

# Antara Center: Education, Spiritual Retreat and Integrative Healing

**Antara Education Center** is dedicated to providing spirit-based teachings to all who are seeking to know more about spiritual healing. The educational branch provides a safe and sacred place to learn and heal. With a faculty of 21 credentialed practitioners, we offer training in alternative therapies as well as more traditional courses of study.

## *Promoting Growth Through Knowledge and Awareness*



Our curriculum covers three tracks of instruction: Life skills for moving from outward knowledge to inner knowing, healing modalities for those practicing spiritual healing, and ancient teachings for advanced students of ancient spiritual practices. See a complete listing of classes at [www.antaracenter.org](http://www.antaracenter.org).

**Antara Spiritual Retreat Center** provides an opportunity to reconnect with Spirit and gain wisdom for coping in a busy society.

Join us in 2005 for our quarterly Well-Being Gatherings and Community Potluck on Sundays: March 6, June 12, September 11, and December 11, from 12:30 – 6 p.m. Experience healing modalities such as massage therapy, Reiki, Healing Touch energy, spa wax treatments, health coaching, reflexology, storytelling and more! Suggested donation is \$10.

Our second annual retreat, "Building a Bridge to Healing: Integrating Spirituality as a Component of Medicine" is September 30 – October 2. It is open to anyone addressing health and wellness from a perspective of connecting with nature, from the soul's purpose, and from our thought patterns. Dr. Gregory L. Miller, Board Certified in Osteopathic, Internal, Emergency, and Holistic Medicine will be presenting with Dr. Alan Davis, University of Utah School of Medicine, and Christina Pratt, Director of Shamanic Healing Centers in New York and Oregon.



Dr. Gregory L. Miller with Janice Mickle

**Antara Integrative Healing Center** combines traditional medicine with the best alternative methodology to treat physical, emotional, mental, and spiritual causes of disease. It merges and reunites our medical institutions, philosophies and sciences with a spirit-centered treatment that recognizes the holistic nature of the individual's healthcare and well-being.



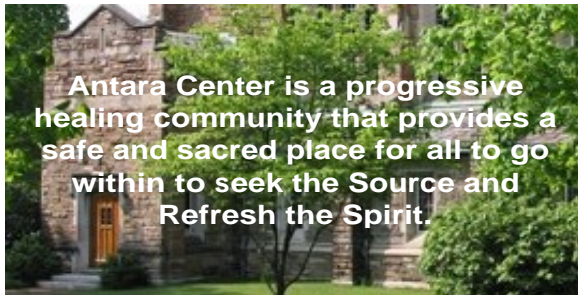
## *Building A Bridge Between Science and Spirit*

"Antara" is a Sanskrit word meaning "from within, from the heart." As our name implies, we must "go within" to learn that we are ultimately responsible for our own well-being.

## About Antara Center

Operating since 2002, Antara Center, a non-profit foundation, is dedicated to providing education, healing retreats and an integrative healing center to assist the patient in discovering total well-being.

CEO and Founder, Janice Mickle, is an ordained minister, a Reiki Master Teacher, and an ancient teachings specialist with over 20 years experience in corporate sales and customer service management. Janice is assisted by a Wise Council and a staff of like-minded individuals.



## Mission Statement

Using ancient teachings, Antara Center's mission is to present the "Medicine of the Future" today, building a bridge between science and spirit, the physical with the mental, emotional, and spiritual, between yesterday, today and tomorrow, for the individual and the community.

Antara Center  
P.O. Box 160759  
Nashville, TN 37216-0759



# Merging Traditional Medicine with Ancient Wisdoms from Around the World

**Spirit-based Education**

**Spiritual Retreats**

**Integrated Healing**



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*A Safe and Sacred Healing  
Community*