

What's New in the Community

By Jen Eberbach

This ongoing column features upcoming events within our Ann Arbor/Ypsilanti and surrounding areas' Mind-Body-Spirit communities, new (during the past year) practitioners and holistic businesses, as well as new offerings by established practitioners and holistic businesses.

NEW OFFERINGS BY ESTABLISHED BUSINESSES AND PRACTITIONERS

Meditation teacher Carol Blotter is leading a new two-year meditation training program for serious students. In the tradition of *The Forest Way*, "an age-old tradition of people going into the forest to intensely practice meditation under the guidance of a teacher," her students follow "a path towards spiritual insight,"

The program follows "The Seven Concentric Circles of Spiritual Development," a training model developed by Carol's teacher Matthew Flickstein. According to Flickstein, spiritual development involves "resolving past issues; ethics; aging and death; practice; relationships; the three marks of existence; and surrender." Although the model incorporates many Buddhist teachings, Carol describes it as "a consolidation of paths from lots of different traditions."

The training program occurs through regular contact with Carol by phone or email, and occasional group retreats. She sends students frequent contemplations and meditation instructions via email that they can incorporate into their daily meditation practice. Although Carol provides guidance for her students, her "role as the teacher in this program is to help people see when and where they are stuck, and then allow the students to learn for themselves," she says.

During their first year, students focus on "unresolved issues in the past, our behavior in the present, and thoughts about aging, illness, and death - in order to find issues that are psychologically blocking you. To know who you really are, these blockages need to remove themselves," Carol explains. "Blockages are like a glass ceiling that people can't get through. So, the first part [of the training program] is like scratching the surface with sandpaper to see what comes up," she says. Then in the second year, students continue working through the "Seven Concentric Circles" with a focus on practicing insight meditation and recognizing the non-dual nature (or oneness) of ourselves and everything else in the universe.

Carol also assisted in the production and distribution of a new documentary, "With One Voice," which was produced by Matthew Flickstein and directed by Eric Temple. The film includes interviews with clergy and mystics from fourteen of the world's spiritual traditions in order to highlight "the unifying truth that transcends all religions," according to the film's description. View the trailer for "With One Voice" online, at <http://www.withonevoicedocumentary.org> "The reason I got involved in the movie is - all spiritual traditions point to the same truth. There are different paths, but they are all going to the same place. As a kid, I didn't understand why people thought God was a different person, so when I was asked to help with the film, I was excited," Carol says.

Carol has been practicing insight meditation since 1989. She works through



— Ellen Livingston —
"Illuminating the Era of Raw Foods." (See page 9.)

her business, Chelsea Meditation, as well as through Deep Spring Center with her teacher, Barbara Brodsky. In January, her current students will embark on their second year in the program, and she will be accepting a new set of students to begin the program. Find out more about Carol Blotter and Chelsea Meditation online, at www.chelseameditation.com. Contact her by email, at cb.meditate@gmail.com

The expansion and remodeling of Relax Station Massage Therapy has created a new, delightful and light-filled massage space in the heart of downtown Ann Arbor. Owner Eileen Bristol explains, "we weren't really turning people away because of a lack of space," before the remodel. "However, some clients found it a

bit too crowded." Now, with more space and improved interior design, Relax Station is settling into a new phase of its history. Relax Station has become a kind of "massage phenomenon," according to one knowledgeable observer. "Eileen is doing something no one else has done. She has created a happening massage place; at any given time, 5 or 7 people are being massaged, some indoors and some outdoors. The light is pouring in, the music is on, and the cars are whizzing up Huron. It's a really sweet and relaxing scene."

Years ago, the building on the corner of Huron and First Street was a small gas station. When Relax Station moved in, the drive-through archway became "a mixture of a garage and a Greek temple," Eileen says. The space was used for outdoor massages, and the interior space was limited to what is now a semi-private back room massage area. Later, they added private table massage studios in the nearby Phoenix building. Eileen really enjoyed giving massages out in the "Greek temple," which held her back from remodeling the building earlier than she did. However, now that the space is enclosed, she enjoys the "sun-room experience" in the front room.

The expanded and remodeled building was designed by architect Robert Black. Robert Logsdon designed the

Continued on page 8



Ann Arbor's annual FestiFools parade (See page 10.)

What's New in the Community



Everyone wants to eat breakfast with Jeff McCabe and Lisa Gottlieb! (See feature on next page.)

Continued from page 7

walls and ceiling, using a textured, layered wash technique called *lazure*. The building's interior design was also inspired by Feng Shui and Rudolf Steiner. One of the beautiful features of the remodeled building is a travertine floor equipped with radiant floor heat. Eileen particularly likes how it creates a quiet, warm atmosphere in the "sunroom" space.

Since the beginning, Relax Station has featured a bio-dynamic garden of perennial plants. They tore up concrete in the expansion to grow the garden along with the building. This summer, Eileen added an arbor and she thinks that she might add a water feature next. She likes growing perennials because they follow "the cycles of life, and you get to see a lot of changes throughout the year," which compliments Relax Station's focus on helping people along a path towards self-care and health.

The studio's downtown location brings in a lot of walk-ins including neighbors strolling by during the walkable, warm months. It also attracts people driving downtown throughout the year. "Everybody always says, I drive by here all the time. One day, they wake up and their neck really hurts, or they can't turn their head, and that's what gets them to come in," Eileen observes. She has found that by offering walk-in appointments as an option to people, her therapists are more accessible, whenever clients are in pain. "We get a lot of people in here that have never had a professional massage before, so we try to create a situation here that's accessible where everybody can feel comfortable," she says.

Relax Station is offering a new membership program designed to encourage clients to make massage a part of their regular, monthly schedule. Instead of paying up front, like many programs, this membership automatically prepays for a one-hour massage each month. "It's a good way to encourage people to take care of themselves. If you prepay, you know you're gonna be more likely to do it," she explains. Relax Station Massage Therapy is located at 300 West Huron, in downtown Ann Arbor. Visit them online at, <http://www.relaxstationmassage.com/> or phone (734) 623-1951 for more information.

Social worker Violet Martin opened Mindful Heart Counseling, her new private practice, in Pinckney, last year. After working for healthcare institutions for years, Violet wanted to move her sessions into "the kind of space that would make people feel really comfortable - like they were sitting in somebody's living room, only better." After setting up a cozy interview room, the suite next door became available. She decided to transform the space into a mediation studio, which has allowed her to better incorporate mindfulness meditation practices into her counseling work.

Violet has also created an original program for "anyone dealing with issues in their relationship with food," she explains. The group "Foodwise, Lifewise" is a two-phase program, currently underway. She will be repeating the program in March, which will be open to new participants. Mindfulness meditation, which comes from the Buddhist tradition, is already being used in counseling, however, "I wanted to do something more experiential with it," in order to help people "connect to the fact that when you are eating, you're using all of your senses. We don't even look at what we are eating all of the time. We have our minds on something else - we are barely tasting it," Violet explains. She stresses the importance of "recognizing the beauty in the food we eat and the miracle that this food is to you. It takes the whole cosmos to make a carrot," she says.

By exposing people who are struggling with eating issues to "small experiments" that help them "see and sense their food," Violet helps people become aware of their body image, their impulses, and feelings of self-loathing. Through meditation, guided imagery exercises, journaling, role-playing, other activities and one-on-one counseling sessions, whenever needed, participants in "Foodwise Lifewise" work towards having "gratitude towards the body" and finding "self-love," Violet says. Visit Violet Martin online, at www.mindfulheartcounseling.com. Contact her by phone (734) 308-8360, or email her at violet@mindfulheartcounseling.com. Mindful Heart Counseling is located at 5300 East M - 36, in Pinckney.

Barbara Brodsky of Deep Spring Center for Meditation and Spiritual Inquiry is leading 20 students through a two-year commitment, entitled "Venture Fourth," to deepen their meditation practice. Barbara is also writing a book that records her life journey - suddenly going profoundly deaf in 1972, channeling a "discarnate spirit," her experience of mediation and channeling, and the journey she is taking to heal her deafness.

After going profoundly deaf, Barbara experienced the appearance of a non-physical entity in her meditation practice. "I didn't take it casually. He began to guide me and that guidance was very clear. I asked, who are you, why are you here? I had no concept of channeling. He said, you asked for help." The entity identified himself as Aaron. Barbara says, "He guided me to deepen my meditation practice."

Barbara explains that "Venture Fourth" is Aaron's program. "We're moving into a fourth density of consciousness. That's what the *new age* is all about. The program is geared toward doing the inner work on our own with meditation, and realizing that we are venturing forth into a higher level of consciousness," she explains. This higher consciousness is non-dual consciousness, which in Buddhism equates to the concept that all is one. "It's taught in every religion - it's unity consciousness, Christ consciousness, Buddha consciousness," she says.

Barbara has written numerous books recording what she channels from Aaron. However, she recently decided to tell the story of her life and her path toward healing in her own words - from an autobiographical perspective. The book also chronicles her experiences with John of God, who runs a healing center in Brazil. She reports that she has begun to regain a sense of sound, even though she remains profoundly deaf. She can now hear tuning fork tones and she reports that speech is coming through as static. "A lot of this book is about letting go of our limitations," she explains. Find out more about Deep Spring Center for Meditation and Spiritual Inquiry online, at <http://www.deepspring.org>. Contact the center by phone (734) 477-5848 or email info@deepspring.org (*To read about Barbara Brodsky's healing journey with her deafness, read her article in the May 2009 issue of The Crazy Wisdom Community Journal, archived on the crazywisdom.net website -- <http://www.crazywisdom.net/PDF/AmazingGrace.pdf>*)

Ypsilanti-based therapist, life coach, motivational speaker and meditation instructor Carla Wilson, MSW is a featured local author in the book "Serving Productive Time," a follow up to "Chicken Soup for the Prisoner's Soul." She also assisted with the book by selecting stories and helping to edit it. Carla has spent almost two decades working as a Correctional Deputy, with a clinical background in chemical dependency and mental illness. Information about Carla Wilson and "The Connection Principle," an approach to therapy she has developed, are available on her website, www.connectionprinciple.com. Contact her by phone, at (734) 337-2023 or email cwilson@connectionprinciple.com



Meditation teacher Carol Blotter (See page 7.)

Naturopathic Doctor Dr. LaRene Dell ND is offering acupuncture sessions at Relax Station Massage Therapy. LaRene's acupuncture sessions address pain management and many other health and wellness issues. She has been in private practice since 1991, and she specializes in homeopathy, advanced bodywork, Shiatsu, herbal medicine and shamanic journey work. Relax Station Massage Therapy is located at 300 West Huron, in downtown Ann Arbor. Visit them online at, www.relaxstationmassage.com. Contact LaRene Dell by phone (734) 945-5767.

Lee Schaberg has become a certified Oneness Blessing facilitator, after completing Level 1 and Level 2 training at the Oneness University, in Fiji. According to Lee, "a blessing event consists of a chakra meditation to open and clear the energy field, the Blessing, and a short, quiet relaxation. The Blessing is given when a Blessing giver places their hands on the recipient's head to assist in the transference of Divine energy...Nothing is coming from me, only through me," she writes. Lee has found that the blessing "initiates a neurobiological shift in the brain," and "allows us to deepen our relationship with ourselves, those we love, strangers and the Creator." Contact Lee by email, at lee.k.s@comcast.net

Wu Style Tai Chi Chuan Academy of Ann Arbor has moved to 4117 Jackson Road. The academy offers classes in basic forms, advanced studies in meditation, weapons work, and martial applications. Sifu Genie Parker, the head of the martial arts school, is the first non-Chinese female disciple of Wu Style Grandmaster Kwong Yu Eddie Wu of the Wu Chuan family lineage. "With its mirrored walls and comfortable wood-laminate floor, our new school offers a commodious space in which to learn this internal soft-style martial art." Call Wu Style Tai Chi Academy of Ann Arbor, at (248) 229-1060, or visit them online, at www.wustyle-annarbor.com

UPCOMING EVENTS

Nutrition, fitness and health expert Dr. Douglas Graham will give a two-day seminar at the Quality Inn & Suites in Livonia, on February 19th and 20th. Yoga instructor Ellen Livingston of Living Yoga studio is hosting the event. She decided to bring this national speaker and health expert to Southeastern Michigan after following his plan for natural hygiene, and participating in Dr. Graham's fasting retreats.

Ellen follows Dr. Graham's suggested diet of raw foods - mostly fruit, as well as vegetables, nuts and seeds. The diet cuts out all spices, salts, oils and refined foods, leaving her with "the natural packages that are already designed for us," Ellen says. She describes the raw food diet as a "simple natural diet," that gives you high levels of energy and healthful balance. "

You can't improve upon a fresh papaya, because it's already a perfect recipe. You don't have to add ten things to it. We tend to have this concept that we've always got to mess with everything - the more complicated the better, the fancier the better. But the papaya is fancy already. There's billions of nutrients already working in perfect synergy inside that piece of fruit," Ellen says.

On Friday, February 19, from 7 - 10 p.m. Dr. Graham will give a lecture-style seminar, entitled "Your Health, Nutrition and Fitness Questions Answered." Then on Saturday, February 20, from 9 a.m. to 5 p.m. Dr. Graham will lead an all-day event, entitled "Illuminating the Era of Raw Foods," which will include new topics about every hour, with a raw food lunch in the middle of the day. During the event, Dr. Graham will introduce concepts related to natural hygiene, and he will focus on a range of topics including uptake, transport and delivery of nutrients, craving and satiation, optimum nutrition, how food becomes you, and health management, followed by question and answer sessions.

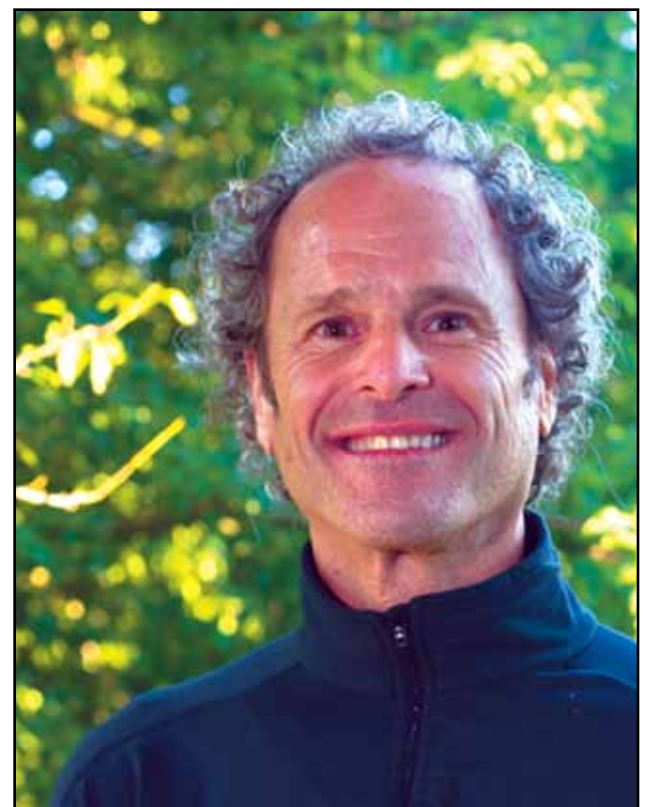
Another aspect of Dr. Graham's natural hygiene program is fasting. Ellen explains that "the body is a natural organism that knows how to heal itself." Although, during a fast, the body gets "weak and tired, at the same time your body frees up a lot of energy. Fasting is one of the big healing tools in the natural hygiene toolbox. That's sort of nature's ultimate cure, in a way. It gives your body the maximum opportunity to spend all of its nerve energy healing," she says. According to Ellen, "Doug would say, fasting equates with rest. That means resting on all levels - sensory levels, emotional levels, physical levels, and dietary levels. But inside there is a lot of work going on."

Ellen also offers related classes in yoga, as well as raw food groups through her studio Living Yoga. Visit her online, at www.livingyoganow.com to find out about her offerings and register for Dr. Graham's visit, or call her at (734) 995-0875. Find out more about Dr. Douglas Graham online, at <http://foodnsport.com> (For more about Ellen Livingston, read about her in our article, *Michigan in the Raw - The Living Foods Scene*, in our Fall 2008 issue, archived on our website at: [http://crazywisdom.net/upcomin/interviewpdfs/michigan in the raw.pdf](http://crazywisdom.net/upcomin/interviewpdfs/michigan%20in%20the%20raw.pdf))

Repasts Present and Future founders Lisa Gottlieb and Jeff McCabe are using donations gathered at their weekly neighborhood breakfast salon, "Friday Mornings @ SELMA", to construct hoop house gardens on small farms. They also plan to construct the gardens in schools, sometime this spring. Hoop houses are enclosed greenhouse structures made of plastic and piping that are appropriate for urban agriculture, as well as rural farming. Jeff explains that this effort supports "a campaign or pitch to everyone in this community - to grow 10% of our food that we eat here in Washtenaw County."

Each Friday morning, Gottlieb and McCabe (who are married) invite the community over to share breakfast together. Friday Mornings @ SELMA attracts neighbors from the "Soule-Eberwhite-Lutz-Madison-Affiliation," as well as many green-thinkers and foodies from all over Ann Arbor. Their house is lively and crowded on Friday mornings, and we've gotten reports that the food is bountiful and delicious, and the social scene is very fun and friendly. Sometimes as many as eighty people have been eating breakfast at the Gottlieb/McCabe household on Friday mornings!

Jeff reports that he and Lisa get around 50-70% of their daily diet from food produced in the surrounding area. "I think we as a community



Nutrition and Health Expert Dr. Douglas Graham is coming to town.

What's New in the Community

Continued from page 9

can easily get to 10% - all seasons," he says. Jeff also explains that hoop houses work well in Michigan's cold climate and support year-round local food production. "Instead of having this big bounty of food with squash and tomatoes in the middle of summer, with hoop houses, if you plant the right thing at the right time, you can pick something from it and eat something from it everyday of the year," he says.

Repasts Present and Future built two hoop-houses last summer, equaling approximately 4,000 square feet of gardens. Greg Willerer is farming 1,000 square feet at his farm Brother Nature Produce, located on Rosa Parks Boulevard, in downtown Detroit. In Ann Arbor, Tomm Becker's SunSeed Farm has begun supplying food to the People's Food Co-op and Zingerman's, Jeff reports. Hoop houses also work particularly well at schools, according to Jeff. Although many schools have gardens, they are usually mostly used in the warm months, and in the summer when kids are out of school.

"Hoop houses are the key because you can really match the school year with the growing year. There can be something green going on every day of the year," Jeff says. Educating kids about food and how it is grown supports life-long, healthy eating habits. "When kids eat good food, they are more likely to try different foods and have an attachment to it. If they grow it, they have the ownership of growing it themselves," he explains. Find out more about *Repasts Present and Future* and Friday's @ SELMA online, at <http://www.repastspresentandfuture.org>

Ann Arbor's annual FestiFools parade wants to inspire more community participation by inviting you into their studio, and they have a unique, creative challenge for you. What started as a University of Michigan-based community event has grown over the years because of local participation, visitors from outside of our area, and support from local institutions like 826michigan and the Public Library. This year, "we are looking to make it 50/50 in terms of the University's and the community's involvement," explains director Mark Tucker. The next installment of FestiFools will occur on April 11th, 2010, from 4 to 5 p.m. down Main Street, in Ann Arbor.

On February 13th, "Puppets and Pancakes" will kick-off FestiFools' open studio days. The event is a free Valentine's Day themed breakfast, open to the public. After the kick-off party, anyone is invited to visit the studios on Saturdays and Sundays leading up to the event. Open studio days will feature workshops and assistance for people who want to create their own puppets for the parade. Visitors will also leave with a "kit of stuff" that will help them create their puppets, according to Mark. The public is also invited to visit the studio to contribute to "assembly-line projects" that will be featured in the parade.

The suggested theme for FestiFools 2010 is *Ann Arbor's Museums*. Mark challenges you "to think about an artifact or a piece of art that you'd like to set free, or take out on the road, or make fun of, or elevate, or perhaps find the person behind the artwork and make a puppet out of them," he suggests. Of course, this challenge is only a suggestion. "A lot of people just deviate from our themes anyhow," Mark says. "I don't know what it'll look like exactly, but I like to think we're gonna have these kinetic, 3-dimensional pieces of art or artifacts chasing people around on the street - it should be fun," Mark predicts. Visit FestiFools online, at <http://festifoos.org>. Contact them by phone, at (734) 763-7550, or email startproject@umich.edu



Husband and wife psychiatrists, Dr. Marnie Burkman and Dr. David Leavitt, have opened Michigan Integrative Psychiatry, and will have a Grand Opening for their Aprill Wellness Center in late March. (See feature on next page.)

Nicole Lanning, founder of Healing Art Forms Institute in Toledo, has published her first book, *Practical Crystal Healing: 555 Tips & Techniques*. She will visit Crazy Wisdom for a seminar and book signing, on January 9th from 2 - 4 p.m. Nicole has been studying crystals and energy healing practices for about fifteen years. "A lot of work built up over fifteen years of [pursuing] this knowledge, which is pretty much what the book summarizes," she says.

The book "walks anyone through the basics of crystals, how to choose crystals, cleansing methods, programming, how they correspond with chakras

and auras, and how they are used in healing," Nicole explains. The final chapter of the book lists 555 tips and techniques she has developed, organized alphabetically by subject, on "the issues the person may be having," whether it be "acne" or their "marriage," she says.

At first, Nicole considered writing a book on Reiki or some other type of energy work. However, she describes crystals as "one of my passions," and she was already receiving a barrage of emails and questions from people about crystals -- how to choose crystals and how to use them. She took this as a sign that people wanted the information she had to share on the subject of crystals and energy healing.

Nicole's book signing and seminar will include a lecture-style introduction to the book. She will walk people through the basic, and highlight some of the more popular tips and techniques. *Practical Crystal Healing: 555 Tips & Techniques* is available through Nicole's website, <http://www.healingartforms.com>, as well as at Crazy Wisdom. Contact her by phone (419) 344-9457 or email healingartforms@aol.com

The Kerrytown Concert House will present the eighth installment of its "Wine, Women & Song" concert event on January 29th and 30th, beginning at 8 p.m. Also, a 4 p.m. show is scheduled for January 31st. According to Kerrytown Concert House's announcement, "Local women celebrities and stars perform classical, jazz and cabaret standards." The roster is planned to include Sue Booth, Carolyn Burnstein, Lisa Gray, Shelley MacMillan, Elizabeth Major, Deanna Relyea, Susan Shipman, Monica Swartout-Bebow, and event director Wendy Bloom. Visit the venue online to reserve a seat, at www.kerrytownconcerthouse.com, or phone (734) 769-2999.

The Washtenaw Local Food Summit will gather on March 2nd to "bring together area stakeholders interested and involved in improving and re-localizing our food system, and to make connections that would strengthen and build the network of people who demand healthy, secure, safe and fair food for our community," according to last year's announcement. Find out more about the Washtenaw Local Food Summit online, at <http://localfoodsummit2009.blogspot.com>, on email them, at info@localfoodsummit.org

The Leslie Science & Nature Center will host its annual Earth Day Festival on April 25th. The festival is a free event, geared toward entertaining and educating the whole family with activities, live performances and presentations, and information provided by local organizations. For an update about the Leslie Science & Nature Center's plans for this year's installment of the Earth Day Festival, visit their website, at www.a2earthday.org, or contact them by phone at (734) 997-1553.

NEW PRACTITIONERS AND BUSINESSES

Husband and wife psychiatrists, Dr. Marnie Burkman and Dr. David Leavitt, have opened Michigan Integrative Psychiatry in Ann Arbor.

Marnie and David both follow a traditional approach to psychiatry, while also integrating complimentary and alternative therapies into patients' treatment plans at the same time. "Everyone has their own lock, and there is no magic pill, or magic answer. It's usually a combination of things," Marnie explains. The couple tries to "approach each patient creatively," she says.

As medical doctors and licensed psychiatrists, Marnie and David can proscribe medication for patients suffering from mental health issues and medical problems. However, "both of us love using evidence-based complementary therapies - a lot of relaxation or stress reduction therapies and nutritional therapies... and having that really minimize the medication that our patients are using, and minimize the side-effects, or optimize the effect they are getting from it," David explains. Marnie adds that "We have a toolkit with all of these different tools in it, and medicine is just one of those tools. It's not the *only* tool."

Marnie and David employ a range of complementary and alternative therapies and strategies in their work with patients. Their work involves coaching sessions with patients, and psychotherapy is an integral part of their work. They also run a series of screenings and lab tests to look for nutritional deficiencies or other physical imbalances that could be contributing to or causing emotional and mental imbalances.

They each also counsel their patients on nutrition and diet, by identifying and recommending diet plans and natural dietary supplements that will increase the body's natural balance. Marnie explains that she has a particular interest in Eye Movement Desensitization and Reprocessing therapy, which she describes as "a body-centered therapy" that "accesses different parts of the body to unblock trauma." She also recently received certification in medical acupuncture to help her patients relax or deal with pain, and deal with mental health issues like post-traumatic stress disorder.

David highlights their use of HeartMATH, a system of biofeedback that "looks at how responsive the heart beat is, which is one of the critical measures of someone's well-being." Marnie adds that HeartMATH is a particularly useful tool in their toolkit because "it's something patients can do



Yoga instructor Shannon Walter is offering workshops on Ayurveda. (See next page.)

on their own, at home, to regulate their anxiety." In addition, both doctors use guided imagery and mindfulness meditation in their work with patients.

David says that one of his favorite therapies is Acceptance and Commitment Therapy, which he describes as "a form of cognitive therapy that allows people to recognize their present state and help learn how emotions and feelings change from moment to moment. It can help people feel a sense of strength and equilibrium," he says.

Marnie and David practice from two locations, the Parkway Center, and a new business, The April Wellness Center, which they have just built on April Drive, off of Jackson Avenue in Ann Arbor. Michigan Integrative Psychiatry will share the space with complementary and holistic practitioners, who are working in a range of modalities. There will be a Grand Opening party on Sunday, March 28th that will feature sessions with practitioners, food cooked in the center's kitchen, and an art show. Marnie would like to incorporate art and music into the space, and she envisions it as "a venue. It will be a vibrant, dynamic space," she says. Visit Michigan Integrative Psychiatry online, at www.michiganintegrative.com. Their phone number is 734-677-8100.

Naturopathic Doctor Mary Light has opened a licensed college for the study of naturopathic medicine in Ann Arbor, the Naturopathic School of Ann Arbor. Eighteen students began their studies last fall, most of whom are pursuing a three-year program to become naturopathic physicians. Mary has been an established healthcare provider, and she has been in private practice for years. However, the school is a unique, new, local institution, for anyone seeking education in natural medicine.

The next school year starts in the fall of 2010, and Mary is accepting inquiries from potential students now. So far, her current set of students, who are embarking on the second half of their first year of courses in February "are an inspired, diverse group of students," and many of them are taking advantage of lodging available on the property, according to Mary. In their first year, students "are getting a good orientation and good foundation for what natural medicine really means," through their assignments and study. After Winter break, courses will "lay the ground work for many topics, like diet and dietary healing, bodywork and natural therapeutics.

In the second year, "They'll start seeing each other as case histories and eventually branching out into student clinician work," Mary explains. "Right now they are working a lot with their own process, and



Eileen Bristol's Relax Station has hit on a really winning formula: let people drop in for a massage whenever they want to! (See page 7.)

Photo by Cristie L. Bowers, Imagist

What's New in the Community

Continued from page 11

then when they start as second year students, they'll start working with each other's processes. In the final year of the program, students will gain clinical experience working with the general public in a mentored situation, according to Mary. She hopes to add a medicinal herbalist certification to the curriculum in 2012, which would be an option for students to continue their studies after they graduate from the three-year program.

Faculty and staff include new addition Chetna Desai, a physical therapist and naturopath in private practice, Shiatsu bodyworker and nutritional counselor Milagros Paredes, medicinal herbalist Michelle Medley, community herbalist, traditional healer and wild edibles expert Rowena Conahan, dance and therapeutic movement expert Stephanie Cohen, medicinal herbalist Peggy Jones, and dental health expert Aleta Luesse. The school also offers additional modalities, like yoga and Feldenkrais. Continuing Naturopathic Education is also available for health providers, as well as individual short-term classes to those who want to try the school out for a weekend.

Although Mary is enjoying the school's current location at the Rudolf Steiner House, at 1923 Geddes Avenue, "We need a little more room already," she laughs. "As we grow, we are asking ourselves where is our next building going to be? I feel like, eventually, I will have to put that out there to the community. Maybe there is a building that we can grow into, because we are certainly filling this one out." For more complete information about the Naturopathic School of Ann Arbor and all of their courses and offerings, visit them online, at www.naturopathiccollegeofannarbor.net. Contact the school by phone (734) 769-7794 for a full course catalog. *(To read a short question-and-answer feature about Mary Light, which appeared in the Fall 2007 Crazy Wisdom Community Journal, go to our article archive on our crazywisdom.net website - here's the link: <http://www.crazywisdom.net/interviewpdf/questionsmarylight07.pdf>)*

Yoga instructor Shannon Walter has completed a 500-hour program in Ayurveda, after studying with Ayurvedic physician Dr. Paul Dugliss, MD. She is now offering workshops for groups and one-on-one informational sessions with individuals who want to learn "tip and tricks" for how to incorporate Ayurvedic practices into their everyday lifestyle. Although Ayurveda is used as a medical practice in a clinical setting by some, "what I do is workshops and giving people information. At this point, I'm not that interested in consulting patients. My whole purpose is to provide information to educate people about what they can do. With a few key principals, you can really bring balance to your life," Shannon says.

Ayurveda uses a classification system based on ancient Indian knowledge of the *dosha*, which Shannon describes as "structures of understanding things and the qualities they embody." According to tradition, a person's constitution is determined by a combination of two of five elements; ether, air, fire, water and earth.

Shannon shares her knowledge of the many different principals and practices that are meant to bring individuals' constitutions into balance, including meditation and yoga, which "allow our bodies to come to a quiet place, and then also to allow the mind to start to transcend what we call in yoga the 'monkey-mind.' When the mind is quiet, we can make big decisions." She also shares her knowledge about food and nutrition, good lifestyle and sleeping habits, cleansing techniques, aromatherapy, and oil massage

techniques. Shannon Walter is an instructor at Sun-Moon Yoga Studio in Ann Arbor. Visit the studio online, at <http://sun-moon-yoga.com> or phone them at (734) 929-0274. Contact Shannon directly by email, at swalter@cfgroup.com

Claire Maitre founded Chrysalis Traditions after being inspired by the Transition Town movement. She became interested in the Transition Town movement after working to "re-localize the food system, as an

activist," she explains. After getting her certification in permaculture through Midwest Permaculture, in Illinois, she discovered the work of mathematical cosmologist Brian Swimme.

"Chrysalis Traditions is about the work of integrating the knowledge of just how difficult the situation is that we are facing - whether you are looking at it through the lens of peak oil or global climate change, global economic disruption and potential collapse, the huge amount of job loss in this country and the radical uncertainty that we are all living with," Claire explains.

Claire hopes she can help people "turn feelings of being challenged into a sense of possibility and opportunity," she says. From Claire's view, the Transition Town movement "takes a look at the high-price we have all paid for hyper-individualism, in terms of the loss of connections and the amount of stress that has been created in our lives." Then, "in order for us to make this transition into what comes next, we need to recapture and appreciate everything we've been in order to enter into the next level of complexity of human culture," which she describes as "a global complexity."

Through her business Chrysalis Traditions, she works with individuals one-on-one and hosts group events. Claire hopes to "empower people, because they have a tremendous amount of power in their individual sphere of influence," according to Claire. She is planning a film series, which will feature lectures by Brian Swimme, followed by "conversations with people about what comes up for them in watching each segment." She also offers "experiential workshops" that incorporate exercises and group participation. Visit Claire Maitre online, at www.chrysalistransitions.com Contact her by phone, at (734) 213-0557, or email claire@chrysalistransitions.com

Leslie Blackburn founded the Mystery School of the Temple Arts, in 2009. The school offers individual and couples coaching, as well as classes, workshops and retreats on Sacred Sexuality and transformational guidance. In addition, Leslie works through her company One Space, LLC, "to illuminate the Path of Self-Realization through art, yoga, sacred geometry, sacred sexuality and more," she writes. Find out more about Leslie Blackburn online, at www.mysteryschoolofthetemplearts.com, or visit www.onespaceconnected.com for more information about all of Leslie's services. Contact the Mystery School of the Temple Arts, by phone (313) 269-6719.

Transformational life coach and energy work practitioner Nancy Emmert is offering Human Design readings, coaching sessions and classes for individuals and groups. "Human Design uses your birth information to create your unique energetic blueprint. The blueprint is a synthesis and update of several other systems: Astrology, the Kaballah, the Chakras, the I Ching, Quantum Physics and DN," according to Nancy's website, www.humandesignplus.com Contact her by phone (248) 449-5275, or email nancyemmert@humandesignplus.com

###



Nicole Lanning has written the book, *Practical Crystal Healing*. (See page 10.)

Eastern Sun Shiatsu

SHIATSU SESSIONS

Jomon Stretch Classes

5-Element Muscle Balance

Zen Meridian Exercises

1st Session \$40/Hour

Cynthia Conklin

417 S. Fourth Ave. Ann Arbor

www.easternsunshiatsu.com

info@easternsunshiatsu.com

734-417-9714