

Healing Pathway is an experiential spiritual and healing practice that supports well-being and resilience by promoting energetic alignment to all aspects of our being – physical, emotional, mental and spiritual. Programs are supported locally and nationally by the Healing Pathway Society.

This workshop is sponsored by the Eastern Ontario Ouataouais Healing Pathway Regional Council (HealingPathwayEast@gmail.com)

Healing from the Heart

Provides an opportunity to deepen the experience of healing and connecting to God's healing power through the heart centre.

Our bodies are energy. We have fields of energy around us. Emotions and even thoughts carry energy.

When energies flow smoothly, all is well. When all is well, energies tend to flow well.

Stress, injuries, emotional wounds, and grief all impact the energy flow. Blocked energy can create pain and anxiety.

Everyone has the capacity to work with their own energy, and with other people's energy, to help it flow, to help in our healing

We can learn to tap into divine or universal energy and use it to heal. We can learn to be more connected to Universal energy, more grounded, more centred, creating more resiliency for ourselves and others.

All of this helps both in healing what already needs to heal in our bodies and helps keep us healthy, like exercise keeps us healthy.

Location

Glen Cairn United Church, 140 Abbeyhill Dr, Kanata K2L 1H5

Healing Pathway Society

is the national governing body of all Healing Pathway in Canada. The Society oversees the Curriculum, code of ethics, and standards for all Healing Pathway practitioners and instructors.



Visit: healingpathway.ca
Contact: healingpathwaycanada@gmail.com

HEALING PATHWAY 2026

Phase 2 Healing from the Heart

Friday, October 23, 9:00 am – 5:30 pm
Saturday, October 24, 9:00 am – 5:30 pm



at Glen Cairn United Church
140 Abbeyhill Dr
Kanata

Healing Pathway
Eastern Ontario
Regional Council

About the workshop

Join us in a safe, quiet place as you learn about and explore energy in new ways. Leave feeling empowered to support yourself and others in the challenges of everyday life.

In this workshop you will experience techniques both for working with others and for self-care that focus on heart centred energy healing as a spiritual practice.

This experiential workshop includes:

- ✧ *Practising the skill of being a heart-centred, healing presence*
- ✧ *Deepening awareness of the physical, emotional, mental, and spiritual levels*
- ✧ *Learning and practising specific healing sequences*
- ✧ *Deepening self-awareness and understanding through exploration of spiritual practice and self-care*
- ✧ *Being part of a supportive and caring healing community.*

What past participants shared:

"Healing Pathway is a spiritual practice . . . a healing balm in my life."

"I am connected in body, mind & spirit."

"I know what it is to be fully present to the moment, others & universal power."

Instructors:

Come, be inspired, and immerse yourself in a workshop course with two experienced, heart centered facilitators, Joy Judd and Howard Clark. Together they offer years of wisdom and healing experience. Share in their passion for this transformative practice.

Joy Judd – Kanata, ON

Has many years of experience in Pastoral Care ministry in the United Church and believes that Healing Pathway is an integral part of this caring ministry. For the last 15 years, Joy has been very active in the practice group at Glen Cairn UC in Kanata. She felt called to be an instructor in 2017 to help spread the healing love and light of Christ. Joy delights in seeing the participants' wonder as they learn more about being an instrument of divine healing grace.

Howard Clark – Ottawa, ON

A retired U.C. Minister, whose intentional journey with Christ-centred healing began over 50 years ago. He finds a real congruence with the Healing Pathway program, to which he has been committed for the past 20 years. It is a prayerful gift in line with the oldest traditions of Christian healing. He is active in the Healing Pathway practice at First United Church, Ottawa.

Ph 2 HTH Registration

Repeater fee - \$150

Register before Sept 23rd for early bird fee of \$250 (After Sept 23rd the fee is \$300)

Name: _____

Email: _____

Phone: _____

Fees Deposit - \$50 - to hold your place

Full fee (payable by 10th October)

All fees and registrations must be received in full by October 10, 2026

Completion of Phase I is required to take this workshop.

PAYMENT (deposit or full amount)

Register by email at,

HealingPathwayEast@gmail.com

with eTransfer to

the same email.



OR Mail registration and payment to:

Healing Pathway

1081 Ambleside Drive Unit 611

Ottawa, ON, K2B 8C8

Cheque payable to:

Healing Pathway Eastern Region

Food

Snacks, water, coffee and tea will be provided. If you have special dietary needs, please let us know or bring food for yourself. Please bring your own lunch. Lunch is not provided.

Clothing

Please dress in comfortable clothes and shoes.

What to bring

Bring a pillow and a blanket.