



presents
an evening with
Maestra Velia of Cuernavaca, Mexico
and
Sofia Chavez Frederick



Maestra Velia and Sofia will be presenting on the ancient ways and medicines of the Americas including Curanderismo and its many healing modalities

Velia is from one of the oldest lineages of Curanderas in Mexico.

Sofia Chavez-Frederick is a gifted teacher and founder of [Estara Health and Wellness](#)

When Monday, December 13th 2010

Time 5:30 to 8:30 pm

Where Estara Health and Wellness, 1385 Carr St., Lakewood, CO [Map](#)

Cost \$40.00 per person, limited seating so register early by mailing the registration form below



Registration for Evening with Velia and Sofia

Name _____

Email address _____

Number attending _____ x \$40.00 = _____

Make checks payable to Estara Integrative Programs

Please mail your check and completed form to
Estara Health and Wellness
PO Box 151238
Lakewood, CO 80215

- I am interested in being on the Estara email list
- Please do not put me on your email list
- I am interested in classes offered at Estara
- I am interested in a session with Sofia

Questions please email me at info@estaraprograms.com

Thank you for your interest in Estara events
Cindy Main