

What's New in the Community

By Jen Eberbach

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

New Offerings by Established Businesses and Practitioners

Psychotherapist Linden Thoburn is now practicing Sensorimotor Psychotherapy, which she says is helping her clients “become aware of how the body physically responds to anxiety, and memory of traumatic events.” She was trained and certified in the technique by founder Pat Ogden, director of the Sensorimotor Psychotherapy Institute, www.sensorimotorpsychotherapy.org. This type of psychotherapy differs from many kinds of “talk therapy” because the work focuses on gaining awareness of how the body physically reacts when a person is telling her traumatic story, rather than delving deeply into talking about emotions. “We are never still, even when we think we are. If you are telling me a story, your body is also telling me the story,” she says. In a session with her clients, Linden pays attention to things like “muscles contracting, breathing pattern changes, changes in vision or eye movement, and changes in the nervous system.” However, her goal is to help them become “aware of themselves.” She has a range of exercises and approaches she can use with clients, when appropriate, depending on what happens in a session. However, she says her work “really depends on the client. This therapy allows me to stay really fresh and do different things with people,” something she really enjoys about it.

Frequently, “the body is going into a reenactment of what it did to help you survive the trauma as it was happening” and a client is “re-experiencing the memory of the trauma, as if it was happening in the present,” Linden explains. Your neck might tense when you get into a car, even years after your bad accident, for example. “A person might tell me about a time when a parent hit them, and they aren’t aware that their body has contracted into a frozen state. So their body is holding their memory for them, while they are talking.” In addition, people experiencing certain ongoing physical problems or illnesses “may be afraid of their body’s responses,” she adds. For example, “some people with Parkinson’s try to stop the body’s contractions. They make them anxious and they want to have control over the body.”

According to Linden, her work is a “Mindfulness practice,” but unlike Mindfulness meditation, “this is a somatic tracking Mindfulness. If you get really quiet you can feel your own tissues, you can feel the tide of your nervous system, and you can feel your heart. We are always contracting and expanding on both a cellular level and as a whole larger organism. Getting really mindful is the thing that lets people have direct experience of themselves,” she says.

She doesn’t know when it will happen, but clients frequently “feel a shift in themselves at some point,” when they come to “their own realizations” about “what the roots of their trauma are,” she says. These shifts can mark moments when “someone begins to integrate their nervous system so that memories that would fire and create a reenactment of the trauma become only memories. Their awareness frees their bodies to move naturally, so they don’t have to experience trauma over and over again,” according to Linden. Call Linden Thoburn at (734) 645-7013 or email lindenthoburn@yahoo.com

Occupational Therapist Karen Jones is now in private practice, after leaving St. Joe’s to pursue a more holistic path. Karen worked at St. Joe’s for 10 years in physical medicine rehabilitation, as a lymphedema and pain specialist. Now in private practice, she offers CranioSacral Therapy, Lymphedema Therapy, and External Qi Healing. On top of the treatments she offers, Karen is also working on “formulating some pain and anxiety related classes,” and she considers herself to be a “supplement advocate.” She makes recommendations to clients in order to “take the confusion



**Kristi Davis
of Creative
Spirit Healing**

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out of nutrition, help people sort through misinformation, recognize how things react biochemically in the body, and where to start with supplements,” she says.

Karen says the various treatments she offers not only affect the physical body - helping with pain, injuries, or specific ailments like fibromyalgia, “it is also about what the person is feeling psychologically.” Many times, when someone has experienced a trauma, whether it be a physical attack, a car accident, or some other type of issue, they suffer from psychological pain along with physical pain. She has worked with people suffering from traumatic-brain injuries, amputations, and other serious conditions, and finds that disorders such as “Post-Traumatic Stress Disorder and depression diminish along with their pain,” in her sessions with people. She explains that she can sense many different types of changes or imbalances in the body through her hands. During External Qi Healing treatments, Karen uses her hands to “feel for blockages and help the body’s energy flow,” which she says is related to the idea of Chi or life-force energy. “The hands can become the tool to help the body heal,” she says. For example, “sometimes I feel temperature changes in the body or something is wrong in the tissues, they might be rock hard instead of soft and pliable,” she explains. Karen Jones’ office is located at 3300 Washtenaw Ave. Find out more about her at www.karenjonesot.com. Call her at (734) 260-3136.

Wilderness skills instructor and Transformational Breathing facilitator Frank Levey invited me to join him and his wife, middle school teacher Larissa Czuchnowsky, along with a friendly group of 7 to 12 year-olds, at their Blue Turtle Nature Awareness and Wilderness Camp, this past summer. Frank, who learned how to survive in the wilderness from famous naturalist Tom Brown Jr. and others, has also been a longtime student and teacher of “various natural healing arts and meditation,” he explains. He has found Transformational Breathing to be a “deeply healing process, which powerfully integrates our body, mind, and spirit.” He is now teaching people “how to open restricted breathing patterns so your entire respiratory system is utilized.” Frank facilitates both one-on-one and small group Transformational Breathing sessions by appointment, as well as drop-in sessions. Find out more at <http://awakenedbreath.net>. Call Frank Levey at (734) 657-8742 or email frank@awakenedbreath.net.

When I visited *Blue Turtle Nature Awareness and Wilderness Skills Camp*, located on their one-acre homestead near Scarlett Middle School, Frank and Larissa were wrapping up one of their weeklong kids camps, which they offer each Spring and Summer. While I was there, the kids showed me some of their new skills, like how to safely start a campfire and how to make natural cordage. Larissa mixed up a traditional drink recipe that I tasted, while sitting in on Frank’s lesson about hunting and trapping food in a survival situation, and passing around handmade hooks and tools. Over the course of the week, the kids had done a lot of different wilderness awareness activities, craft projects, and other fun educational activities. Find out more about the camp’s offerings for both kids and adults at www.blueturtlenaturecamp.com. Call them at (734) 975-4448. Email Larissa Czuchnowsky at czuchnow@aaps.k12.mi.us

Naturopathic Doctor LaRene Dell has started offering acupuncture treatments. She has been using another form of “manual medicine,” Shiatsu, for a couple of decades, and says that the knowledge about “meridians and the channels of the body” she has gained has caused her to become interested in adding acupuncture to her practice. LaRene practices medical acupuncture, which she says, “works for pain management. That is the main set of conditions that I treat. It also treats the autonomic nervous system for relaxation and balancing the nervous system, which helps with anxiety and mood disorders.” She starts a medical acupuncture session “with a neuromuscular assessment, palpation, and Shiatsu work,” before getting the needles out. In some cases, she will do acupressure, a similar technique that doesn’t

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use needles. LaRene also does Acudetox acupuncture, which helps with "addiction recoveries" from substances as severe as heroin, as well as other things that affect the nervous system. Acudetox acupuncture employs small balls, or "ear seeds" that LaRene tapes to specific points on clients' ears, "which people can use in between acupuncture treatments on the rest of the body."

LaRene's practice is based in western-based naturopathy and clinical medicine, with a dash of Japanese Shiatsu bodywork thrown into the mix. She also uses herbs in her practice, drawing from western traditions. As a naturopathic doctor working in Michigan, she doesn't diagnose illness, but she will refer you to an M.D., if she sees any red flags. She encourages people to get referrals for her medical acupuncture treatments from their regular doctor because your insurance might cover it. Call LaRene Dell at (734) 945-5767 to schedule an appointment at her downtown office (117 North First) or her Ypsilanti home, once it is done being renovated.

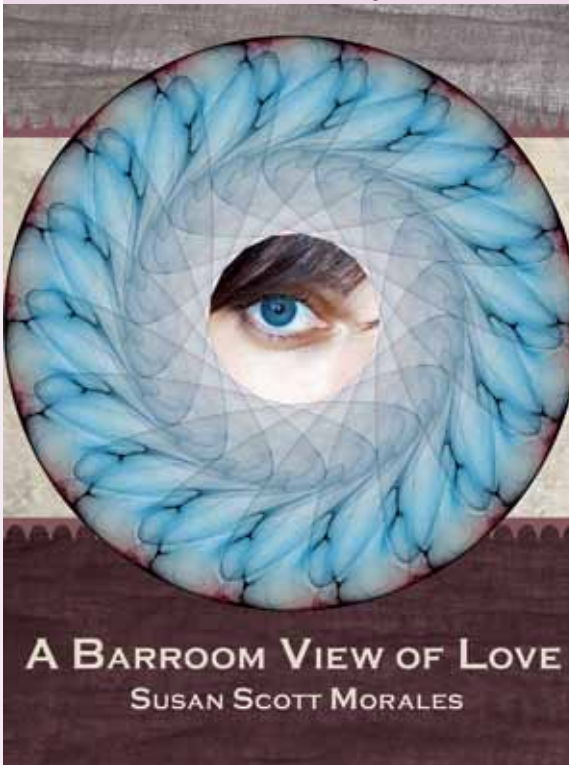
Art Therapist Susan Boyes is leading a new group, "Women in Transition Creative Process Group," from her new studio and counseling office on Stadium Boulevard (2311 East Stadium Boulevard, Suite 216). Her new "women's forum," like her individual and group sessions with clients, includes "using art materials, creativity, and supportive dialogue" in order to "encourage exploration of your own personal mythology." You don't need any art experience or skills to work with Susan. She says that all you need is "a willingness to explore who you are from an art experience perspective." Meet her at her new *Center for Creative Growth* office, which is equipped with its very own art studio that she uses with clients and groups. Visit Susan Boyes online at www.centerforcreativegrowth.com and www.artistrees.blogspot.com. Call her at (734) 478-2394 or email susan@centerforcreativegrowth.com

Two multi-use studio spaces above Elmo's downtown are particularly suitable for movement and dance classes or lessons, which are collectively called *The Phoenix Center* (220 South Main Street). The center "provides a home to local groups for practice of movement and performance arts," according to owner Scott Berry. The center houses two studios - one large, one small - that groups and one-on-one instructors can rent by the hour. The exposed brick rooms feature hardwood maple floors, high ceilings, and a HI-FI sound system. People have been using the studios for a range of classes and uses, such as Tai Chi, dancing Salsa or Swing, and Yoga classes. Scott himself gives Yin Style Bagua martial arts lessons there. Find out about current classes and get more information about renting the space for your group on their website, www.A2phoenixcenter.com. Call (734) 846-0661, or email Scott Berry at scottberry5@gmail.com.

Books by Area Authors



Susan Morales, a meditation teacher, psychotherapist, spinning fitness instructor, blogger, and poet, has written her first novel, *A Barroom View of Love*



Susan Morales, a meditation teacher, psychotherapist, spinning fitness instructor, blogger, and poet, has written her first novel, *A Barroom View of Love*, which was recently released by a local publisher, Burns Park Publishing. "Twenty-nine year old psychology professor Katherine Sullivan becomes anxious when her chronically depressed, divorced mother attends an ashram and claims to be completely changed. Katherine doesn't trust this and goes to the Vidya Shakti Center in upstate Pennsylvania to investigate; her mother has been conned before. Katherine's visit is nothing she expected and her inquiry turns inward," according to Susan's synopsis of the story. In the book, the skeptical protagonist is met by more than she bargained for when she goes to the ashram. She not only finds a new understanding of spirituality, mysticism, and her mother, Katherine also meets a new love interest. Ultimately, "the love story carries the drama through," says Susan, who thinks "love stories are suspenseful. Is it going to work? Is it not going to work?" Susan will sign copies of her novel at Crazy Wisdom, on October 20th at 7 p.m.

Although the work is fiction, Susan drew inspiration for the book from experiences of spiritual awakening that she has had herself - she is a long time meditator who has spent time at ashrams and meditation centers in the U.S. and India. She incorporated stories of spiritual awakenings that have happened to people she knows, as well as "things that are completely made up," into the story, she explains. "I wanted to present information about meditation and mysticism in a very practical and grounded way that doesn't come across as out there. The book is not magical realism; rather, it presents spiritual experiences as something that really happen to people," she explains. Susan says she got the idea for the story all at once. By the end of a day, she had a basic story outline. However, that was six years ago. She spent a lot of time "letting the characters take on a life of their own" and changing the tense to first-person in order to "get to know Katherine on a more personal level" and "give it the feel of a memoir." Visit Susan Morales online at <http://susanscottmorales.com> or read her annarbor.com meditation blogs. She also owns *Bodies in Balance Fitness Studio*, www.bodiesinbalancefitness.com, with her locally well-known husband, entrepreneur and t-shirt king Elmo Morales. Call her at (734) 395-6759 or email susan@susanscottmorales.com.

Robert Lewanski first released an early version of his book, *Perfect Eyesight: The Art of Improving Vision*

Naturally, in the late 90's, which he co-authored with his late friend, Robert Zuraw. Robert says that the final version of the book comes after 30 years of researching and practicing eye-healthy habits. "It took me a long time to get everything I wanted in there, but I got it straightened out," he laughs. He describes the book as "a whole program" that explores "holistic" methods for keeping our eyes healthy. The book includes examples of specific eye exercises you can do, suggestions for an eye-healthy diet, an index covering supplements, and other information about natural and holistic approaches to managing our eye health. Lewanski says that Robert Zuraw's vision returned to normal, after finding himself legally blind in Vietnam during the era of Agent Orange poisoning, by using a mixture of natural cleansing techniques, eye exercises, and other holistic methods of healing.

The book "draws from everywhere, from the East to the West," according to Lewanski. "There are a lot of natural healing methods that come from the East - like Chinese medicine and Ayurveda - and then we have things like naturopathic medicine here in the West," which all offer knowledge about eye health. One major point he makes is: "If you keep the central organs clear, clean, and metabolizing properly, then the senses will work properly. The eyes relate back to the central energy of the organs -- especially the liver." The book also gives instructions for things like daily eye exercises that "work the eye muscles" and massage techniques that "bring blood to your eyes," which can be preventative and healing. Find out more about Robert Lewanski at www.healthforcecenter.com. Call him at (248) 680-8688 or email healthforcecenter@sbcglobal.net

Ordained Christian minister and woodworker Jim Stacey has published his book, *Jesus Was Not a Christian*, which was inspired by "my own spiritual journey becoming disillusioned by theology." When Jim started studying the Aramaic language, he discovered what he considers huge discrepancies between "the lessons Jesus was teaching," during his lifetime, and Christianity's teachings through

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the centuries. He was also doing a lot of “inner work” at the time and grappling with things he had been taught as a child, such as “we are separate from god and that god will punish us. I couldn’t find a way to feel right with that. It seemed like empty teaching and it wasn’t bringing me any healing,” he explains. On top of exploring things like early Gnostic texts and how Jesus’ teachings have been “edited” over the course of Christian history, Jim also seeks to encourage people to “find their own personal divine connection. I found that my connection to the divine is beyond spiritual belief systems,” he says. Instead, he has concluded that Jesus was about “love and compassion” not “punishment and authority.” Jim and Marcia Maria are giving a series of talks -- **Loving Transformation: Self Relationships and the Planet**, from 7 to 9 p.m. at Crazy Wisdom, on September 28th, October 19th, and October 26th.

The book takes a critical look at the history of Christianity. It presents texts that “didn’t make it into the Bible” for a range of reasons, which Jim thinks usually have to do with authorities placing restrictions on human behavior to maintain control over populations of people. For example, he thinks the way people understand “original sin” today is a problem. “Original sin wasn’t even part of the church’s teachings until the 4th century when St. Augustine officially introduced the idea,” he says, giving an example of one discrepancy he found while researching his book. He also thinks women have been given a raw deal. His interpretation of the “Book of Genesis,” which describes the creation of the universe, presupposes that both male and female energy was present in the beginning. He points to language surrounding the idea that “sacred wisdom is feminine” and presents a new translation for the phrase; “Let God make man in his image.” Jim reads it as; “Let us make people in our image.” Another way he explores gender in the book is by taking a closer look at Mary Magdalene’s life, and stories about there being “a grail bloodline”. He is working on writing a second book, which he doesn’t have a title for yet, but the working title is *Jesus Was Not a Christian: Part II*. Find out more, and read lengthy excerpts, on the book’s website, www.thedivineiswithinus.com.



The “2010 What About You Walk,” a walk-a-thon and charity expo, will raise money for 15 different non-profit charities by letting participants choose which organizations their pledge money will support.

Dietary coach Judy Sauer self-published some of the baking recipes she has learned, since she “discovered in quick succession that her son, her daughter, and she herself had multiple food allergies” (wheat, dairy, soy, and corn), according to the announcement for her new cookbook, **Footloose and Gluten-Free: Baking Hints and Recipes from a Multiple-Allergy Family**. The book explains ways to “accommodate for food allergies” and includes Judy’s recipes for things like bread, pizza, pancakes, muffins, cakes, other desserts, and other baked goods. As a dietary coach, she regularly does allergy consultations, bakes her own recipes, and shares information about the ingredients that she uses in her own kitchen to avoid her family’s allergies. Sometimes she even walks people through the grocery store to point out certain products to cook up at home. The book was a way to share her food knowledge with even more people. To order a copy of Judy Sauer’s new cookbook, call her at (734) 761-8193 or email jdsFoodSolutions@yahoo.com



Christie Clipper, Life Coach and Event Creator of the “What About You Walk”

Local “foodie” Elaina Williams’ new business, Free to Eat, and her new guidebook, both debut this fall. She has written *Free to Eat, a Laypersons Guide to Eating in the 20th Century*, a booklet “written with a local and a positive perspective that encourages action and the fact that we can make a difference,” she says. Elaina will sell the booklet through her new business and website, which will also sell other naturally-minded products. She hopes to circulate her guide to eating to other local “foodies” and “like-minded” businesses, in order to “get a great grasp of the local community by the time I’m done. I’ll know what is going on and where the needs are, and then I will be able to format my future business to meet those needs,” she says. To start, Elaina is thinking of selling non-toxic beauty products, along with copies of her guidebook, on <http://free2eat.net>. “Two more [booklets] are in the works,” including a coloring book for kids and *Free to Eat: Chard*. Email Elaina Williams at elaina@free2eat.net.

Upcoming Events

The “2010 What About You Walk,” a walk-a-thon and charity expo, will raise money for 15 different non-profit charities by letting participants choose which organizations their pledge money will support. Two walk-a-thons, a BBQ lunch, a charity expo and special activities will happen at Gallup Park (3000 Fuller Road), on September 25th from 10 a.m. to 3 p.m. Event creator **Christie Clipper**, who provides life coaching and wellness services through her business *Healthy Edge*, www.healthedge-llc.com, got the idea for the event, last year. She was “moved to help a broad range of charities to promote themselves,” which collectively help “the whole person,” she says. Last year, Christie brought 7 charities together for a “What About You Walk,” but she soon learned about one of the biggest uncertainties you face hosting an outdoor event in the summertime - it rained all day and cleared up just as the event was ending. Hopefully this year’s event will be sunnier. Walk participants choose where their pledge money goes. They can handpick charities from the organizations that are officially represented by the fundraiser, or select any other charitable organization they wish, as long as it has non-profit 501c3 status. “I wanted to give people a chance to choose what’s important to them. Maybe they have a personal connection with a particular charity or they benefitted from their services in the past,” she explains.

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At the event, a 5K walk along Gallup Park's nature trails will commence at 11 a.m. and an easy going, handicap accessible, and child-friendly 2K walk will stay on the sidewalks commencing at 11:30 a.m. Registration for walk-a-thon participants is at 10 a.m. at the Maas Memorial Shelter in Gallup Park. A BBQ lunch provided by event sponsors *Damon's Grill of Ann Arbor* will follow the walks. The event's charity expo will feature resource sharing tables giving out information about charitable organizations, and Christie has asked each participant to plan special activities and consider educational or interactive things they can do. Special activities that are already planned include a game tent with carnival-style games and face painting. *Therapaws of Michigan*, one of the charities the walk supports, will bring therapy dogs for you to meet who "provide social, emotional, and physical benefits to some of the hundreds of residents and patients in Ann Arbor and surrounding communities." Composer and musician Ken Kozora will perform "Soundscapes" using a set of solar-powered instruments and P.A. system, which blend "electronica, world, new age, classical, a touch of jazz and any other bizarre noise he deems musical," according to the event announcement. Christi was still working on securing a final lineup of charity expo participants when I spoke with her this summer. Check the event's website, www.whataboutyouwalk.com, for the most current information, a list of the charities, and registration. She had some great ideas for TBA activities when we sat down to chat. Participants can register online until September 22nd. After that you can still sign up in-person on event day. If you have questions or would like to volunteer, call Christie Clipper at (734) 751-7618 or email her at info@whataboutyouwalk.com

The Lotus Center of Ann Arbor is hosting a collaborative event in celebration of Pain Awareness Month, "Holistic Hope for People in Pain," which will feature a dozen holistic or natural-minded practitioners who work with people in pain, on September 19th, from 2 p.m. to 6 p.m. Local psychotherapist **Jody Kohn**, the Michigan State Leader for the American Pain Foundation Action Network, organized the event. About a year ago, around the time she was appointed to the position, the American Pain Foundation had challenged members to celebrate September as "National Pain Awareness Month." She didn't have enough time to do an event last year, but this year Jody has assembled a diverse group of pain experts, who will present short talks and demonstrations to people seeking options for pain relief.

Each of the dozen practitioners is planning to present a brief talk on pain relief and management, and most of them are planning participatory demonstrations. For example, Nia movement instructor **Robin Okun**, of *Mindful Movement*, is likely to get a few folks dancing around. Jody, who will give a brief presentation on the American Pain Foundation and talk about psychologically-oriented therapies that help

with pain management, is also going to volunteer as a demonstration subject during "gentle" chiropractor **Kathleen Dvorak's** demonstration of chiropractic work using an activator method. "She doesn't crack you around. Instead, she uses a little tool called an activator, which looks a little like a mini-pogo stick," according to Jody, who is a client of Kathleen's. (See the profile of Kathleen Dvorak within the feature story on the *Women Healers of Complete Chiropractic*, on page __ of this issue.)

Lotus Center co-owners **Amy and Brodie Burris** are donating the space to the event, and Brodie will give a talk about acupuncture and pain management. **Janine Polley** will demonstrate the benefits of gentile yoga and therapeutic breath work for pain relief at the event, and she is also offering a gentile yoga workshop for chronic pain at the *Lotus Center* earlier in the day, from 10 a.m. to 12 noon. Massage Therapist **Kirsten Mowrey** will present on the Trager® method, which blends massage and movement, **Leilani O'Brien** will cover breath and exercise, **Libby Robinson** will demonstrate Mindfulness meditation, *Jewel Heart's* **Kathleen Ivanoff** will cover meditation practices, and **Joe Kraut** will present on Tai Chi for pain. Psychotherapist and life coach **Felix Paulick** will present on Eckhart Tolle's *Power of Now*. **Dr. Diana Little**, M.D. will give a talk covering the importance of correct diagnosis, and a staff person from **Clark Pharmacy** will talk about supplements and other natural remedies.

Part of Jody's inspiration for the event is that "so many people have chronic pain - according to the American Pain Foundation, around 26% have pain that lasts more than a day, which translates to 76.5 million people - and many people in pain sit around isolated all day in their homes. Just getting out of the house is so important," she says. "What I want to show with this event is that there are so many ways to deal with pain other than going to the doctor and getting drugs," she explains. She hopes the event will give people in pain an opportunity to "find out ways to help themselves" in a "fun, accepting and environment," Jody says. Find out more about Jody Kohn on the *Lotus Center of Ann Arbor's* website, www.annarboracupuncture.com, or call the center at (734) 975-2745. And if you haven't gone to see the Lotus Center's newly renovated and beautifully designed building on Carpenter Road, it's worth a trip.

If you love nature and haven't been over to the Howell Conference & Nature Center (1005 Triangle Lake Road, Howell, MI), you might want to check out some of their fall events. Did you know that the Howell Nature Center has the "tallest outdoor climbing tower in Michigan," with a 500 foot zip line over a pond? Wow, that sounds pretty cool! Well, according to their website, you can reserve a spot to take the ride Saturdays and Sundays through October 17th. You can also register for a "High Rope Day," happening September 25th, from 9:30 a.m. to 12:30 p.m. and 1:30 p.m. to 4:30 p.m. An "Eco Fun Challenge," happening October 9th from 9 a.m. to 3 p.m., will include archery, canoeing, a climbing tower and zip line, a wildlife encounter, a global adventure and more, according to the announcement. You don't need experience in any of these things, but get ready to compete for prizes. Support the Howell Nature by attending their "Wild Wonderful Night Auction," on October 14th at Cleary University in Howell, which will feature a live and silent auction, live music, gourmet food and a beverage tasting. Advanced registration is required. "Wildlife Photo Workshops" -- shoots and slideshows -- start at 11 a.m. on October 17th, when host Steve Gettle offers his slide show "A Wilderness Year," and on October 30th, when Skip Moody will host. Again, advanced registration is required. Find out more at www.howellnaturecenter.org. Call (517) 546-0249, or email henc@howellnaturecenter.org



Kate Boyd – Massage and Trauma Touch Therapist, and Reiki Practitioner

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[Windrise Retreat Center](#)

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Estela Monjo Boudreau is now offering sculpting classes in small group settings. To see her latest sculpture creations visit [Estela's Art](#) on the web site.

Prime dates are available year round. To arrange a tour, or to book your preferred dates, call Estela at 313-407-0953 or e-mail emo823@comcast.net

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New Classes

Yoga Meets Dance™ instructor Natasha Schaffer is hosting classes at the Phoenix Center (220 South Main) in the Fall, on Thursdays from 7:15 p.m. to 8:30 p.m. She became certified in this type of yoga and movement a few years ago, which was created by national yoga teacher trainer Beth Rigby. However, she took "a break for two childbearing years" and is "finally offering this wonderful class to Ann Arbor on a regular basis." The class "combines the sacred, sensual, and silly," using "gentle Hatha yoga, free and guided dance, music therapy, humor, community building, and meditation." She describes Yoga Meets Dance™ as a "transformational

dance journey” practiced to “exotic world beats and rock-n-rolls hits.” All ages are welcome, and you don’t have to be a dancer or an experienced yogi to participate. Natasha’s *Yoga Meets Dance* programs sound like a really special blend of movement and meditation! Find out more at www.yogameetsdanceannarbor.com. Call Natasha Schaffer at (734) 239-3174 or email her at info@yogameetsdanceannarbor.com

Mindfulness meditation teacher Libby Robinson will offer a new 8-week “Mindfulness-Based Stress Reduction (MBSR)” class and a retreat in the fall. The class was developed by Libby’s former teacher at the University of Massachusetts’ Center for Mindfulness, Jon Kabat-Zinn, who defines Mindfulness meditation as “paying attention on purpose, in the present moment, without judgment.” Libby will lead the class in guided meditations and Mindfulness exercises aimed to “increase our capacity to manage life and the stressors we experience, leading to greater equanimity and acceptance and less emotional reactivity.” She has practiced a Buddhist form of Mindfulness for over 30 years. However, the class takes a “secular” approach, fusing both Eastern and Western knowledge. She has also taught MBSR and Mindfulness-Based Cognitive Treatment of depression at the UM Psychiatry Department, since 2003. Libby wants to touch base with potential participants before they sign up for the class and retreat, “to make sure it’s the right thing for them,” she says. Contact her at libbyrobinson7@gmail.com, if you are interested in taking the class.

New Practitioners and Businesses

Jessica Snyder has returned to Ann Arbor, her hometown, from New Mexico, and she is working as an Ayurvedic Practitioner, Massage Therapist, and Ayurvedic Postpartum Doula through her new practice, *Earth’s Cradle Healing Arts*. A recent 4-month trip to Nepal to study with an Ayurvedic physician specializing in OB/GYN was an inspiring experience for her. “I assisted with many free Ayurvedic village health camps in remote areas of the Kathmandu Valley,” Jessica reports. The experience inspired her to start a medicinal herb CSA (Community-Supported Agriculture growing project), upon returning home. She reports; “The medicinal herb CSA is modeled after the fresh produce CSA concept - there will be a membership program - but it will provide locally grown medicinal herbs and herbal preparations - like teas and oils - rather than produce.” She is growing Eastern, Ayurvedic, and Chinese herbs in a garden at the *Tsoyvelgar Dharma Center* (7145 West Liberty Road), in a garden funded by *Wishing Tree Gardens*. What Jessica is doing – creating a medicinal herb CSA – is so wonderfully Ann Arborish, so perfect for the times we are living in, and such a valuable service to the community. Jessica Snyder’s new business, *Earth’s Cradle Healing Arts*, is located at the *Center for Sacred Living* (210 Little Lake Dr., Suite 7). Find out more about her at www.earthscradle.com. Call her at (734) 904-7555 or email earthscradle@gmail.com

Eve Wilson, Healer Practitioner, Healer Trainer, and Director of the *Healer Development Program*, is moving to Ann Arbor from Royal Oak, this fall, and it will be great to have Eve working closer by. Beyond the “intuitively guided work” she does with her one-on-one clients and classes, she also trains other healers “to work intuitively to address healing at the root cause of disease in the soul contracts, hereditary issues, childhood or past life, or wherever the deeper issue lies behind the symptoms a person is experiencing.” Her program offers training in a wide range of spiritual healing modalities that teach healers how to listen to sources of spiritual guidance, and “incorporate Qabalah, power animals, aura reading and healing, genetic healing, soul contract resolution, present and past life and inner child work, and much more,” she says. Her *Healer Development Program* also offers “The Healer 101” training and Reiki Training at all levels. Visit www.spiritualhealers.com to find out more about Eve Wilson, her intuitive services, and her training program. Email her at evew@spiritualhealers.com.

Transpersonal Drama Therapist Kristi Davis is offering one-on-one sessions and group classes through her new business *Creative Spirit Healing*. According to her, drama therapy “is a powerful tool for uncovering repressed and unconscious beliefs, memories, resentments, un-forgiveness, symbols, thoughts, and emotions, which may be manifesting as mental, emotional and/or physical symptoms.” Kristi is a former professional Radio City Rockette and musical theater actress. She points out how “theatrical performances include a lot of elements, not just acting but art, costumes, background music, movement, and writing,” which she incorporates into her work with clients and class participants, along with things like “guided imagery visualizations” that help people “imagine a scene” and cognitive-behavioral therapy psychological techniques.

Some clients appreciate one-on-one work with Kristi, but she thinks there are benefits to doing drama therapy in a group. Groups can produce “transformational theater” performances that they develop together over time. “In a group, people can play roles for each other and become part of the healing process. It’s empowering for them to change their role,” she thinks. On top of that, “people feel the acceptance of others who witness their stories and trauma,” which helps give them confidence to come to terms with their issues.

Kristi has a workbook and related course, entitled *Imagine Health: Harnessing the Healing Power of Illness*, and she thinks, “illness can actually be healing.” “We tend to look at illness as a bad thing, but it is not inherently bad. It is a

messenger sending the red flags your body is giving you - survival messages,” she says. Drama therapy can be used to “externalize” illness, as well as stress and trauma, by “acting it out in order to be able to converse with it,” she explains.

Transpersonal psychology suggests that “at our core, we are designed perfectly, but our experiences and beliefs cover it up,” she says. Transpersonal therapies “peel away” beliefs and emotional reactions in order to make clients more aware that “we are not our emotions. We are the witness to emotions that pass through us,” she says. “In drama therapy, we can also be anyone we want to be and choose the roles we want to play. Embodying this through real, visceral experiences creates new neural networks in the brain,” according to Kristi. Drama therapy also allows people to “rehearse conversations they are fearing,” and even “reverse the roles,” she explains. For example, someone who has suffered abuse might benefit from role-playing and “feeling what is it like to be in the body of her or his abuser,” she has observed. Forgiveness doesn’t come easy - whether it’s forgiving another person, god, or oneself, but she believes it is what brings “the most healing, in the end.” Visit Kristi Davis online, at www.creativespirithealing.com or call her at (734) 253-2650 for more information.

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Kristi Davis, MA, is a Holistic Health Educator, Registered Drama Therapist Candidate and Member of the Society for the Arts in Healthcare.

(734) 253-2650

What's New in the Community



Occupational Therapist Karen Jones is now in private practice, after leaving St. Joe's to pursue a more holistic path.

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Kate Boyd is a new Trauma Touch Therapist, Massage Therapist, Usui Reiki practitioner, and Reflexologist who opened her holistic business, *Kate Boyd Therapy*, this year. Beyond offering massage, Reiki, and Reflexology sessions, Kate offers a 10-week program in Trauma Touch Therapy, which “allows people to work through traumas - like injury, abuse, being a witness to violent crimes - without being re-traumatized,” she says. The modality seeks to bring “more awareness to sensations in the body and how people perceive how trauma feels in their body, in the present moment, and then learn what it feels like to release it,” according to Kate. She facilitates this by using a mixture of breathing work, visualization exercises, movement and dance, creative activities, and play, according to her. In addition, Kate can use hands-on techniques like massage with her Trauma Touch clients in order to release tension in their bodies and free up the body’s energy flow. She also seeks to “normalize touch” for clients struggling with issues of abuse, in a safe environment. She thinks of herself as “a compassionate witness for them as they journey inward to become aware of sensations - how trauma feels in the body,” she says.

Trauma Touch Therapy is a somatic approach to healing, which supposes, “trauma is held in the cells, and anxiety can manifest itself physically. Tissues and the nervous system take it on,” Kate says. Whereas, “animals shake it off, humans tend to hold on to it,” sometimes for a long time, she explains. “It isn’t necessary for the client to go into the details of their trauma and what happened to them in the past,” she says. The more important thing is to pay attention to how the nervous system and body responds to certain “triggers” that relate to all five senses, she thinks. “One person’s trauma can be very different from another’s. The most important thing is the client’s perception of what happened to them. It is their perception that causes nervous reactions, which causes tension to be held in the body.”

During her 10 week program, she does a variety of techniques, exercises, and activities with Trauma Touch clients. One of them is creative visualizations that “let your body tell its own story,” she explains. Rather than making up a story herself,

Kate asks clients to “check in with their bodies” and describe what sensations feel like to them. “Maybe I feel like I have bubbles in my stomach, which I can then imagine transforming into an effervescent spring, and then I might imagine myself swimming freely through water,” for example, she says. The descriptive words people use to explain what they are sensing guide the directions the visualizations travel. Other techniques that “let the body go and let it do its thing” include activities that get you moving around, like dancing. Her office is near a park, so she frequently takes clients outdoors to “play around, jump rope, climb trees, or play school ground games like hopscotch.” Kate believes these kinds of activities help people “be in the moment, be in their bodies, and enjoy simply pleasures.” Kate Boyd’s office is located in the *Parkway Center* (2345 South Huron Parkway), on the 2nd floor. Find out more about her at www.kateboydtherapy.com. Call her at (734) 546-2387 or email kateboydtherapy@comcast.net

Therapist and coach Karen Hague has started a new business, *Boomer Solutions*, in order to “support mid-life adults caught in the intersection of competing and changing needs - their own, those of their aging parents, and those of their adolescent / young adult children.” Karen has previously worked in geriatric social work and care in the University of Michigan Health System. Her partner in her counseling business is fellow therapist **Thomas Payne**.

Karen’s business addresses issues impacting the “sandwich generation of baby boomers,” who “often find themselves challenged by economic uncertainty, job loss and change, divorce, illness, or death. At the same time, boomers are being thrust into the caregiving / care manager role for aging relatives, as well as parenting teenagers and young adults who are in the midst of their own major transitions,” which can be overwhelming, she says. Karen also spent 25 years as a manager, organizational development consultant, and coach with Ford Motor Company, while completing her MBA. She thinks her “organizational skills and experience enable me to successfully support clients confronted with workplace and career challenges,” she says. In addition to her face-to-face sessions with clients, Karen also does phone and video counseling, as well as in-home sessions.

Her partner, Thomas Payne, has worked as a therapist and clinical social worker since 1980. “At Boomer Solutions, he counsels adolescents as well as college-age and older adults undergoing life transitions and other challenges,” that “often produce surprising levels of stress and anxiety,” according to the business’ website, www.boomersolutions.org. Call Karen Hague at (734) 395-0343 and Thomas Payne at (734) 995-1385.

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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 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 (January through April 2011) is November 1, 2010.

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