

# Orono Community Improvement Plan

## TERRENS WELLNESS CENTRE

By Julie Cashin-Oster

Terrens Wellness Centre, Main Street, Orono, focuses on Holistic Healing supporting your vision of good health.

"We take an individual approach," said Beverley Allan, B.A. Psychology, Reiki Master - Teacher. "For your Body we look at nutrition and lifestyle and for Mind & Spirit we help you get in touch with yourself."

Beverly Allan has practiced Holistic Healing of people and animals for more than 10 years. Her experience as a counselor and assistant to a Chiropractor and Naturopath provided the foundation for her growth into Reiki and the subsequent development of Life Path Healing.

Life Path Healing is a complete system of holistic wellness. By safely and gently enhancing the body's own natural healing abilities, this technique promotes a feeling of physical, emotional and spiritual well-being. Included in Life Path Healing are: Reiki, Applied Kinesiology, Nutritional Counseling and Pain and Stress Management.

"Life path work satisfies the need to do within what is purposeful," said Ms. Allen.

"Terrens carries a complete line of

Herbal and Homeopathic remedies, high quality natural vitamin and mineral supplements and essential oils," said Karen Lowery, owner, Natural Product Advisor and Reiki Master. "We can help you to create a balanced nutritional program for your whole family."

You will find many innovative products at Terrens. Beeswax candles, that contain no paraffin thus are clean burning, will help clean the air. Light bulbs to help combat SADDS (seasonal affective disorders).

Gemstone and crystal jewelry are both featured at Terrens which people buy for many reasons - for the look and for its healing and balancing properties.

Terrens features work by local artists and Canadian made Lavender Hills, a complete line of Lavender products made in Stirling Ontario.

You will find a complete line of organic hygiene products including: toothpaste, soaps, deodorants and shampoos. "We are broadening our health services adding an organic food line. We also carry a complete line for pet health - nutrition, energy balancing for pets," said Ms. Lowery.

Interested in learning more? In addition to Life Path Healing, Terrens offers the following Reiki seminars - a simple technique for transferring healing energy from a giver to a receiver.

## 1st Degree Reiki Practitioner

Begin to understand energy flow and energy fields around your body and discover how this will help to heal yourself and others, including animals.

## 2nd Degree Reiki Practitioner

Increase the power and focus of hands on healing and learn to address emotional health issues such as addictions, anxiety, fears, depression etc. Learn to heal others at distance.

## Reiki Master - Teacher

Journey through the blocks to your personal happiness and life path success. Expand and intensify your healing gift and learn how to pass this gift to others.

Are you feeling stressed? Lacking Vitality? Suffering from aches and pains? Karen and Beverley are committed to the natural well being of you and your family. For more information



on how Terrens can support your vision of good health call 905-983-5000.

**Clarington**  
Leading the Way

*These articles have been provided by the Orono Community Improvement Plan. To learn more about the Plan or download it, check out the Clarington website at [www.clarington.net](http://www.clarington.net). Grants for facade improvements and signage in the BIA are available, the criteria, application process and forms can be found online or by contacting the Planning Services Department at 905-623-3379.*