



www.EstaráPrograms.com
www.Facebook.com/pages/

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

Grand Junction- 2015 Indigenous Medicine Series –



Experiential and Educational Series is provided by Sofia Chavez-Hilton, Founder of Estara Health & Wellness, Candidate Doctorate in Natural Medicine, Graduate of Metropolitan State University, BS in Integrative Therapeutic Practices, Assoc. Degree in Occupational Therapy, Licensed Massage Therapist, Clinically Certified Aroma-therapist, Reiki Master-Bio Field Trained, Trained in Curanderismo, Meso American Healing Systems, Sound and Healing Modalities, Advanced Auricular Medicine. CO Registered Psychotherapist, Certified Biofeedback Practitioner. 2009 Pilot Research Project, partnerships to facilitate integration of Curanderismo into Primary Care. 2012 Observational Study using Indigenous Reiki TM on Chronic Pain.
Must pre-register 48 hours in advance at EstaráIntegrativePrograms@q.com or call 303-238-2777

Date	Time	Grand Junction Weekend Workshops	Cost
May 16 and 17th	10am-5:00pm	Intro to Series: Emotions-Organs-Pain Body Global Ancestral Health Models, Mesoamerican Aromatherapy, Mesoamerican Acupressure Body & Auricular	\$75
October 24 and 25 th	10am-5:00pm	Meridians, Chakras, Cosmic Forces, Kinam-Mayan Yoga- Tree of Life- Mindfully Working with the Web of Life, Indigenous Sound & Healing-The Shaman’s Horse Practitioner Self Care	\$75

Hospice Care Center, 3090 N. 12th Street, Room 102