

## Holistic Health & Wellness Techniques Workshops

**Saturday, February 26, 2011**

### **Pain Body**

*Mental Health and Spiritual Practices from the Indigenous Perspective Workshop Recognition of Pain Body and Techniques to Release Emotions*

Six (6) hour workshop Cost: \$60.00

#### Workshop Description:

Meso-American healers believe that we are more than just a physical body and that our emotions and mental states affect our physical health. They utilized the concept of *True Occupation* to develop self-awareness and promote healing in the mind and body. They knew that our *Occupations* are different at various stages of our lives. Learn *Mindful Attention* techniques and how to create a *Sacred Space* in order to integrate spiritual practices as a way of life.

#### Objectives

- Learn about the science behind these ancient healing philosophies.
- Learn to recognize our *Pain Body* and when we are over-identifying with it.
- Learn how to include spiritual practices into your daily activities.

#### Benefits:

Deep relaxation, stress management, release of endorphins, immune system enhancement, mental clarity, self awareness and expanded consciousness

Recommended Reading: Curandero by Eliseo “Cheo” Torres, Woman Who Glows in The Dark by Elena Avila, Wind in the Blood by Garcia, Sierra, Balam, The Brain that Changes Itself by Norman Doidge MD, The Power of Now by Eckhart Tolle

**Saturday, May 28, 2011**

### **Aromatherapy**

*Aromatherapy Workshop Essential Oils – Agua Florida Developing Relationship with Plants and their Healing Properties*

Six (6) hour workshop Cost: \$60.00

#### Workshop Description:

Aromatherapy is a relatively new field, although it is an ancient healing modality used by numerous cultures throughout the world. Meso-American cultures used Agua Florida and Essential Oils from plants in their daily health promotion practices. Become familiar with the effects of Essential Oils on anatomy and physiology and the *Energy Bodies*. Learn about the production of Essential Oils and Agua Florida and basic safety considerations.

#### Objectives:

- Learn about the science behind the ancient healing modality of working with plants.
- Explore and combine ancient indigenous teachings of working with plants with modern techniques of using Aromatherapy.

Become familiar with the *Meso-American Canales*, i.e., the Energy Channels or Meridians used in Acupuncture. Learn how to change energetic patterns in the body and create a space of balance and harmony.

#### Benefits:

Deep relaxation, stress management, release of endorphins, immune system enhancement, mental clarity, self awareness and expanded consciousness

Recommended Reading: The Complete Guide to Aromatherapy by Salvatore Battaglia, Aromatherapy for Health Professionals by Shirley Price, Aromatherapy for Healing the Spirit by Gabriel Mojay, Natural Home Health Care using Essential Oils by Daniel Penoel MD, Wind in The Blood by Garcia, Sierra, Balam, Curandero by Eliseo “Cheo” Torres

**Saturday, August 27, 2011**  
**Sound & Healing**

***Sound and Healing Workshop Our Bodies and the World Sing***

Six (6) hour workshop Cost: \$60.00

**Workshop Description:**

Sound is vibrating energy that has a physical effect on your body. Throughout the ages, this vibrating energy has been used to heal the mind and body. Learn the history of *Sound Healing* and experience a *Sound Healing Circle*. Become familiar with *Sound Healing* techniques to use for health promotion using voice toning and musical instruments.

**Objectives:**

- Learn about the science behind the ancient healing modality of *Sound Healing*.
- Explore ancient indigenous techniques to heighten the vibration of your physical and energy bodies through chants and instruments.
- Learn how to give yourself, loved ones, and clients an *internal massage* with sound.
- Discover how you can help your body reawaken its internal knowing of the healing power of sound and how to change energetic patterns to create a space of balance and harmony.

**Benefits:**

Deep relaxation, stress management, release of endorphins, immune system enhancement, mental clarity, self awareness and expanded consciousness

**Recommended Reading:** The Power of Sound by Joshua Leeds, Music – Physician for Times to Come by Don Campbell, The World is Sound by Nada Brahma

**Instructor Information:** Sofia Chavez-Frederick is a Holistic Health and Community Education Practitioner, holds a BS in Integrative Healing Practices-Holistic Health Professional. Ms. Chavez-Frederick is also trained in Curanderismo, Meso American Healing Systems, Indigenous Sound & Healing Modalities

**Workshop Location:** Workshops will take place on Saturdays at Hospice & Palliative Care of Western Colorado located at 3090 B N. 12<sup>th</sup> Street – Room 102, from 9:00am-5:00pm.

**More Information:** contact Mary Watson at 970.683.4927 or email [mwatson@hospicewco.com](mailto:mwatson@hospicewco.com)

**November 19, 2011**  
**Emotional Health**

***Meso-American Healing Modalities Workshop Organs and Emotional Health***

Six (6) hour workshop Cost: \$60.00

**Workshop Description:**

Emotions affect the health of our physical organs. Ancient Meso-American bodywork healing practices such as *Sobadas*, *Tapping*, and *Raspadas* are hands-on touch therapies which treat specific accu-pressure points to release negative emotions in the body. Learn about *Sound for Health and Wellness*, the concept of the *Pain Body*, and exercises on breath and self-awareness.

**Objectives:**

- Learn about the science behind these Meso-American healing modalities.
- Explore and combine ancient indigenous teachings of working with the physical body and modern techniques of accu-pressure and body tapping therapies.
- Develop self awareness and inner knowledge to recognize sensations in the body in order to promote physical and mental health.

**Benefits:**

Deep relaxation, stress management, release of endorphins, immune system enhancement, mental clarity, self awareness and expanded consciousness

**Recommended Reading:** The Acupressure Atlas by Bernard Kulster MD, Acupressure for Emotional Healing by Michael Reed, Wind in the Blood by Garcia, Sierra, Balam