



# Ruscombe Mansion Holistic Health Center News

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Newsletter # 66

November 2011

## Practitioner Offices for Rent



We have 2 lovely practitioner offices for rent. Both are on the second floor in the Mansion building. They are both approximately 185 sq. Both have ample closet space and are located next to the rest room. They are corner offices with 2 windows each. Monthly rental including practitioner fee is approximately \$670 each. Please

contact our Central Office for more information: 410-367-7300.

Please note these photos are representational of a typical office furnished by the practitioner.

## Feeling Good about Ruscombe and Want to Give Back?

Won't you help us continue to serve the community with this healing oasis at the Ruscombe Mansion? Where else you can interact in peace and comfort with your health care provider in such lush and vibrant settings?

Ruscombe Mansion is supported by the AUM Center, Inc. a non-profit organization, and we rely on donations from friends like you to continue.

**All gifts made payable to AUM before December 31, 2011 may be eligible for a 2011 tax deduction. [See our website for premium gifts for donations \\$20 and over.](#)**

Or mail a check or money order, made out to **AUM Center, Inc.** to:  
Ruscombe Mansion  
4801 Yellowwood Ave.  
Baltimore, MD 21209

***It's easy to join our Ruscombe mailing list!  
Just send your email address by text message:  
Text RUSCOMBE to 22828 to get started.***

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FREE Ruscombe Recipe Booklet  
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Classes at Ruscombe  
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[wellness@Ruscombe.org](mailto:wellness@Ruscombe.org)

[www.Ruscombe.org](http://www.Ruscombe.org)

410-367-7300

4801 Yellowwood Ave.,  
Baltimore MD 21209  
Coldspring Newtown



**Get a Ruscombe Mug and Tote for a \$40 donation!**

Become an official "Friend of Ruscombe" and help us offset our maintenance costs and keep up with repairs. Only together with your help will we be able to maintain this sanctuary as a healing center in the future.



## New Clients - Half off of Your First Acupuncture Treatment

Marina Gan, L.Ac., M.Ac.

Offering new clients half off of their first treatment, when they mention this promotion. Be sure you are taking time to slow down and see that your needs are tended even amidst the busy holiday season.

Phone: 443-739-5100 • Email: [ganmarina@gmail.com](mailto:ganmarina@gmail.com)  
[www.betheneedle.vpweb.com](http://www.betheneedle.vpweb.com)

**Offer Expires: 1/1/12**

## Save almost 50% off Irlen Screening Services and \$100 off Irlen Diagnostic Testing to address reading/learning problems and headaches/migraines.

Irlen Visual Learning Center of Maryland



A piece of the puzzle for reading problems, learning difficulties, ADD/HD, dyslexia, headaches, and other physical symptoms through the use of color.



SPECIALISED ASSESSMENTS TO DETERMINE THE BEST INTERVENTION for ALL AGES

**Irlen Visual Learning Center and Abilities OT Services, Inc** are offering almost half off the regular price of Irlen/OT testing sessions for remedies for the symptoms of visual dyslexia, ADD/ADHD, chronic migraines/headaches, sensory processing, handwriting/fine motor issues, and anxieties to due undetected visual processing problems, light sensitivity or visual perceptual distortions.

Email for details [info@aotss.com](mailto:info@aotss.com) or call 410-358-7269

**Offer Expires: 1/1/12**



## I AM LIGHT MEDITATION

- Learn to Joyfully Play with Light for Self Healing
- Learn to Give and receive Pure Light Blessings

## Enhance Your Wellness: Classes at Ruscombe

### Tuesday Yoga

Tuesdays at 6:30 PM - 7:30 PM  
Gentle yoga for beginners.

### Osho Kundalini Meditation

Every Wednesday at 6:30 PM - 8:00 PM

### Friday Morning Slow/Mo + Restorative Yoga

Every Friday at 10:30 AM - 12:00 PM

### NIA Movement Class

Saturdays 9:30 AM - 10:30 AM

Come experience this outstanding low impact workout that carefully integrates techniques of dance, martial arts, and healing arts, including yoga. All levels, ages, shapes and sizes are welcome, including women going through a healthy pregnancy. (Under doctor's approval)

Complete listing and updates on Ruscombe classes at [www.Ruscombe.org](http://www.Ruscombe.org). Subscribe to our email list for updates and special discount offers.

Pure Light Blessings is activation and physical transference of Divine Light Energy. The Divine Light flows directly into the Brain of the Recipient and initiates Enlightenment. Meditation is lead by Betsey Gilbert, LMT. For more information email [1008betsey@gmail.com](mailto:1008betsey@gmail.com) or call 410-321-5906.

**When: 2nd Wednesday of the Month - 6:30 to 7:45 pm**

**Date: December 14th**

**Where: The Meditation Hall of Ruscombe Mansion**