

Learning to Provide for Your Self

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You can Learn to Cook in Your Own Home or in Classes.

Learning to cook is a way to take care of yourself and your family without being dependent. You can save money and have control over what is in your food by learning how to cook, preserve and choose your food. Classes are offered in large groups or with 4-5 friends in your home. Charli also cooks for individuals, especially during health or other crisis in families. (See the Upcoming Events Calendar on the website for information about classes)

Individual Sessions

Individual sessions are an important part of healing your body. Each body has very different specific healing needs. Through the use of kinesthiology we will together determine the needs for your particular healing. It may include emotional clearing, herbs, supplements, aromatherapy, a change in your nutrition or hands-on Therapeutic Touch or Healing Touch.

Learning Is Best When It Is Easy and Fun

Charli has been teaching and guiding people to whole health and peace for more than 35 years. People report that her infectious enthusiasm and extensive knowledge on a wide range of topics (including healthy eating and cooking, herbal therapy, aromatherapy, energy healing, Nonviolent Communication (as taught by Marshall Rosenberg) and mind/body medicine) has them coming back again and again to her classes. Holding advanced degrees in Nursing and Public Health, she has a particularly excellent vantage point to see the worlds of both alternative and conventional healing.