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 Estará_Health_Wellness

Experience the Beauty of “Indigenous Medicine” integrated with modern science based modalities and provides a unique sensory, emotional and psychological experience which supports physical health.

2013 Indigenous Medicine Series – Metro State University



Experiential and Educational Series is provided by Sofia Chavez-Hilton, Owner and Founder of Estará Health & Wellness, Graduate of Metropolitan State College with a Bachelor’s of Science in Integrative Therapeutic Practices, Presenter on Indigenous Healing Modalities at the 35th Annual Ethnobiologic Society’s Meeting, and Trained as an Indigenous Healer through Collaboration and Study with Shamans, Curanderos, and Indigenous Healers. She is a part of an International Group of Healers whose purpose is to support the re-emergence of Indigenous Medicine beliefs and knowledge and bring about Global unity by bringing together the beliefs and practices of both North and South and combining treatments of Western and Indigenous medicine for Holistic Wellness.

| Date | Time | Topic | Cost |
|------------|--------------|---|------|
| 3/12/2013 | 5pm – 6:30pm | Introduction to Indigenous Concepts of Health | Free |
| 3/14/2012 | 5pm – 6:30pm | Introduction to Indigenous Concepts of Health | Free |
| 4/18/2013 | 5pm – 8pm | Understanding the Pain Body | \$30 |
| 5/16/2013 | 5pm – 8pm | Aztec & Mesoamerican Aromatherapy | \$30 |
| 6/20/2013 | 5pm – 8pm | Indigenous Sound & Healing | \$30 |
| 7/18/2013 | 5pm – 8pm | Mesoamerican Accupressure | \$30 |
| 8/15/2013 | 5pm – 8pm | Mayan Yoga | \$30 |
| 9/19/2013 | 5pm – 8pm | Personal & Cosmic Forces in Conscious Collaboration | \$30 |
| 10/17/2013 | 5pm – 8pm | Cont... Mindfully Working with the Web of Life | \$30 |
| 11/21/2013 | 5pm – 8pm | Introduction to Indigenous Reiki Part 1 | \$30 |
| 12/19/2013 | 5pm – 8pm | Introduction to Indigenous Reiki Part 2 | \$30 |

***You must pre-register at www.EstaráPrograms.com
 Classes located at Metropolitan State University, Tivoli Building, Rm 444***