

FOUNDATION OF LIGHT

Spring 2024 Membership Drive Virtual Door Prizes

A "Paint Party" class registration at the Blue Door Studio, taught by local painter, illustrator, graphic designer, and Foundation of Light member Katrina Morse.

A one-hour private yoga class for 1-4 participants, led by certified yoga teacher Laura Spencer. Location and content of class determined in consultation.

An Intro Life and Relationship Coaching session with Arjan Makar. An intro session will give you new perspectives on your challenges, a clear understanding of what is important to you in relation to your challenges, and unique new ideas for overcoming those challenges.

A Sound Healing Journey led by Neko Three-Sixty, who has been practicing sound healing and Reiki since 2012. Gongs, crystal and Tibetan bowls as well as kochi chimes, vocals and reiki healing energy are all used to offer a deeply nourishing, centering and healing sound journey.

Admission to the Ecstatic Dance Sanctuary at the Foundation of Light on one Thursday night of your choosing, facilitated by Neko Three-Sixty.

A one-hour hypnotherapy session for deep relaxation and inner resource retrieval, guided by Foundation of Light board member Peter Fortunato, MFA, CHT.

A 90-minute Shamanic Healing Session with Polarity and Navaho influenced modalities offered by Foundation of Light board member Beauty Peterson.

A Creative Dance Expression Session offered by Foundation of Light board member Beauty Peterson. This session is an opportunity to discover your hidden talents through movement and motivation and includes regenerative energy techniques.

An autographed copy of Journey to Mudryi: The Wisdom that Underlies All Healing by Dr. Ira Kamp, Foundation of Light board president.

A two-hour performance of original jazz music to be performed by the group 79 West, details to be arranged between the winner and the group. *To be eligible to win this virtual door prize, the member must pledge a minimum of \$300 in membership(s) and/or donation(s).*

A two-hour workshop on negotiating skills: Negotiating for Profit and Sustainability. The workshop is for up to 30 people, and will be delivered via zoom. Workshop led by Foundation of Light board member Tony "Zahir" Simons, Lewis G Schaeneman Jr. Professor of Innovation and Dynamic Management at Cornell University's Nolan School of Hotel Administration at the Johnson College of Business. *To be eligible to win this virtual door prize, the member must pledge a minimum of \$500 in membership(s) and/or donation(s).*

The drawings will take place at the close of the membership drive on March 10, 2024 at our 10:15am board meeting in the library at the Foundation of Light. You do not have to be present to win, but members are always encouraged to attend board meetings and learn more about us or find ways to get involved!

Additionally, Board Member Tony "Zahir" Simons is donating admission to a LifeCourage Empowerment Workshop (Value \$75) to [ALL](#) members who join or renew at the Supporting (\$111/year or \$11/month) level or above during the membership drive period: Through a series of graduated challenges, all optional, you will prepare yourself for an opportunity to walk unharmed through hot coals. In this way, you will learn, through your body, a new approach to scary challenges and situations: relax, focus, and choose your path. At the end, you will feel superhuman, and you will remember the evening happily for the rest of your life. Choosing to attend does not equal a decision to firewalk. You need not feel "ready to firewalk" to attend – the workshop prepares participants and brings joy and value regardless. To prepare, think of the challenges/goals/wounds in your life to which you would like to bring more courage!



Link to FOL membership page – information about membership benefits, levels of membership, and an online form you can use to join.
Thank you so much!

