

# What's New in the Community

By Jen Eberbach

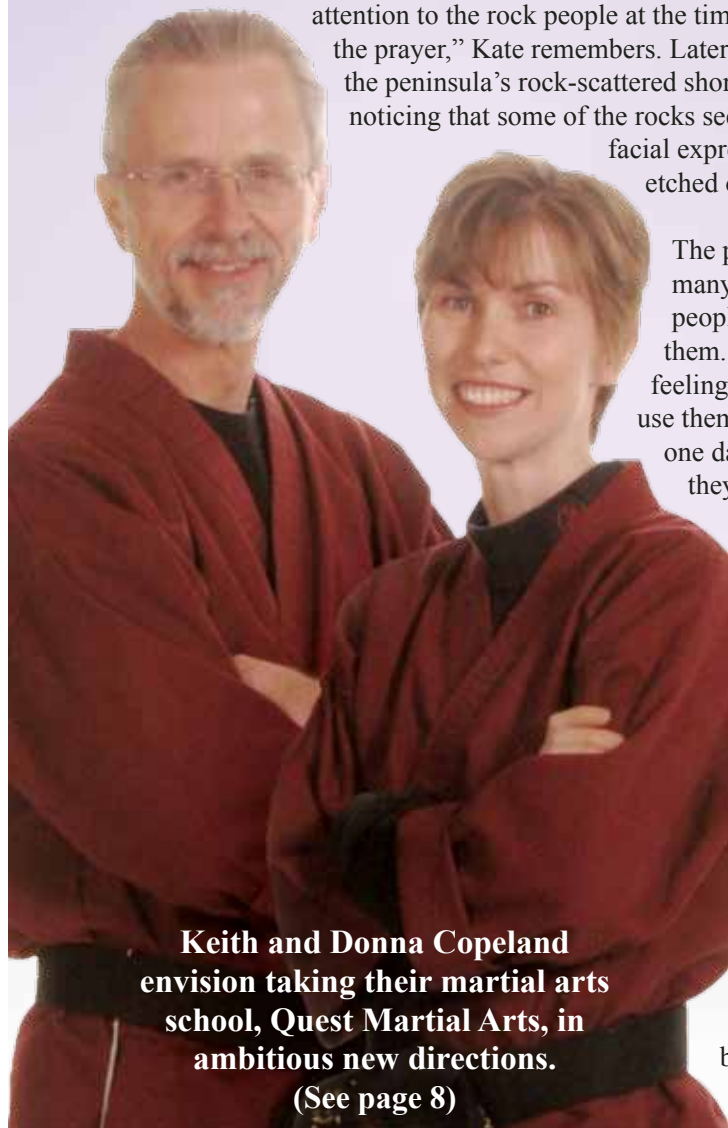
*This ongoing column features upcoming events within our Ann Arbor/Washtenaw County and surrounding areas' Mind-Body-Spirit communities, new (during the past year or two) practitioners and holistic businesses, as well as new offerings by established practitioners and holistic businesses.*

## New Offerings by Established Businesses and Practitioners

The return of warm air to Michigan heralds a brand new season of outdoor adventures, family vacations, and new memories. Long-time friends Sue Valiquett and Kate Lazuka were inspired to write and illustrate a new children's book, "The Rock People," after combing Northern Michigan's rocky beaches together on a family vacation, where they discovered that some of the rocks had faces. The story follows a little girl named Nae-Nae on her family's summer vacation to their lake house, where she, too, discovers the rock people and "their message to heal and protect the earth," according to Sue, the book's author, and Kate, who contributed photographs and digital illustrations to the story.

At a family picnic at Peterson Park in Northport, Michigan, during a trip to the Leelanau Peninsula about five or six years ago, Sue and Kate decided to pull a random Native American prayer out of a deck of cards that they had brought along. "We happened to pick a card about respecting all of earth. It talked about respecting the two-legged and the four-legged, those who can swim, insects, birds

and the rock people, as well. We didn't pay too much attention to the rock people at the time, but we read the prayer," Kate remembers. Later, while exploring the peninsula's rock-scattered shore, they started noticing that some of the rocks seemed to have facial expressions naturally etched on their surfaces.



**Keith and Donna Copeland envision taking their martial arts school, Quest Martial Arts, in ambitious new directions.**

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The pair brought many of the rock people home with them. They had a feeling that they would use them for something one day; however, they juggled around a few ideas over the next several years, including greeting cards. They decided to send a portfolio of photographs Kate had taken of rock people to Andy Azula of the Martin Agency, who appears in UPS's dry-erase board-themed commercials. He enjoyed



**The staff of the newly enlarged Center for Sacred Living**

**(Left to right seated) Sue Schoenberg, Diane Thal Gluck, Tiffany Mazurek, Carey Ryan. (L to R standing) Carol Ann, Cindy O'Connor, Char Hatlen, Karlta Zarley, Becky Hackenberg, Rob Koler. (Not shown) Abby Humphrey, Glenn Pailthorp, Donna Davison, Tamara Sutton. (See page 8)**

the cute, little characters and agreed to meet Sue for coffee and feedback. "The best question he asked me that day was 'Why should people care about the rock people?' The question really got us asking, 'Why have the rock people presented themselves to us?' I decided to go back to the roots of it, which is (the Native American prayer) that the rock people are here to protect and heal the earth."

Sue's professional background as a clinical dietician does not have much to do with writing a children's book. Before writing "The Rock People," Sue had written scientific, technical analyses about nutrition, but this is her first creative work. However, Sue does like to journal. One day, she sat down with her journal and imagined her herself back at Peterson Park on the day she and Kate stumbled upon the rock people.

"I visualized myself sitting on a log at Peterson Park, talking to the rock people and being quiet enough to hear why they are here. I journaled what I felt I heard. What I heard was their legend, which became the centerpiece of the book," Sue explains.

Kate is a photographer and digital collage artist, and she contributed mostly black and white digital illustrations to the book. The images feature original photographs that Kate PhotoShopped into each scene. Many of the illustrations "look like straight photographs that are manipulated a little bit," Kate explains. The living likeness of the fictional character Nae-Nae is actually Sue's daughter, Renee, when she was little, whom they called Nae-Nae. Kate snapped photos of her 14 years ago, on another occasion the two families were vacationing on the Leelanau Peninsula. In the middle of the book, when Nae-Nae's mother tells her their family legend about the rock people, the story's pictures change to bright full-color illustrations, offsetting the legend from the rest of the tale like a vignette or a dream sequence in a film.

Ultimately, "The Rock People" is a fictional tale about becoming aware of one's own responsibility to protect the earth and the environment, filtered through two friend's personal reflections on "what the rock people are trying to communicate to us." They are pleased to share Nae-Nae's family's story, and their own, in their new book. Like the rock people, the book reminds us all "to live gently with Earth." Find out more about "The Rock People," an eco-friendly children's book, online at [www.therockpeople.net](http://www.therockpeople.net). You can purchase copies of the book at Crazy Wisdom, and on their website, and on their website you can also purchase rock people t-shirts and other merchandise. Contact the local authors by email, at [therockpeople@comcast.net](mailto:therockpeople@comcast.net)

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# What's New in the Community

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A virtual slew (or would it be a virtual stew?) of holistic practitioners have joined forces at the new *Center for Sacred Living*, located at 210 Little Lake Drive #7. The director of the original *Center for Sacred Living*, Tiffany Mazurek (a psychotherapist, massage therapist and craniosacral therapy practitioner), is bringing a number of practitioners from the former center along with her, to the new space. Also, *From Within Health Center* has merged with the *Center for Sacred Living*, adding two new co-directors into the mix: chiropractor and allergy specialist Robert Koliner, who uses the NeuroModulation Technique; and his cohort, Carey Ryan, who practices acupuncture and Chinese Herbal Medicine, as well as the NeuroModulation Technique. The three co-direct the space, but they are also renters. Rob says; "No one is the boss."

Both Tiffany Mazurek and Rob Koliner had "envisioned having a center with a lot of different practitioners working together," in Rob's words. When Tiffany's business partner, Abby Humphrey, decided to leave town, she began looking into moving the *Center for Sacred Living* into a new space. Carey Ryan had also a professional relationship with Abby, and spent some time working at the old space on Hogback Road, further linking the two centers.

The space is also the new home of the *Great Lakes Center for Healing Touch*, led by Char Hatlen (Healing Touch practitioner, massage therapist, and registered nurse), who previously worked out of the old *Center for Sacred Living*. Energy worker Becky Hackenberg and Abby Humphrey (who is an acupuncturist and Chinese herbalist) -- both of whom were former co-directors of the original *Center for Sacred Living* -- don't live in Ann Arbor anymore; however, they work out of the space about once a month.

Other alumni in the new space include: Karlta Zarley, a nurse and a medical intuitive who utilizes a variety of healing modalities, including Healing Touch, Color Therapy, and spiritual direction; Diane Thal Gluck, who offers healing techniques, allergies antidotes, and Emotional Freedom Technique to clients in-



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person and at a distance; Polarity therapist Cindy O'Connor; Donna Davison, a craniosacral therapist, healer and psychic development practitioner; and clairvoyant healer Glenn Pailthorp.

Carol Ann Spalteholz, who had been a renter in the former space used by the *From Within Center*, is also coming to the new Center. Her massage and Reiki business is called *Relax and Renew*. There are also additional folks who are joining the fray, including Life Coach Tamara Sutton, an energeticist and consultant on "Personal Restoration" and coping with grief; and recent massage graduate Sue Schoenberg, who plans on using Hot Stones in her practice.

The new *Center for Sacred Living* is concerned with maintaining

a healthy, earth-conscious space. There is environmentally friendly paint on the walls, which contains zero volatile organic compounds that could have agitated clients who are sensitive to chemicals and smells. There will be no "new car smell" in their new location.

So far, this veritable Brady Bunch of holistic practitioners is working together smoothly. "I think everybody has seen a new flow of energy to his or her practices," Tiffany says of her experience working in the new space. The new center features a series of comfortable studios that the practitioners share, as well as a nice-sized classroom space that is perfect for group classes, special events, and individual practitioners who want to spread out while they work. Having everyone working out of one space also creates a rich network of inter-referrals between the practitioners. Visit the *Center for Sacred Living* online, at [www.centerforsacredliving.com](http://www.centerforsacredliving.com).

**Keith and Donna Copeland envision taking their martial arts school, Quest Martial Arts, in ambitious new directions.** Their vision includes expanding the dojo and creating an "institute" where a wide variety of practitioners and teachers can offer anything from acupuncture, to life coaching, to after school tutoring sessions all under one roof. They are also concerned with reducing their impact on the environment, and plan to install solar panels on the dojo's roof.

Keith reports that the dojo has experienced "explosive growth over the last 18 months." He estimates that enrollment in the academy has increased by "at least 20%" over this time period. He hypothesizes that there may be more demand for youth and adult activities that teach "tangible skills, and build character," and encourage "personal growth," than in the past. However, "right now, we are restrained by our square footage," he explains. Keith and Donna are currently looking into options to make the dojo bigger, perhaps by eventually expanding into another unit within the same shopping plaza, at 2111 Packard, or looking at other "potential spaces".

An expanded dojo would offer more than martial arts training. Keith, who is trained in American ninjutsu style To-Shin Do and other types of martial arts, had a vision to create "an institute" where other practitioners could rent out space, even before he and his wife founded the school, in 1999. Keith and Donna envision adding "breakout rooms" and meeting spaces where other practitioners can meet with clients, host groups, or teach classes. Such a space would also be perfect for unemployed and underemployed schoolteachers to meet with students for after school tutoring sessions and after school classes.

The Copelands already keep their dojo green and environmentally conscious. As they grow, so will their efforts to reduce their carbon footprint. The dojo already uses green cleaners made by the Shaklee Corporation, and takes other measures to reduce energy consumption and minimize their carbon footprint, from the types of light bulbs they use to how soon in each new season they turn on the heat or AC.



**Optometrist  
Dr. Joyce Takahashi  
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They are working on transitioning to solar power. Keith hopes that the addition of solar panels to the dojo's roof will "encourage as many other businesses as possible to take a serious look at it," he says. He remembers, "Back when I was 17 or 18 in the 70's, solar and alternative energy was a really new and big thing. There was an industry that started around it but it never went very far, it kind of died out. In fact, my dad moved to Tennessee and he wanted to have a solar home. He got everything set up and the businesses went out of business, and he didn't have the expertise himself." In 2010, Keith is finding the transition to solar power much easier, as well as affordable, due to state and federal tax credits and incentives that are being offered by DTE, which significantly reduce the cost of the equipment.

Donna, who abhors violence, explains that "we really believe that self-defense and self-protection is more than just defending yourself against someone on the street," which is why the dojo encourages "environmental self-defense," she says. The dojo teaches students that violent self-defense should be "a last resort," Donna says.

Beyond offering martial arts instruction, Keith and Donna also have a background working as human behavior consultants for businesses and large corporations. They put that experience into play at the dojo, by creating "a life skills laboratory," where students can grow as people and better relate to others. One way that people can defend themselves is by working on what Keith calls "your relationship with yourself," which helps you better understand how you relate and respond to other people. Donna reminded me that someone they already know assaults most people who are physically attacked. Beside teaching martial arts, the Copelands hope to teach their students to be more mindful of their own personalities and the types of relationships they choose, "so they can stand up for themselves in appropriate ways". Visit Quest Martial Arts online to find about martial arts training for youths and adults, leadership programs, and instructors at <http://quest-martialarts.com>. Contact the school by phone, at (734) 332-1800, or email [questcenter@sbcglobal.net](mailto:questcenter@sbcglobal.net)

**Optometrist Dr. Joyce Takahashi does not particularly identify herself as a "holistic" practitioner, but her approach to Vision Therapy and patient care keeps the mind-body connection in mind. She opened her private practice, *Takahashi Eye Care*, a few years back, after spending the better part of two decades growing pediatric care as a partner at Bennett Optometry.** With 25 years of clinical experience behind her, she provides general primary eye care to patients of all ages, with a special interest in visual development during childhood and experience working with patients affected by closed-head injuries and brain traumas.

Depending on the patient, Joyce uses treatments like eyeglasses, prism therapy and corneal refractive therapy contact lens, among other techniques. She reports that, in many cases, temporary use of these therapeutic prescriptions can reduce the need for life-long eye glasses or prescriptions that just keep getting stronger and stronger over the years, especially in her work with children whose eyesight is still developing. In some cases, Vision Therapy's tools can present alternatives to more invasive treatments like surgery, according to Joyce.

For example, "In a child who has an eye turn, traditionally it is that you do surgery on the eye muscle to make it cosmetically straight. Surgery would do that, but what it doesn't do is teach your brain how to use those eyes together. Just because you make the eye look straight and cosmetically aligned doesn't mean the brain can now take those images and be able to use them together," she says.

Joyce agrees with a statement I made to her that "the body has its own wisdom to heal itself." For example, she says that, "Vision Therapy teaches the system how to do it better, with less effort. In the sense of wisdom, it becomes a part of what you do by nature. The body wants to work efficiently and I think it has the inherent wisdom to do that."

Joyce is also concerned with "environmental" and "behavioral" factors that impact our eyesight, and shares a nugget of wisdom about how extended computer use can cause "eye fatigue." Eye fatigue can cause a range of problems, including a slowing of our blink reflex. "Tear film is critical for the health of the surface of the eye and your vision. When your eye gets too dry, you don't see well," she elaborates. When your eyes start to water, what comes out "are not good tears," but rather "reflexive" tears that are not lubricating and do not protect against infection like our natural tears do. Joyce recommends the "20 / 20 Rule," which says you should look up from your computer or your book for 20 seconds, every 20 minutes. For more complete information on Vision Therapy and the services Dr. Joyce Takahashi provides at her practice, Takahashi Eye Care, visit <http://takahashieyecare.com>. Contact the clinic by phone, at (734) 332-8840, or email [takahashieyecare@comcast.net](mailto:takahashieyecare@comcast.net)

## **EAT LOCAL, EAT NATURAL IS PROVIDING GRASS-FED, PASTURE-RAISED MEAT AND DAIRY TO SOME OF OUR FAVORITE LOCAL RESTAURANTS**

***Eat Local, Eat Natural* has supplied area restaurants with locally grown meat and dairy by refrigerated delivery, since 2008.** The small business supplies "grass-fed, pasture-raised food," which is "beyond organic" according to their website, [www.eatlocaleatnatural.com](http://www.eatlocaleatnatural.com). Eat Local, Eat Natural supplies locally grown meat and dairy to the following establishments in Washtenaw County. Check the website for the most current list of restaurants and businesses that get their meat and dairy from Eat Local, Eat Natural.

Vinology Wine Bar & Restaurant,  
located at 110 South Main St., Ann Arbor  
[www.vinowinebars.net](http://www.vinowinebars.net)

The Gandy Dancer,  
located at 401 Depot St., Ann Arbor  
[www.muer.com/](http://www.muer.com/)

Carson's American Bistro,  
located at 2000 Commonwealth Blvd., Ann Arbor  
[www.carsonsamericانبistro.com](http://www.carsonsamericانبistro.com)

The Chop House,  
located at 322 South Main St., Ann Arbor  
[www.thechophouserestaurant.com](http://www.thechophouserestaurant.com)

Beezy's Cafe,  
located at 20 North Washington St., Ypsilanti  
[www.beezyscafe.com](http://www.beezyscafe.com)

Terry B's Restaurant & Bar,  
located at 7954 Ann Arbor St., Dexter  
[www.terrybs.com](http://www.terrybs.com)

Glass House Cafe,  
located at 100 Washtenaw Ave., Ann Arbor  
[www.glasshousecafe.net](http://www.glasshousecafe.net)

The Black Pearl,  
located at 302 South Main St., Ann Arbor  
[www.blackpearlonmain.com](http://www.blackpearlonmain.com)

Cafe Habana,  
located at 211 East Washington St., Ann Arbor  
<http://cafehabanas.com/annarbor>

Grizzly Peak Brewing Company,  
located at 120 West Washington St., Ann Arbor  
<http://grizzlypeak.net>

Gratzi,  
located at 326 South Main St., Ann Arbor  
[www.gratzirestaurant.com](http://www.gratzirestaurant.com)

Logan Restaurant,  
located at 115 West Washington, Ann Arbor  
[www.logan-restaurant.com](http://www.logan-restaurant.com)

People's Food Co-op,  
located at 126 North Forth Ave., Ann Arbor  
[www.peoplesfood.coop](http://www.peoplesfood.coop)

When you step into a Shiatsu appointment with Craig Parian, he might tell you "your biggest job is to relax." **Craig has offered Shiatsu through his business *Evolving Shiatsu*, since 2001. He was recently certified in Central Channel Clearing, a light-touch modality developed by his teacher, Saul Goodman, the founder of the International School of Shiatsu.** Craig has added the modality to his tool-kit in order to complement his usual, deeper Shiatsu work with light-touch work.

Central Channel Clearing involves "lightly touching specific points on the body that signal for the body to let go of compressions and misalignments. Those points are related to where the meninges of the spine attach to the bones," Craig

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**Transpersonal Psychologist  
Mara Evans (See page 12)**

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says. He explains that the meningeal layer of the spine is “the core information system of the body.” The technique accesses our proprioceptive system, which performs a “balancing function” that involves sensing where different parts of the body are in relation to one another.

“What happens is when there’s a compression somewhere in the body or a misalignment, the rest of the body has to compensate for that. Then you have a whole system that is using energy to keep the body balanced, based on this misalignment. You are using a lot of your life force and it gets bound up in these misalignments and compressions,” Craig says.

During Central Clearing Channel treatment, Craig checks for visible physical misalignments in the body, as well as other signs that something in the body is compressed and leaking energy, and he occasionally stops to check whether a client’s legs are resting at the same length or out of whack. He uses light-touch techniques on the spots along the body where he finds compressions and energy leakages in order to bring the entire body into better balance and alignment.

Craig says the modality also helps release bottled up emotions that people tend to hold in their bodies for extended periods of time. “There are all kinds of contractions that happen in your body in response to the stressful events that happen to us. When you have something happen to you that you’re trying to avoid, the contraction never gets resolved until you completely experience the issue itself,” he explains. Beyond the modality’s physical benefits, Central Channel Clearing can bring emotional responses back to the surface of our awareness where we can better manage them, according to Craig. Find out more about Craig Parian and his business Evolving Shiatsu online, at [www.evolvingshiatsu.com](http://www.evolvingshiatsu.com) or phone him at (734) 424-1192 or email him at [cjparian@charter.net](mailto:cjparian@charter.net)

**Although the 2nd annual HomeGrown Local Food Summit, held back in March, 2010, was a one-day event, “the local food movement” that has built up around it continues to inspire community action and serious discussions about farming, food consumption, public policy, and building the local food economy,** according to Kim Bayer, who is currently president of Slow Food Huron Valley, a HomeGrown Festival steering committee member, and a writer who blogs on her site [www.thefarmersmarketer.com](http://www.thefarmersmarketer.com). More than 200 farmers, organizations, businesses, government officials and many other curious, food conscious individuals participated in a variety of food-related workshops throughout the day.

This year’s Food Summit featured the launch of “Ten Percent Washtenaw,” a campaign to grow 10% of the food consumed in Washtenaw County on local farms. Kim reports that the campaign was “one of the central ideas of the summit.” Part of the beauty of the “Ten Percent Washtenaw” concept is its simple, straightforward message and “concrete, reasonable goal,” which “organizations, individuals, and institutions like the U of M can mobilize around”, she says.

Kim elaborates, “Even though we have some of the richest agricultural land in the state,” it is estimated that only 1% of the \$1 billion we spend on food is spent locally. The rest goes to companies out-of-state. She hopes the “Ten Percent Washtenaw” campaign will “create measurable change,” and that stakeholders in the community will continue to work together to refine “a model that other counties in Michigan and other states can use.”

This year, the Food Summit challenged some of the participants to brainstorm a marketing campaign for “Ten Percent Washtenaw” that can be put to use in the real world. “There were a lot of really good ideas and then this one really amazing idea,” that came out of the exercise, according to Kim. The best idea of the day featured different people pointing to their palm and saying, “I Eat Here,” which Kim says, “takes advantage of the mitten shape of our state.” A group of grant writers are currently working on securing funds to grow the “Ten Percent Washtenaw Campaign,” but in the meantime you can find out more about it online, at <http://tenpercentwashtenaw.org> For more information on the HomeGrown Local Food Summit, visit <http://localfoodsummit2009.blogspot.com>

**Local foodie Kim Bayer is now offering local food and Community Supported Agricultural (CSA) consultations, for people who are interested in making locally grown food a bigger part of their diet.** “There are a lot of people who are confused about all of the choices they have. CSA’s cost different amounts, they have different seasons when they grow food, they have different pick-up days, some have a work requirement, some of them have events. There are a lot of different decision points. I break it down into criteria to help people decide what is a priority for them.” During a consultation, Kim will give you a booklet about CSA’s that she has produced, make recommendations, and answer any questions you have. Visit Kim’s blog, [www.thefarmersmarketer.com](http://www.thefarmersmarketer.com) Contact Kim by email at [kim@thefarmersmarketer.com](mailto:kim@thefarmersmarketer.com)

## Upcoming Events

**Psychotherapist and Life Coach Felix Paulick, of Growing Together Life Learning Center, is teaming up with Patrick Soule to host a new monthly men’s discussion series, “Guy Talk.”** Felix has found that it can be difficult for a lot of men to talk openly about their emotions, “especially issues that commonly come up in the context of relationships,” as well as other common issues related to stress, depression, trauma, sexual identity, and sexual compulsions. “Sometimes the messages that you get from your parents or the mainstream culture about what it means to be a man can get in the way of having healthy relationships,” he explains. He hopes that his work with clients, the regular support groups that he offers, and events like “Guy Talk” will “give them permission” to share their feelings openly. “You may not have been taught certain skills as a child. They may have lead to some difficulties in your life now. But that’s OK. This is a chance to learn those skills,” he says. On May 18th, from 6:00 - 8:00 p.m., Felix and Patrick will host “Guy Talk: Understanding Men and Relationships,” at Crazy Wisdom. Then, on June 9th, they will continue the series with “Guy Talk: Overcoming Depression,” from 6:00 – 8:00, also at Crazy Wisdom.

Felix moved to town from Toronto four years ago and began life coaching after doing marketing work for Major League baseball. Since then, he has also completed an MSW from the U of M, in 2009, and he added psychotherapy to his sessions with clients, in January of this year. In general, he has found that “therapy is a better reflection of the work that I do with people than coaching.” He finds it effective to “look at childhood issues, and issues in the past, that are affecting them in the present,” as is common in psychotherapy. However, he still uses what he has learned from life coaching to work on setting goals for the future with clients. For example, “There is no point delving into the past unless it can help you create a better life as you are moving forward. Part of the work I do with people is very practical, like goal-setting, holding them accountable, and having clients think about what they really want out of their life in the present,” he says.

He also integrates “experiential” bodywork into his sessions, by showing clients ways to “bring awareness to where they feel certain emotions in their body” and to teach them how to “allow yourself to feel what you are feeling” on a conscious level. While his clients are becoming aware of how their bodies react to different emotions or memories, he is also paying attention to “the whole presentation of the person.” His work encompasses the Gestalt Therapy principle of noticing what is in the foreground, and what is in the background – an awareness of the ‘Gestalt’. He helps his clients gain awareness of their body language or other signals “from the unconscious” that the clients “might not even be aware of.”

Felix facilitates three different support groups on a weekly basis. His “**Men’s Group**” covers the broadest base of topics in a two hour “open forum” where participants can talk about whatever issues they want to talk about. He also facilitates “**Men’s Sexuality Group Therapy**” each week, in support of men struggling with sexual compulsions, addictions and other “inappropriate sexual behavior.” The group addresses these issues; however, Felix says the group is for the most part focused on answering the question: “How do you get satisfaction from the real world?” His third support group is “**Men’s Trauma Recovery**” -- a “psycho-educational, teaching-based program to understand what trauma is and how trauma impacts the brain and behaviors. Then, we also focus on healing from past pain.” Find out more about Felix Paulick online, at [www.togrow.org](http://www.togrow.org). Contact him by phone (734) 883-8701, or email [felix@togrow.org](mailto:felix@togrow.org)

**The Bona Sera Supper Club remains a bit of a mystery, and co-organizers “Bad Fairy” and “Wonder Woman” like it that way.** Every so often, subscribers to Bona Sera’s email list receive a tip on an underground dinner happening somewhere in Ann Arbor. The “strictly for charity benefits,” started taking place in February of 2009, for mostly “friends and friends of friends,” Wonder Woman explains. Since then, Bona Sera has hosted numerous dinner parties at unusual locations, including private homes, community spaces, historical homes, a warehouse, and outdoor garden affairs. The events feature live music that suits the tone of each dinner, locally grown meals, and a “social, party” atmosphere, according to the pair.

Suggested donations collected at the dinners have benefited a range of charities and causes. “I think we’ve kind of honed it down in the last half year. We realized that the amount of money that we end up raising, which is anything over the cost of food, will have a bigger impact on a smaller organization,” Bad Fairy says.

The event has started to grow as more and more people hear about Bona Sera through “word of mouth,” Bad Fairy explains. The core group of volunteer organizers has grown as well, with the addition of even more alter egos with their very own “superhero names,” she jokes. “We have one main student at the University that we call our Pimp. You can call him Jessie the Pimp. He finds most of our entertainment for us,” Wonder Woman says. Then there is Fuego, Big Daddy, The Witch, and other local characters. Bona Sera encourages people who are interested in hosting or helping out with the dinners to get in touch. They are sure to have a job for you, and you might even get a new nickname out of the deal!

In Bona Sera’s case, details are always TBA. However, two little birdies told me that they are throwing a Bluegrass-themed BBQ and outdoor pig roast, scheduled for sometime in June. In August, they will host an installment of “Night of 100 Drag Queens,” which they plan to make an annual event. This installment of the event will feature a “fairy tale theme,” they report.

In the future, Bad Fairy and Wonder Woman would consider taking Bona Sera above ground. “It’s something we’re both interested in. I think that maybe in the future there will be a way to do that,” Bad Fairy says. However, for the moment, “It’s a little naughty. If you find out, you’re in the know,” Wonder Woman adds. Find out more about Bona Sera Supper Club online, at <http://bonaserasupperclub.com>

**Register as soon as you can, if you would like to visit Soglio, Switzerland with yoga therapist and naked voice facilitator Jody Tull, of *Nourishing Traditions*, and her “Traveling Ashram,” September 12 - 18th, 2010. You must register for the Soglio retreat, by June 12th.** On this yoga, meditation, and chanting retreat everyone wakes up together on the side of a mountain situated near the Swiss-Italian border, for morning yoga and meditation practices. Everyone closes out the day with a group practice. The rest of the day you are free to choose your own excursions or “just sit under a tree and soak in the beauty of the place,” Jody says.

After hosting the retreat on four other occasions, Jody knows the area well. However, each new year brings new surprises and discoveries. Last year, she discovered what she calls “a secret meadow” with ancient ruins, about a two-hour hike from Soglio. She is planning on bringing retreat participants to the spot for yoga practice and “spectacular views,” she says.

If you feel like being adventurous in your free time, Jody knows tons of activities you can do to explore the local area, people and food. One thing that has impressed her about Soglio is the “ancient farming techniques they use that have always been organic,” and “the respect and reverence for the earth” you find there. You can tag along with Jody on an adventure, go it alone, or do absolutely nothing for a day, if it suits your fancy. “It’s really about co-creating a tailor-made experience for each individual person,” she says. Find out more and register for this year’s retreat to Soglio online, at [www.beinawe.com/soglio-2010](http://www.beinawe.com/soglio-2010)

**Judith Blackstone, a psychologist, spiritual teacher and author, will be coming to the Ann Arbor area in May, and again in September. She will hold two five-day teacher certification-training workshops in her “Realization Process” approach to “psychological healing, embodiment, and spiritual awakening.”** Participants will learn exercises that can be applied to “personal healing and nondual realization” in their own self-examinations and when working with others. Judith’s exercises are described as “easy, gentle attunements to the internal space of the body, the subtle core of the body, and the essential qualities of being.” The first workshop will be held May 22 - 26. Part Two, which is required to receive a certification in the modality, will take place September 25 - 29. The two local people bringing her to southeastern Michigan are highly respected members of the regional transpersonal growth community, and their sponsorship of this event is an indication that a workshop with Judith Blackstone would be well worth attending for those interested in transpersonal subjects. One of them is Aura Glaser, one of the founders of Jewel Heart, the Tibetan Buddhist community located on Oak Valley Drive. (And she is also the original owner of Crazy Wisdom Bookstore, back in the 1980’s.) The other sponsor is Brian O’Donnell, a local psychotherapist. O’Donnell is also an internationally sought after Pathwork teacher who leads workshops in the U.S., South America and Europe. O’Donnell was the subject of one of our earliest published “Crazy Wisdom Interviews,” in January of 1997. (Back issues are available at the bookstore.) Find out more about Judith online, at [www.judithblackstone.com](http://www.judithblackstone.com) or contact: Aura Glaser, by email [auraglaser@gmail.com](mailto:auraglaser@gmail.com), or Brian O’Donnell, by email at [Bodpath@aol.com](mailto:Bodpath@aol.com)

**Transpersonal Psychologists Deb Austin and Mara Evans will co-facilitate a two-day workshop on transpersonal psychology, June 26 - 27th.** Mara says the workshop will first focus on “looking at ways to clear your past, so you can claim your future,” as well as “removing barriers and things that are limiting in pursuit of your goals.” Then the focus will shift “from the individual to the universal,” and the workshop will explore how “as you are evolving as an individual person, the entire planet is also evolving.” Find out all of the details and the location on Mara’s website, <http://arammai.com/workshops> and read more about her in the “New Practitioners and Businesses” section of this column.

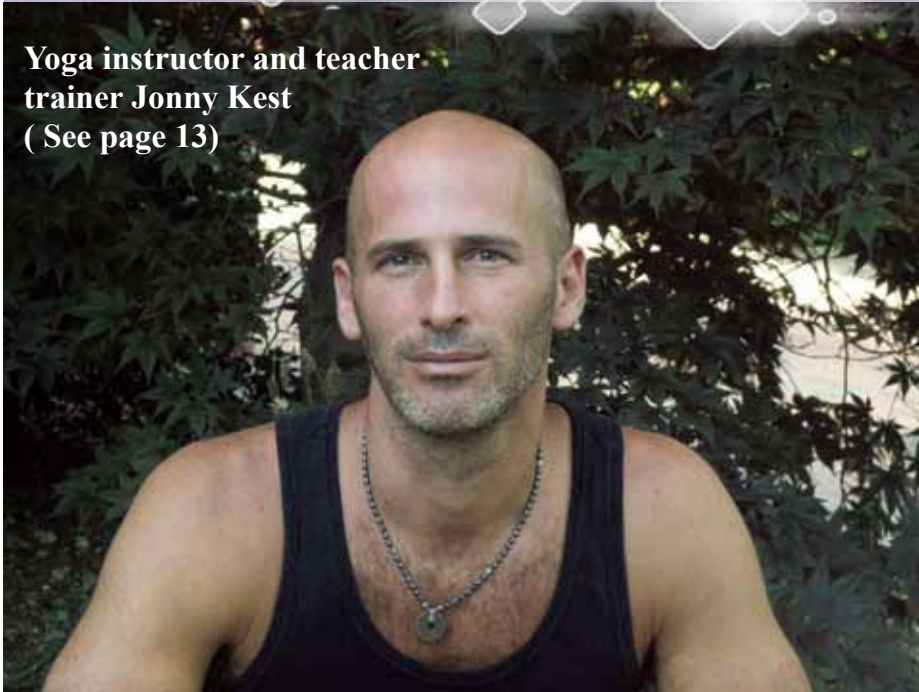
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**Vida Stengel of *Life and Spirit Journey*  
(See page 13)**

# What's New in the Community

**Yoga instructor and teacher trainer Jonny Kest**  
( See page 13)



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## New Practitioners and Businesses

**Husband-and-wife Tomm and Trilby Becker have started *Sunseed Farm*, their new organic vegetable farm. It's located at the end of Boyden Drive, near the corner of Joy and Maple Roads, just northwest of Ann Arbor.** Tomm and Trilby found farming by following very different paths. However, they agree "it felt like the right time to move to a farm and start a CSA," (a Community Supported Agricultural farm that supplies equal shares of the food that the farm produces to their membership each week). (See our lead article on CSA's in the May thru August 2009 issue of the Crazy Wisdom Journal, online at [www.crazywisdom.net](http://www.crazywisdom.net).)

For Tomm, "Farming definitely caught on early," he says. He worked at the MSU Student Organic Farm, as well as other CSA farms in Owosso, while studying English at school. He fell in love with farming right away. On the other hand, Trilby met her husband when she was getting her Master's degree in geography and had a plan to continue to develop a career working for Non-Governmental Organizations. Before coming to MSU, Trilby had interned at the White House twice, under Al Gore and Hillary Clinton, and spent time on small farms in Brazil. She was in Brazil working for the Center for International Forestry Research and working on her own documentary film. "Ann Arbor offered us the greatest possibility. There is good farmland and community, a strong network of people. I could also find a job off the farm and continue to pursue my career," she says.

If you would like to start getting 8 -15 items a week from Sunseed Farms, you can buy a seasonal membership to the CSA that is good for one 16-week season. The share that you pick up each week will amount to enough veggies for a family of four "or two hungry vegetarians," they say. The types of veggies will change with the season, leaving you to look forward to new surprises every week in your 'surprise gift box'.

Current pick-up locations for members are Thursdays at Sunseed Farm, from 4:00 - 6:30 p.m., and at Friday Mornings at SELMA Cafe, from 7:00 - 9:00 a.m, which is located at 722 Soule Blvd.

Members are encouraged to come help on the farm, although work is not required to be a member. "We're hoping more people will do that. It makes it more of a complete experience. The CSA is about getting great vegetables, but it is also about community, and having an opportunity to meet people, to generate ideas, to get outside, for your kids to see how food is grown, and to have a connection to that whole process." Tomm adds, "The more people who come out to the farm, the better."

Sunseed Farm is also working with beginning farmers. One of them, recent MSU graduate Nic Parton, will begin growing flowers on the property, which will be sold through to CSA members.

They are also currently working with the farm's property owners, Chip and Kathleen Letts, and the Ann Arbor Greenbelt, in order to obtain Purchase of Development Rights that would ensure the land would always be developed

as working farmland. However, Tomm finds that "the legal language they use to set up easements doesn't really work for small farms." Sunseed is currently collaborating with other stakeholders in the local food economy to "figure out the right language" to better accommodate small farms, while also "preserving the original intent - to make it farm land."

Selling Sunseed Farm produce at places like natural grocery stores, restaurants, and the Farmer's Market "definitely fits into the plan," according to Trilby. "Once we grow a surplus that is more than what 30 members need, we'll sell some to places like the Food Co-op, Zingerman's, the Farmers Market, and other places around town," she foresees. They are also planning on increasing their CSA membership from 30 to 60 shares by next Spring. They eventually hope to increase membership to 100 shares. Visit Tomm and Trilby Becker of Sunseed Farm online, at <http://farmsunseed.com> to find out more. Contact them by phone (517) 980-0893 or email [farm.sunseed@gmail.com](mailto:farm.sunseed@gmail.com)

**Transpersonal psychologist Mara Evans is offering transformational consulting sessions through her new practice, *Arammai Services*.** Its title is "I am Mara" spelled backward, "because we are all multi-faceted people, and my struggle, like that of many others, is integrating my interests and strengths into a cohesive whole, so that I may step into my life's purpose. The name Arammai came out of that integration process," according to Mara.

Mara, who also teaches psychology as an adjunct faculty member at Siena Heights University and Washtenaw Community College, admits that Transpersonal Psychology can be difficult for people to grasp, at first. On the first day of class, she might say something like; "Transpersonal Psychology is a more holistic approach to psychology. It really encompasses all aspects of the individual, including the spiritual and the transcendent experiences. Our core essence, our spirit, has as much impact on our psychology as our physical bodies, our emotions, and our mental processes. It really means taking all of what mainstream psychology has done, and then building on that by adding the dimension of spirit," she says.

One thing she tries to teach people is that there are "different ways of knowing" that help us understand different aspects of the universe and ourselves. These ways of knowing include getting information about the world from our sensory experiences, making sense of things with our logical mind, and becoming aware of a "third way of knowing," which she identifies as "the eye of contemplation."

She also looks at the whole person, mind, body and spirit, by seeking to understand how people's religious or spiritual beliefs impact their worldview. "Your religious belief system or your spiritual framework is an extremely powerful motivator, and it really affects our behavior on so many levels. It's the lens through which you see the world. Anything that happens to you, you're going to interpret it through that lens. As a psychologist, it's really important to understand what someone's lens is," she says.

Before starting her new practice, in January of this year, Mara developed her skills in energy work and personal growth. She is also a certified Reiki Master and hypnotherapist. "Sometimes I like to move my counseling sessions directly into energy work. I try to get people out of their heads," when needed, because "analyzing it all to death isn't how we are going to solve problems." Furthermore, by using creative expression like art and writing in her work, clients are "speaking the language of the unconscious," which achieves the overall goal of "bringing things that are arising from our interior out into the external world. Creative expression is a great tool because we can grapple with things much better, if we can see things outside of ourselves and take an objective, curious view," she explains.

Mara also leads a number of workshops, and provides Transformational consulting for businesses, as well as individuals and couples. Find out more about Mara Evans and Arammai Services online, at <http://arammai.com>. Contact her by phone, at (734) 255-0852 or email [mara@arammai.com](mailto:mara@arammai.com)

**Energy worker Rex Montague-Bauer has been practicing for over two decades. He recently started his healing business, *Stillpoint Breath of Life*, about two years ago, and he currently shares office space with Ann Zalek at TheraCare Therapeutic Massage & Healing Arts Center.** Rex combines talk therapy, breath work, and energy healing techniques in his work with clients. "We spend the first part of our consultation on the talking part, which basically gives me a better connection with you and helps me to target exactly what you are working on at that time," he explains. One conversational technique he uses is an initiative form of "inner child work," which seeks to increase awareness of

how things that happened in someone's childhood relate to someone's current circumstances or self-image. "Then we move to the [massage] table, where we work on connective breathing, and I also do energy field work like energy stripping, which helps you pull through the issue more easily," he explains. Contact Rex by phone (517) 449-1177 to set up a consultation and find out more.

**Vida Stengel's new life coaching business, *Life and Spirit Journey*, marks a new phase in her own life and professional career.** After spending most of her professional life working in the fields of medical administration and executive assisting, Vida received her certification from the Coach Training Alliance, in 2009. She now works with clients to resolve issues that are sapping their energy, become better aware of their personal goals, balance their schedule and energy, and "listen to their inner guidance system," in her life coaching and spiritual coaching sessions.

Vida originally discovered life coaching during a half decade of her life that was full of change and a need for "extreme self-care," she remembers. She now utilizes a number of coaching techniques, tools, and exercises that she has learned along the way in "co-creative" sessions with her clients that help them care for themselves.

Although her life coaching work is not all about goal setting, that is a significant part of the work she does with her clients. She suggests ways to take "small steps that move someone closer to where they want to be," whatever their challenge, she says. Beyond maintaining a conversation with her clients, Vida encourages her clients to meditate, bring awareness to their breath, journal, and do other exercises that "attract positivity to someone's life," depending on what they choose to work on in their sessions.

Vida is also a spiritual coach who counsels clients "to listen to their inner guidance system, because listening to your gut usually steers you in the right direction," she says. For clients who are interested, Vida can give you advice about how to communicate with your personal sources of spiritual insight and guidance. Her spiritual coaching work is non-denominational. She believes that spiritual guidance comes in different forms for different people, whether you feel a connection with angels, ancestors or spiritual guides. Visit Vida Stengel online, at <http://lifeandspiritjourney.com> or call her at (734) 645-2731 for more information about Life and Spirit Journey.

**Yoga instructor and teacher trainer Jonny Kest has opened a new yoga studio in town. The studio is one of three *Center for Yoga* studios that Jonny and his wife, Milla, have opened in the greater-Detroit area, where talented instructors teach Ashtanga Yoga to students at all levels of experience. They also teach a number of other styles of yoga.** Jonny has practiced Ashtanga yoga and meditation for over 22 years. He was first inspired by his father to practice yoga, at the young age of 12, while living in Maui, Hawaii. Jonny was a witness to yoga playing a key role in his father's recovery from debilitating chronic lower back pain, and that inspired him. It may be no surprise that one of the original yoga styles that he has developed is called "Healthy Backs Yoga."

I had an opportunity to attend a "Slowburn Yoga" class, which is another style that Jonny developed, which I found to really work my core, and to warm me up. As is stated on the Center for Yoga's website, the yoga style, which is based in Hatha yoga, "uses the complete yoga breath and closed eyes to focus attention inward." Some of the poses that my class instructor, Matthew Toth, walked us through were somewhat physically challenging for someone who is a bit out of practice. I admit that I got a little frustrated for a moment when I could not hold my leg up in the air for very long during warrior pose sequences, or when I didn't bend as far as I used to. However, the studio's statement that "students will find the yoga room to be a truly non-judgmental environment," rings true to me. Ultimately, my frustration subsided under Matthew's encouragement, and it turned into determination to get the most out of the practice.

Jonny founded the annual Midwest Yoga Conference, which will be held in Bloomington, Illinois this year, from June 3 - 6. Visit <http://midwestyoga.com> to find out more about the conference. He also offers a yoga teacher training program, called "Seven Ways to Take Your Practice and Your Teaching to a Deeper Level." His trainees learn to teach Ashtanga/ Vinyasa Yoga and Jonny's "Slowburn Yoga" classes in the course, and they learn about anatomy, meditation and breath. Visit [centerforyoga.com](http://centerforyoga.com) to find out more about the Center for Yoga, Ann Arbor. Contact the studio by phone, at (734) 769-9642. They've opened up on West Stadium, across from Westgate Shopping Center.


**New holistic practitioner Kate Boyd is offering massage therapy, Reiki and reflexology at the Parkway Center, through her new holistic business *Kate Boyd Therapy*.** In addition to helping her clients to relax and release, she is also certified in Trauma Touch Therapy, which Kate describes as "an innovative, somatic approach toward healing trauma and abuse." Whether a client is a victim of -- or a witness to -- abuse, violence, war or other traumatic experiences, Kate says that her intent is "to create a safe and nurturing environment to slowly

explore healthy touch and to investigate sensation and feeling in the body, without re-traumatizing. Find out more about Kate online, at [www.kateboydtherapy.com](http://www.kateboydtherapy.com). Contact her by phone, at (734) 546-2387, or email [kateboydtherapy@comcast.net](mailto:kateboydtherapy@comcast.net)

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Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue. If you would like to submit information to be considered for this column, please e-mail Jen Eberbach at [communitynews@crazywisdom.net](mailto:communitynews@crazywisdom.net) or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (September to December 2010) is July 1, 2010.

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