

September 30, 2022  
Issue #96

*Kristi Trader*  
Kindness Facilitator

*The*  
**Crazy Wisdom**  
*Biweekly*

*shining a light in the dark*



Published by *The Crazy Wisdom Community Journal.*

# The Crazy Wisdom Biweekly



**The fall issue is here!** With features on Amy Garber, owner of Enlightened Soul Center, Walking Labyrinths, interviews with singer-songwriter David Magumba, author Alex Weinstein, mobile food businesses, and more! Look for it around town or have it mailed directly to you.

[Subscribe here.](#)

## Table of Contents

Word of the Week .....	page 4
5 Questions for Kristi Trader.....	page 5
Body Wisdom from Our Ancestors By Kate Roos.....	page 7
Spotlight on the Community with Joy Kauer.....	page 8
EmbodyKind--Book Excerpt By Kristi Trader.....	page 10
Some thoughts from the co-authors of EmbodyKind.....	page 14
The Crazy Wisdom Weekly Calendar.....	page 16
A Final Thought.....	page 25



## Meditation Classes and Practice | Retreats and Workshops Events with Spirit

### Fall Retreat 2022

**Awakening – as Sudden, Gradual and Both**  
October 29 - November 5

### Weekly

**Silent Meditation**  
Sunday and Tuesday

### Monthly

#### Events with Spirit

**Remembering Wholeness**  
Barbara Brodsky and Aaron

**Evenings With Aaron**  
Barbara Brodsky and Aaron

*All events are held via Zoom.  
Aaron, Yeshua and The Mother are channeled spirits.  
They are channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center*



**DeepSpring.org | info@deepspring.org | 734.477.5848**

Deep Spring Center is a 501(c)(3) non-profit. See website for details.

No part of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website. Please contact us first. Articles from back issues will be available on our website's archive.

Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, [crazywisdomjournal.com](http://crazywisdomjournal.com). *The Crazy Wisdom Journal* has been published three times a year since 1995.

Copyright © Crazy Wisdom, Inc., September 30, 2022.

Thank you to our contributors for this issue:

Kristi Trader  
Marijo Grogan  
Ave' Madiol Veneklasen  
Jane Trosin  
Ari Weinzweig  
Matt Helm and Larissa Czuchnowski  
Kate Roos  
Jennifer Carson  
Carol Karr  
Bill Zirinsky



Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to [Jennifer@crazywisdom.net](mailto:Jennifer@crazywisdom.net).

# 5

# Questions for Kristi Trader



**1. You write on your website that you “design custom experiences for all ages with the intent of embodying kindness is ourselves, others, and our communities.” That sounds awesome, but can you tell me more? What exactly is it that you do? How do you design an experience?**

Yes!

Over the years, I have found myself primarily providing guidance in three spaces:

Homes via personal development, partnerships, and parenting.

Organizations via leadership development and team building.

And Schools via bullying prevention and restorative practices.

In each space, a client connects with me and gives me an idea of what they’ve come to me looking for. While it’s different for everyone, as noted above, the common theme has always been that there has been pain, that pain has been perpetuated by not being authentic, and that being authentic is one the kindest ways we propel ourselves into happier states of being.

So, for each client that shows up in different ways.

As an example:

I’ve designed a 13-week in-depth exploration for women to journey with other women on the same intense transformation through topics like personality, purpose, values, time, embodiment, vision, needs/wants, pleasure, awareness, meditation, ritual, the divine, peace. It’s called Evolutionary Venus.

I’ve designed multiple experiences for small to large organizations at a local event and education center, Robin Hills, where the teams worked together through challenge courses learning each other’s personality types, leadership types, conflict types, and more.

I also work with the only evidenced-based bullying prevention program in the United States, Community Matters, to provide a 1–2-day training to staff and students.

**2. If an experience is designed, is it really an authentic experience?**

Yes! As much as it can be. While there’s always an agreed upon outcome, the journey to get there is designed around questions and curiosity. We’re always learning and growing. My

experiences are only a foundation for conversation, connection, and community to build the next steps together. I can never anticipate what roads we might go down in our journey together. It’s always as exciting for me as it is the participants. It’s so incredibly fulfilling!

**3. What does it mean to live authentically as yourself?**

We can live authentically as anything. It’s easy to authentically imitate others, or personalities, or traits. But, becoming aware of, appreciating, and authentically sharing with the world the unique gift that is ourselves, is likely the greatest sense of freedom we will attain in this time and space.

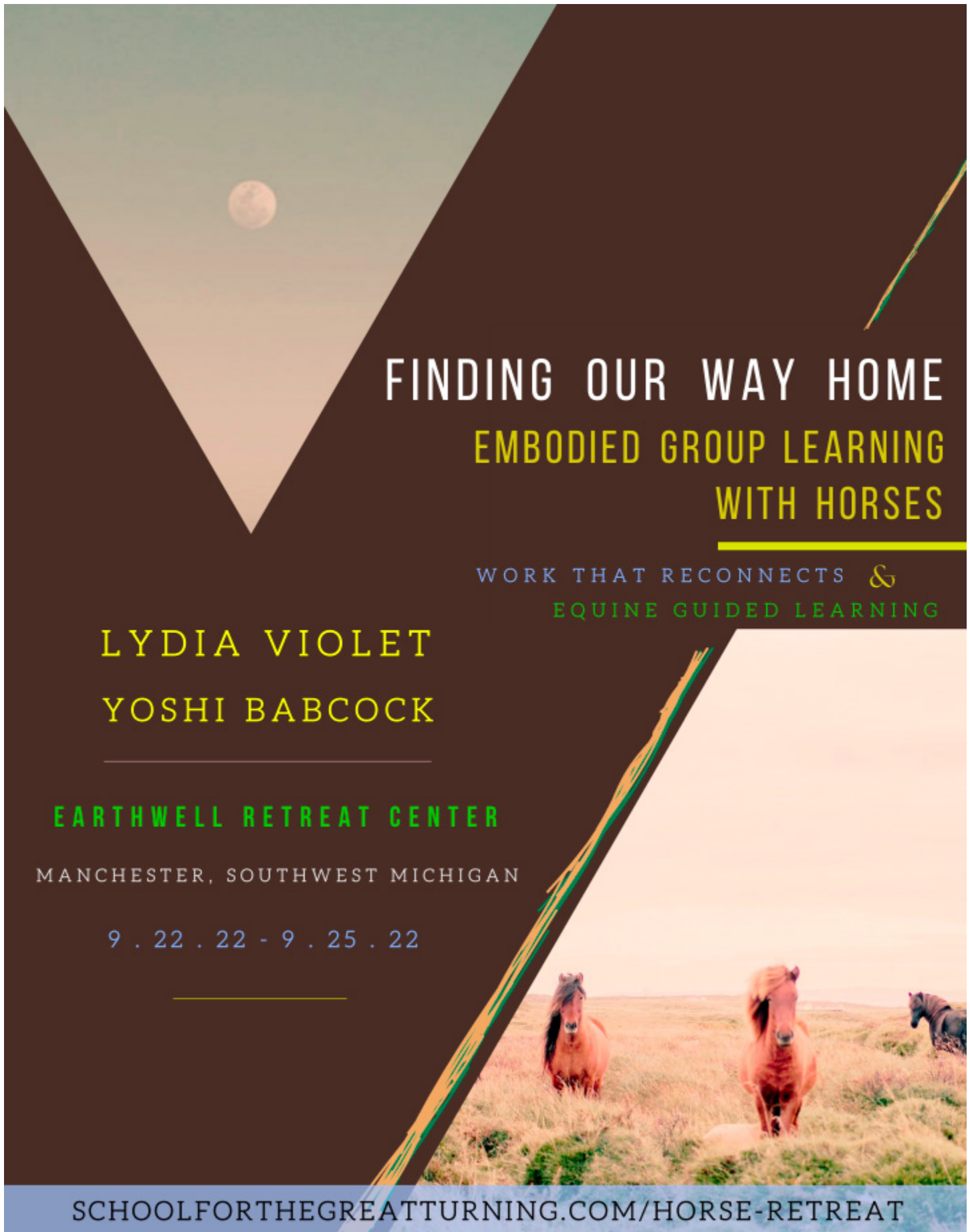
**4. What was it that made you want to help people become an expression of consideration, friendliness, affection, and love?**

I was severely mistreated throughout my school years and even into some of my work years. Identifying that the system of people was what was broken, not me, and that I was only one of many having a similar experience of pain is what made me want to help people become an expression of consideration, friendliness, affection, and love. I was convinced there had to be a better way. The masks everyone was wearing could only last for so long. Authenticity had to bring about grace in a way that changed how we interacted with one another.

**5. Tell me about your new book, *EmbodyKind*. What was the drive behind it and how did you choose the writers to include?**

*EmbodyKind* has been a driving force behind my work for some years now. I have been asked to write about it, and have desired to write, but have been intimidated to write and have felt as though I wasn’t yet ready. I wondered who would want to hear from me or how fast my words would become irrelevant. And I wasn’t sure how to organize a book being that I feel my work is always so collaborative and authorship can sometimes be seen as self-serving.

Brave World Healer, the publisher, became a perfect fit and opportunity given their collaborative approach. The format fit perfectly my style, story, and practice—how did you come to *EmbodyKind* in your life or work, and then what practice can you give the reader to do the same? The co-stars (that’s what I like to call my co-authors) I chose have all worked with me in some capacity personally or professionally or have worked with those that have worked with me. It all comes full circle. There’s some connection to the work of *EmbodyKind* to self and others and a commitment to authenticity from every writer.



**FINDING OUR WAY HOME**  
**EMBODIED GROUP LEARNING**  
**WITH HORSES**

---

WORK THAT RECONNECTS &  
EQUINE GUIDED LEARNING

**LYDIA VIOLET**  
**YOSHI BABCOCK**

---

**EARTHWELL RETREAT CENTER**  
MANCHESTER, SOUTHWEST MICHIGAN

9 . 22 . 22 - 9 . 25 . 22

---

[SCHOOLFORTHEGREATTURNING.COM/HORSE-RETREAT](https://SCHOOLFORTHEGREATTURNING.COM/HORSE-RETREAT)

From Our Current Issue



# BODY WISDOM FROM OUR ANCESTORS—COMBINING TRAUMA INFORMED MOVEMENT AND ART THERAPY

By Kate Roos

Awareness of the universal impacts of trauma on the mind, body, and society—large and small—has been growing over the past few decades. Fortunately, this awareness has promoted understanding of what type of approaches might help support healing as well. Some of these approaches were known by our earliest ancestors, including creating images, movement, dance, music, and singing. Today we call these expressive arts therapies.

As a registered art therapist for over 30 years, the beauty of art therapy to me has always been how available and accessible it is to anyone, regardless of ability or experience. Consciously or not, we are always editing the stories we tell about ourselves to align with our current experience. However, if we have had past traumatic experiences, or we were very young, our stories might be fragmented or beyond words, held as implicit memory, cognitively unavailable to us. Implicit memory may be the source for creating expressive and potentially healing artwork. In my early days as an art therapist, I was repeatedly awed by my clients' abilities to make unexpected connections and discoveries about themselves during the course of our work together, even though the expressive power of art is what drew me to becoming an art therapist in the first place.

I have also been a yoga student for over 25 years, most often practicing Iyengar Yoga at Yoga Focus in Ann Arbor. In the words of Mary Dunn, who was an Ann Arbor native and founded the Iyengar Yoga National Association of the United States, "People have incorrectly pigeonholed Iyengar Yoga into 'alignment, technique, props' rather than 'learning, experiencing, integrating'—which I think are the real words." In these words, I heard a prescription for healing.

Learning how to bring our bodies into alignment requires paying attention to where our bodies are in space, muscle tension, and inner felt sensations. Eventually, I would come to understand that implicit memories are held in our bodies and inform our posture and how we feel—or don't feel—our body. Implicit memory might be accessed in movement which dance therapists have always known. To me, this seemed similar to how implicit memory might be expressed in art therapy. Practicing yoga develops neural connections with the cognitive mind and the felt sensations in the body which may attune with our bodies' natural healing abilities. Could this be what is happening with creative expression in art therapy?

**IF WE HAVE HAD PAST TRAUMATIC EXPERIENCES, OR WE WERE VERY YOUNG, OUR STORIES MIGHT BE FRAGMENTED OR BEYOND WORDS, HELD AS IMPLICIT MEMORY, COGNITIVELY UNAVAILABLE TO US.**

My interest in learning and developing further awareness of felt experience to inform inner movement and posture during yoga practice and, more importantly, in my daily life, eventually led me to study Mindfulness Based Stress Reduction training developed by Jon Kabat-Zinn. Again, my attention was brought into my body, and my breathing. During body scan meditations—which in the beginning were my least favorite meditation—I slowly began to discover that by paying attention to places in my body that were tight or painful, while breathing, the tightness or pain would ease. Following these breadcrumbs down my personal path early in the Covid pandemic, eventually led me to learning about trauma sensitive yoga and earning certification as a Trauma Center Trauma Sensitive Yoga (TCTS) Facilitator.

Our current understanding of trauma is that it is a response of our brains and bodies to an experience or event that is deeply disturbing or distressing, and that it overwhelms a person's ability to cope. Traumatic experiences might contribute to emotional, physical, and cognitive problems. Research has also made us aware that traumatic experiences may be personal and specific, but trauma can also be experienced broadly through cultural and systemic biases, discrimination, and oppression. For some of

us, the pandemic has been experienced as traumatic due to loss of loved ones, feelings of vulnerability and helplessness, and a loss of control over our lives.

Choice making, invitational language, and shared authentic experience are several of the core elements of a TCTSY practice. The experience of trauma is disempowering. As a TCTSY Facilitator, I invite people to follow my movements during a practice, but they are also invited to make choices and move in their own way, depending on what they might notice in their own body, maybe a tight neck and shoulders, or shallow breathing. Sometimes people aren't aware of any sensations in their bodies.

I have brought the principles of TCTSY into practicing both movement and art therapy with my clients. I often choose to call this a movement practice, instead of a yoga practice, because I have learned that people assume that there are specific poses in yoga, or they believe they can't do yoga. (Similar to people's beliefs about their ability to make art!) But if someone can sit in a chair and move an arm or foot, it is possible to participate in TCTSY. The challenge of the practice is to feel safe enough to bring awareness to how your body feels.

In my practice, I offer the synergy of movement and art therapy, in a safe place for people who have experienced trauma; where they might feel seen and acknowledged. I offer to accompany clients as they explore and develop their inner awareness through making their own choices—choices about how to move or what art materials they might use to express themselves and develop a sense of embodiment, agency, and empowerment in their lives.

A session might begin with a brief seated movement practice to allow a participant to settle, ground themselves, become aware that they are breathing, and perhaps connect with how they feel in their body. Afterward, the participant is offered options for art making and creative expression. Someone might choose to make something with clay or mixed materials. Or the choice might be to continue a visual exploration of felt sensations through guided drawing. There is also the choice of only a movement practice or only art therapy.

Both trauma sensitive yoga and art therapy nod to our ancient ancestors who innately knew that the ability to heal exists within ourselves through moving, telling stories with images and performance, creating rhythm, making music, and dancing in the company of others, both as participant, and as witness, to be seen and acknowledged in the moment of embodiment and experience. This is offered by all the expressive arts therapies. For my practice, I chose the synergistic potential of art *and* movement, to open a safe space for people who have experienced trauma, when words aren't enough.

*Kate Roos has a Trauma Sensitive Movement and Art Therapy practice in Ann Arbor, where she sees teens and adults individually and in groups. She also provides educational and experiential workshops for mental health, medical, and body work practitioners, and also social service, education, and non-profit organizations. She may be contacted at [Kate-roos.com](http://Kate-roos.com) or [kate@kate-roos.com](mailto:kate@kate-roos.com).*



**Sacred Circle is a welcoming group at Unity A2 Church, facilitated by Joy Kauer. Kauer is a Reiki Master, licensed massage therapist, registered nurse, certified Healing Touch practitioner, and reflexologist.**

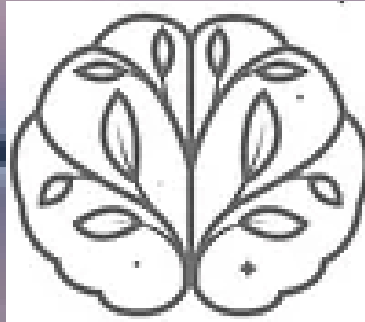
The group meets on the second Saturday of each month from 10:30 a.m. to noon and consists of 45 minutes of meditation followed by 45 minutes of Reiki energy sharing. Kauer incorporates a variety of experiences—sometimes drumming—often meeting outside when weather permits, and using a variety of energy modalities and teachings. She started the Circle shortly before the pandemic and kept it going via Zoom and outdoors in the Mill Pond Park in Saline while the church was closed to the public. She felt it was more important than ever to offer this type of support for people. As few as one person and as many as 10 have attended, she said. “Anyone can participate as long as they are interested. It will change your life for the better,” she added.

The group is beginner-friendly; Kauer joked that it is “kind of meditation and Reiki for dummies.” After a long career of nursing and massage therapy, she is now retired and helps care for her two grandsons. She said she wishes she knew about energy healing modalities when she was raising her own children, as she finds it very helpful with the three- and seven-year-old boys.

Anyone interested in joining can simply show up or can email Kauer with any questions. The only cost is a suggested love offering to the church. “Don’t be afraid if you’re not a reiki practitioner, never meditated before, or have trouble meditating,” said Kauer.



# Uncover, Empower, and Rejoice in the Qualities of Being Human



In this series of six weekly two-hour sessions, we will explore the five human Qualities of: gender, power, love, voice, and intelligence. Each session will follow a sequence of attuning, journaling, talking, chanting, and movement.

Cost – \$650. Contact Marcia at [mhaarer@comcast.net](mailto:mhaarer@comcast.net)

Co-leaders: Christi Bemister, PsyD, LP & Marcia Haarer, LMSW

Online via Zoom. Beginning January 2023.

A participant writes:

*Going through the varied steps while exploring a Quality, something uncontrived emerges. With each Quality, a knowing becomes apparent. What became apparent for me is this: these Qualities are an undeniable truth for each human being. No one can rob them from us. Even though inequalities and injustices may obscure the Qualities, they are there, ever present, and pure.*

—Deborah Bayer, creative writing teacher

We invite you to take a “deep dive” to experience the five human Qualities, while being in the support of beloved community.

The pandemic gave us the blessing to discover that we can connect and attune online with one another as deeply as we do in person. Without being in the same physical setting with one another, sometimes we “let go” even more deeply to the Unified field of Consciousness. When we do this as a group, we feel the depth of our connection within Consciousness. We open to our true identity.

Please, come dive with us.

—Christi & Marcia

# Crazy Wisdom Book Pick of the Week

*an excerpt from the new book, EmbodyKind*

## CHAPTER 1

# THE DISEASE OF NOT GOOD ENOUGH

NAVIGATING THE SYMPTOMS  
INSIDE AND OUTSIDE OF OUR BODIES

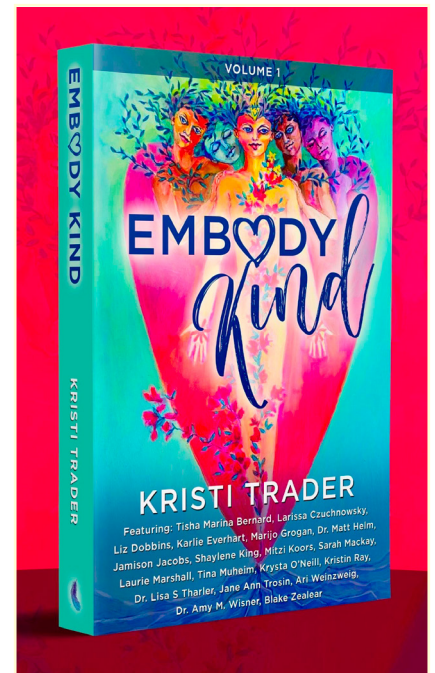
Kristi Trader, MS, Founder: EmbodyKind

## MY STORY

I rushed home from work in my mom-mobile, late, like every day—gas on the pedal, eyes in the rearview mirror looking for cops, voice trying to speak over my two boys on the other line of the cell phone. I pulled into the driveway with the expectation that everything should run smoothly. I gave clear instructions. But, alas, I'd always find something wrong. Just as I was programmed, nothing was ever good enough.

I walked in with the bag of work I needed to complete that evening. The dog was panting and slobbering all over my work clothes, and nothing I asked for was completed. The boys were not dressed for soccer. Nothing was out to cook for dinner. I peeked at their folders from school; no homework was done between when the bus dropped them off and when I got home from work.

I took a deep breath, threw something frozen in a pan, and yelled at the boys, “Go get dressed for soccer!” It wasn't minutes, and they were fighting



## 2 | EMBODYKIND

over whose clothes were whose. I swore we labeled all of them. I went to break up the fight. While I was in the back of the house, their dad came home and asked, “What’s burning?” *Awesome! I must not have put any water in the pan. Oops.*

I pitched the dinner into the sink. I got the boys into the car without their cleats on. They would have to figure that out while I took them through a disgusting drive-thru. It was the only option between home and the soccer field. They were late, and their cleats still weren’t on. They limped to the field through freshly rained-on grass. I didn’t get to change, so my heels dug, one-by-one, into the soft mud. I bent down to get one of their cleats tied, and Dad got the other one. “You’re late. Give me five laps!” The coaches were thrilled.

Everyone finally got situated, the kids on their bench ready to start their game and their dad and I on the sideline ready to watch the game. Then my pager went off. Yes, one of those ancient things. I walked back through the mud so I didn’t distract the parents watching the game, my heels, one-by-one, going in and out of the grass, and I called the number. It was my boss. She had a question about an excel spreadsheet. *Are you kidding me? A spreadsheet?* While excel can be my superpower, I worked for a hospital, I’m not a cardiologist. *Why was she paging me? Those things are for emergencies. Why did I even carry one?*

This was a recurring evening in our home, and I thought,

*If only my boss could have work set up so I could leave on time.*

*If only the boys could be dressed.*

*If only the boys could take something out for dinner.*

*If only the boys could have their clothes laid out and know whose is whose.*

*If only their dad could be home from work sooner.*

*If only their dad could throw something on for dinner.*

*If only their coach could start practice or games later.*

*If only my boss didn’t call me when I was with my family.*

I had an “if only” for everyone but myself because, beyond my spreadsheets, I truly felt like I was saving lives. Maybe not like the cardiologist. But, here’s what I knew at the time: one-third to one-half of

life satisfaction is derived directly from workplace wellbeing, engagement, and happiness. The assumption then is that more engaged and happy employees would yield community members, and thus communities, with greater levels of life satisfaction: happier people and communities.

My work was in organizational development. Specifically, one of my primary responsibilities was to develop and facilitate a curriculum to improve staff engagement results. I was seeing people's lives, families, work teams, and a community change. I told my boss, "When I facilitate these workshops, it's not uncommon for people to cry." She'd look at me strangely, shake her head, and state that she just couldn't understand why. "What in the curriculum would possibly bring about this reaction?"

And then, she attended one of the workshops and experienced the first activity we did to build trust. We sat in a circle and, for the first time, people who work in a team were asked to respond to questions I modified from the book, *Five Dysfunctions of a Team*: 1) Where did you grow up? 2) Tell us about your home life growing up: parents, siblings, where did you fall in order? 3) What was the most challenging thing about your childhood? 4) What is something unique about you?

By the time we got to question two, someone was crying, and my boss offered the staff member one of her special tissues. People had one, never been asked these questions at work, and two, never experienced someone listening as though they cared.

I loved my work so much, and I saw it changing people's lives. But I observed, in my department and in myself, that we were not walking the talk we promoted to the rest of our workplace. That ate at my soul. I should be clear, this was not uncommon. This is just one story of every place I worked up until this point.

Dr. Gabor Mate, author of *When the Body Says No: Exploring the Stress-Disease Connection*, says, "If you don't know how to say no, your body will say it for you." Dr. Mate's 11-hour *Masterclass for Healers* was integral to defining my practices I'll share in this chapter. His understanding and approach to the body-mind-soul connection are unlike any other medical doctor I have yet to learn from.

My body was saying no, and I felt it everywhere inside and outside of my body: physically, emotionally, and relationally. I thought the answer would

## 4 | EMBODYKIND

come from everywhere except myself because I was raised to be a “Yes!” woman, an extra-credit doer, a faithful volunteer, the classroom mom, send an extra dozen for the bake sale (okay, that never really happened), make a meal for the neighbor who had surgery, etc., all while working full-time and raising two boys.

I’m not sure our team ever did this exercise. But if we had, here’s what they would have learned about me. I grew up in Brownstown, Michigan. I’m the daughter of Curt and Laurie Biro, who remain married. I’m the oldest of three, and we all fit social psychologists’ definition of birth order and personality; the oldest: me, the middle: Curt, and the youngest: Kari.

The most challenging thing about my childhood was the disease of not-good-enough: part of being the oldest child and part of ancestral wounds. Oldest children are dominant and conscientious. We want things done now and right. Firstborns tend to be overachievers, and Dr. Michelle P. Maiden, a child, and family therapist, notes, “[We] often have an intense fear of failure, so nothing [we] accomplish feels good enough.” This is often passed down in families traumatically and unconsciously.

It started in first grade. I anxiously awaited my turn to get the envelope. I opened it quickly, did a scan, and my heart dropped. I wanted to cry. But, we weren’t a crying family. I think it showed weakness. So, I threw the envelope in my backpack, put my coat on, and lined up to be dismissed and walk home.

The 0.8-mile walk home felt like an eternity. My palms were sweaty, and I walked with a pout, grinding my teeth. I’m sure my cheeks were red, my heart was beating out of my chest, and my mind was swirling with all of the thoughts of what I could have done differently. I walked through the door and threw the envelope on the counter. My mom opened it, scanned it just like I did, and her first question was, “What is this?” pointing to the only B on my first-grade report card. She was given the disease of not-good-enough by also being the oldest child and through ancestral wounds. My smart ass said, “It’s the second letter of the alphabet.” This is the foundation of the disease that has wracked my body, mind, and soul for decades.

**THIS WAS AN EXCERPT FROM THE BOOK **EMBODYKIND** BY KRISTI TRADER AND FEATURING MANY LOCAL WRITERS. JOIN LEAD AUTHOR KRISTI TRADER AND HER STELLAR CAST OF CO-AUTHORS AS THEY SHARE ABOUT THE NEW BOOK.**

**THE AUTHORS WILL BE HERE TO SHARE THEIR WISDOM AND INSPIRATION WITH YOU. . . WITH A MISSION TO WAKE YOU UP TO WHAT’S POSSIBLE. JOIN THE FACEBOOK BOOK LAUNCH PARTY ON FRIDAY SEPTEMBER 30TH AT 10 AM. LEARN MORE ON THEIR FACEBOOK PAGE AT [HTTPS://FB.ME/E/3XVZPXL1Q](https://fb.me/e/3xvzpxl1q)**

## SOME THOUGHTS FROM THE CO-AUTHORS OF

# EmbodyKind

*Marijo Grogan is a psychotherapist working in the Ann Arbor area. She has created or participated in a variety of communal healing projects including a Day of the Dead Remembrance of Ancestors and Loved Ones, the Global Art Project, and Stories of Hope and Healing. You can reach her at: [marijogro@gmail.com](mailto:marijogro@gmail.com).*



What better medicine for releasing some of the pent-up energy that accompanied the pandemic than being invited into a circle of friends wanting to create something beautiful and meaningful to give back to society?

When Kristi Trader contacted me about the concept of contributing a chapter to the book *EmbodyKind*, it took me a while to wrap my head around the idea of this communal vision. Soon I was taking part in online writing classes designed to help myself and others fine-tune the piece we were bringing to the project. Enthusiasm and momentum grew as we heard each other's stories.

We came from different parts of the country, from different career and cultural backgrounds, and yet we discovered a common focus. I enjoyed the birthing process, and the helpful input we received from project coordinators. Kristi took on the role of mid-wife offering wise advice and support.

While my work as a psychotherapist does not focus directly on kindness practices, I found the communal practice of walking the labyrinth one that was good for the body as well as the soul. This labyrinth practice allowed me to expand compassion and loving kindness not only to myself and others but to the earth itself. Concerned about the "great divide" facing our society as well as the looming threat of the climate crisis, I found walking the labyrinth with an intention renewed my peace of mind, focus, and ability to forgive and stretch beyond the borders of my worldview.

Labyrinths ancient and new are found around the world. They are designs made upon the earth that allow us to wind in and out on a path taking us to the center and then back out again. While a maze might leave us confused and lost, one can never lose his or her way in a labyrinth. It is often referred to as a symbol of one's life journey—a process of taking in and letting go until a shift occurs leading us to a renewed sense of wholeness.

I look forward to the day when more healing takes place within our communities themselves. We are all learning old and new ways of surviving and thriving. Walking the labyrinth helps us look to the past for clues to the present and future.



*Jane Ann Trosin C.Ht. is a certified Hypnotherapist at [Alive2Thrive Hypnosis](http://Alive2ThriveHypnosis.com), Dietitian, Personal Trainer, Class Instructor, Reiki Master and her greatest accomplishment, Mother of three beautiful children. Learn more about her practice online at [Alive2ThriveHypnosis.com](http://Alive2ThriveHypnosis.com) or email her at [janetrosin@gmail.com](mailto:janetrosin@gmail.com).*

I wanted to be involved in *EmbodyKind* because of the worldwide escalation of mental health issues and this book has many applicable practices for a world that is struggling with mental health and kindness. Many mental health issues stem from someone at some point in their life being unkind. Imagine if we as a collective challenged ourselves to be more kind, even if only for a day to get started. I believe it would make a big difference in the world. Have you ever witnessed an act of kindness? I'm sure you have, and it made you feel good, and probably put a smile on your face. Embodying kindness and acts of kindness have a ripple effect. When someone does something nice for us or we perform an act of kindness, it makes us feel good and in turn, we do good for another. So, you can imagine that if we model and embody kindness, it will ripple out and continue to increase. This is our chance to change the world for the better, by helping people find alternative ways to make positive and productive lifestyle changes. It would be to our advantage to embody kindness by first learning to love ourselves and understand that in order to abide, survive and really thrive, each of us, because we are all one, would benefit greatly by adding kindness to our daily lives.

November 13th this year and every year, is World Kindness day. I challenge you to catch someone in the act of kindness...and you will, because, what you seek, you will find. One of the beautiful things about this is that anyone can be kind. It doesn't cost anything but your time and energy. You never know what your one act of kindness may do for another person. It may change their mood, their day, or even their life...along with anyone who witnesses it.

I believe that if you live from the heart, you can only act out of kindness; if you live from the heart, it is good for your heart.

Embodying kindness and doing the practices in this book will help you reset your reality and change the world.

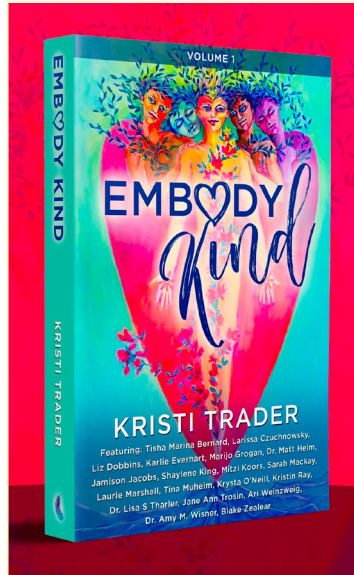
*Ave' Madiol Veneklasen is the artist and designer behind the cover of EmbodyKind. You can find more of her artwork at [www.studiodeepleyart.com](http://www.studiodeepleyart.com).*

Designing the cover for 'EMBODYKIND' was a Privilege. My vision was created as a result of a deep and meaningful dialogue with Kristi about her work.

As a visual artist I wanted the cover to convey the message of connection and deep love that I felt.

Radiating this message through my art is close to my heart.

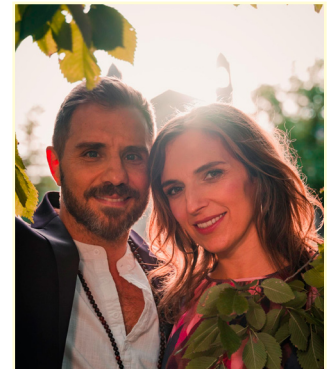
*Ari Weinzweig is CEO and co-founding partner of Zingerman's Community of Businesses, which includes Zingerman's Delicatessen, Bakehouse, Creamery, Catering, Mail Order, ZingTrain, Coffee Company, Roadhouse, Candy Manufactory, Events at Cornman Farms, Miss Kim and Zingerman's Food Tours. Weinzweig is also the author of a number of articles and books, including his most recent work, The Story of Visioning at Zingerman's: Four Visions, Forty Years, and a Positive Look Towards the Future. Learn more at [zingermans.com](http://zingermans.com).*



It's become very clear to me over the years that kindness is a critical contributor to the quality of life for everyone. It's true within our organization, it's true in our communities, and its true in the country. I was honored to be asked

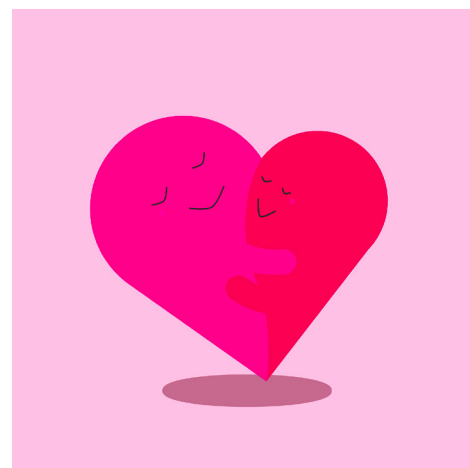
to participate and happy to contribute to such an important cause, and to be among such an inspiring collection of authors. Unfortunately, kindness rarely makes headlines nor do most organizations even talk about it. I hope that the essays in the book can help to make kindness a more prominent part of conversations around the country. Kindness is free, kindness is generative, kindness improves relationships, kindness improves energy—both for the person who receives it and for the one who gives it!! Perhaps best of all, in working on the essay, it became clear to me that we can make kindness a regular practice; a regimen that, like working out, we can get ourselves onto a regular schedule to get ourselves into "shape." In the essay I called it "The Art of Kind-Zen" to draw on the idea of kai-zen. In the same way that continuous improvement is something we commit to for the rest of our lives, so too, Kind-Zen is something can, over time, learn to assimilate into every action we take!! The more we make kindness a regular routine the healthier our world will be!!

*As relationship therapists and shamans with a combined 50+ years of education and experience, Matt Helm and Larissa Czuchnowsky unlocked the secrets to an intimately passionate relationship that is truly extraordinary. Matt and Larissa founded Relationships Thrive to help other couples thrive. Learn more on their website [www.relationshipsthive.org](http://www.relationshipsthive.org), and don't miss out on their upcoming couples event where you'll walk away from their workshop with tools and techniques to help you reignite your passion and set out on a path of legendary love. Register [here](#).*



Our experience working on this book was very positive. Working with Kristi and Brave Healer Publications and using their collaborative framework to create our book was really a community/tribe effort. Working with the team, I felt totally supported by Kristi, Brave Healer Publications, and our other co-authors. I felt we really embodied kindness as we worked to create this movement to embody kindness in all of the ways our book suggests.

For Larissa and I, we found this was a perfect platform to offer our unique way to Embody Kind in Relationships. Our chapter "The Awakened Couple" is designed to acknowledge that conflict is actually a positive aspect of relationships and intimacy and is the perfect place to "Embody Kind". A healthy/awakened couple knows that conflict is inevitable and their ability to resolve conflict is vital to the success of their relationship. Simply put, conflict is an opportunity for the deepest intimacy (in to me see). Couples who bring kindness to the intimate process of resolving their conflict tend to have powerful and strong relationships that lead to expansion, growth, and deeper love. We believe this is the highest form of relationship when each person takes 100% responsibility for cleaning up anything that gets in the way of their love. For us, the ability to Embody Kind in conflict leads to sacred and evolutionary relationships. In our chapter, we teach a 4 step process for conflict resolution that is grounded in Embodying Kindness for both oneself and ones partner while each commits and cocreates solutions that are built out of truth, love, compassion, understanding, and a commitment to loving each other consciously.



# The Crazy Wisdom Calendar

Biweekly



## ADDICTION AND RECOVERY

**Recovery Dharma with Various Leaders • Sundays • 12 - 1:30 p.m.** • Recovery Dharma welcomes all who are on the path to recovery from addiction of any type. By Donation. Zen Buddhist Temple is located at 1214 Packard Street. Call 734-761-6520 or email [annarborzemple@gmail.com](mailto:annarborzemple@gmail.com).

## ART AND CRAFT

**Westside Art Hop includes 90 local artists • October 1 • 10 a.m.** • **Ann Arbor's quirkiest art fair!** A cross between an art walk and an art fair, Art Hop springs from Ann Arbor Michigan's lovely historic West side neighborhood. Mostly local, but also national and international artists may participate. Many volunteer local hosts, more than seventy exhibiting artists, and of course, art-loving visitors, browsers and buyers, all enjoy a great day out! If you're thirsting for art and love the opportunity to meet artists and see a wide variety of high quality art and crafts, you've come to the right place. An interactive map will show venues and artists. Start at Venue 1, or at the last Venue and work back. Learn more at <https://www.westsidearthop.com/>.

**Subject Matters: The Water Cycle – The Not-So-Hidden Ways Water Impacts History, Culture, Our Bodies, and Our Homes • October 1 • 6 p.m.** This free event meets in-person at UMMA. Registration required. Register here: <https://events.r20.constantcontact.com/register/event?oeidk=a07ejcp36pl43bf6977&llr=uhlrs88ab>. It's the most powerful force on Earth, and a pretty powerful tool for art as well. Join UMMA's Associate Curator of Photography Jennifer Friess on an exploration of how water shapes communities and how artists are working to tell those stories. Subject Matters is offered in collaboration with the UM faculty who worked with UMMA to curate installations in Curriculum / Collection for use by their university classes. Together, we are bringing the UMMA classroom experience to you. You'll learn about the subject matter, about art, and you'll have loads of fun doing it. We hope to see you there. For more information visit <http://umma.umich.edu>.

## BODYMIND THERAPIES

**It's time to feel good!! With Robin Bosilovick • October 7 and December 2 • 4 – 7 p.m.** • Everyone receives a foot analysis, massage, Negative Ion demonstrations, all natural pain relief samples, and a 30 minute foot detox! \$25. Contact Robin at 517-395-5258.

**D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg's Clair-Ascension Kabbalistic Balance • Fridays • October 7, 14, 21, OR November 4, 11, 18, OR December 2, 9, 16 • 10:30 a.m. – 2:30 p.m.** • Through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with Angels, Masters of Light, trees, powerful Archetypes, and more. \$777 (pick any group of three dates above) + materials fee. Contact Karen Greenberg 734-417-9511, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## BOOK DISCUSSION GROUPS

**7 Notes Book Club with Rob Meyer-Kukan • First Thursday of the month • 7 - 8:30 p.m.** • The purpose of the 7 Notes Book Club is to meet together with other like-minded people to read books about holistic practices, health, meditation, and spirituality. Books to be read are: September - *The Miracle of Mindfulness* by Thich Nhat, October - *Anatomy of the Spirit: The Seven Stages of Power and Healing* by Caroline Myss, November - *Clarity and Connection* by Yung Pueblo, December - *The Complete Game of Life and How To Play It* by Florence Scovel Shinn. Open to anyone who likes to read and discuss the books they read. Donations. Contact 248-962-5475, [rob@meyerkukan.com](mailto:rob@meyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Jewel Heart Readers with Jewel Heart Instructors • Second Monday • September - December • 7 to 8:30 p.m.** • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free / Donations welcome. For this month's book selection and participation information, contact [programs@jewelheart.org](mailto:programs@jewelheart.org) or call Jewel Heart at 734-994-3387.

## BREATHWORK

**Morning Meditation and Breathwork with Shellie Powers • September through December, See Schedule on Website • All are welcome.** Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. See schedule on website. Single visit and packages available. Bring your own mat or pillow, and water. Options range from \$20 to \$200. Contact Shellie Powers, 734-926-8423 or 517-962-5378, or visit [powers365.com](http://powers365.com).





## BUDDHISM

### **Wednesday Meditation and Discussion with Ann Arbor**

**Karma Thegsum Choling • October 5 & 12 • 7 p.m.** • Weekly Wednesday evenings, 7 - 8 p.m. The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. Join in person or on zoom. Enter through back door, 614 Miner St, annarborktc.org. Free but donations accepted. Questions? Contact Pat 734-678-7549 aaktc@yahoo.

### **Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Weekly on Sundays from September 4 to December 25 • 11:00 a.m. to 12:00 p.m.**

• Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. Free / Donations welcome. To register visit [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs). For more information contact 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org).

### **Practical Buddhism: The Tibetan Approach, by Gelek Rinpoche and Gelek Rinpoche • Most Tuesdays from September 6 to December 20 • 7 - 8:30 p.m.**

• "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Sessions review Gelek Rinpoche's 2012 Sunday talks and into early 2013. Free / Donations welcome. To register visit [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387 or [programs@jewelheart.org](mailto:programs@jewelheart.org).

### **Sunday Meditation and Sharing with Still Mountain teachers**

• **Every Sunday • 10 - 11:30 a.m.** • Still Mountain is made of individuals and families from Ann Arbor and the surrounding areas. We strive to be inclusive, open to people of all ages, backgrounds, and experience. Our teachers are trained in Insight Meditation and come from multiple spiritual paths. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing/teaching related to the Dharma. Free. Visit [stillmountainmeditation.org](http://stillmountainmeditation.org) for more information.

### **Decisive Wisdom: The Four Keys (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg)**

**Corner • Saturday, October 1 • 9 a.m. - 1 p.m.** • Ignorance strongly insists on the intrinsic existence of oneself and all phenomena. With analytical precision, wisdom reveals this to be a false perception and establishes the dependent arising of all things as the ultimate reality. \$25 Jewel Heart members / \$30 Jewel Heart non-members. Pay what you can - no one turned away. To register, go to the Jewel Heart website at [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387 or [programs@jewelheart.org](mailto:programs@jewelheart.org).

### **Living With An Open Heart During Challenging Times with**

**John Orr • October 7-9** • Join us for an online meditation retreat with longtime Buddhist teacher John Orr. Throughout our lives many of us yearn for deeper love and connection.

There is something inside us which wishes for freedom and so we become increasingly willing to live our lives with an open heart. This path of love takes courage and the willingness to live in the moment and work with pain and difficult emotions when they arise. During this weekend retreat through mindfulness and heart centered meditations we will explore and practice the Buddha's path to awakening and compassion. By donation. Contact Still Mountain Buddhist Meditation Center at [stillmountainmeditation@gmail.com](mailto:stillmountainmeditation@gmail.com), or visit them online at [Stillmountainmeditation.org](http://Stillmountainmeditation.org).

### **Fall Retreat: 37 Dharma Wings for Enlightenment with Demo Rinpoche • October 7 and 8 • 8:30 a.m. - 8:00 p.m. • October 9 • 8:30 a.m. - 5:00 p.m.**

• The 37 Dharma Wings for Enlightenment are available for all Buddhist practitioners who want to follow Buddha's path. With the Four Noble Truths as the foundation of Buddha's teachings, the 37 Dharma Wings for Enlightenment form the basis of Buddhist practice. For a beginning level practitioner or someone who wants to form a stable basis for Buddhist meditation at a deeper level, this is the right place to step in. \$180 Jewel Heart members / \$225 Jewel Heart non-members. Pay what you can - no one is turned away. Contact Jewel Heart at 734-994-3387, [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

### **Indian Philosophies on the Eve of Buddha's Enlightenment with David Mellins, PhD • Saturday, October 22 • 10 a.m. - 1 p.m.**

• While systematic schools of Indian philosophy had yet to be formalized as textual traditions in the 6th century BCE when Gautama Buddha attained his enlightenment, the ascetic mendicant Gautama encountered, studied and ultimately refuted a broad range of doctrines professing pathways to wisdom and spiritual emancipation. This presentation provides an overview of these ancient Indian proto philosophies as evidenced by Brahmanical teachings such as the Upanishads as well as the more radical methodologies of yogis and homeless ascetics evidenced in Buddhist Sutra and Agamas literature. Students gain a more dynamic context for their study of the Four Noble Truths, dependent origination and the principle of karma, which provide the foundation for all levels of Buddhist teachings. \$30 Jewel Heart members / \$45 Jewel Heart non-members. Pay what you can - no one is turned away. To register visit [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org).

### **Master Class: Pramana of Dharmakirti: Logic and Reasoning - Part 3 with Demo Rinpoche • Thursdays • October 27 to**

**December 15 • 7 - 8:30 p.m.** • Reasoning and logic are essential in order to reveal what is in fact true and reliable knowledge. Pramana is a Sanskrit term that Hindi, Buddhist, and Jainism traditions use to refer to the elements necessary to recognize how knowledge is understood and how its veracity and reliability can be ascertained. Drawing from Dharmakirti's Compendium of Valid Cognition, Demo Rinpoche will explain various methods to help gain reliable true knowledge of the nature of reality as well as be able to discern the diverse understandings people may reach. Note: This program is a continuation of Demo Rinpoche's earlier Pramana teachings. \$85 Jewel Heart members / \$105 Jewel Heart non-members. Pay what you can - no one is turned away. To register visit [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org).

## CHANNELING

**Remembering Wholeness, Darshan with The Mother with Barbara Brodsky and The Mother • October 16, November 13, December 11 • 2 – 5 p.m.** • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. Zoom allows everyone to hear all my words. I speak to individuals, often what I say is applicable to many in the group. I will be offering from my own understanding the personal and the group messages that can most support the program participants. \$10-\$120 suggested for donation. For more information contact 734-477-5848, om@deepspring.org, or visit [deepspring.org](https://deepspring.org).

**Evenings with Aaron presented by Barbara Brodsky and Aaron • October 19, November 16, December 14 • 7 – 9 p.m.** • Evenings with Aaron meets once a month. All are welcome. Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. He reminds us that whatever appears in our lives comes as a teacher. We are here to learn and practice dynamic compassion, that is, to actively live in the world while always connected to our spiritual centers. Deep Spring Center focuses on how we can live with more wisdom and compassion. Our primary work includes meditation and spiritual inquiry. \$10-\$120 suggested for donation. For more information contact 734-477-5848, om@deepspring.org, or visit [deepspring.org](https://deepspring.org).

## DEATH AND DYING

**Death Cafe via Zoom with Merilynne Rush and Friends • Third Saturday of the month beginning October 15th • 10:30 a.m. – 12 p.m.** • All are welcome! Join us the third Saturday of each month for a frank discussion on death, dying, and life. Free. Contact [TheDyingYear@gmail.com](mailto:TheDyingYear@gmail.com) or visit [DeathCafe.com](https://DeathCafe.com).

## ENERGY AND HEALING

**Heightening Your Vibration: Alchemy (2-day class) with Karen Greenberg, P.T • Sundays, October 16 and 23 • 5:30 - 9:30 p.m.** • Some people have become depressed with the Covid-19 isolation, variants, and aftermath. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, Archangels, Angels. \$200 for both days. Contact Karen Greenberg at 734-417-9511, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com) or visit [clairascension.com](https://clairascension.com).

## HEALING

**Healing for the Healer with Rob Meyer-Kukan, Bri Babiera, and Alicia Clark-Teper • October 2 • 9 a.m. - 4:45 p.m.** • Healing for the Healer is a day of free opportunities designed to give back to those who care for others. We want to offer this opportunity to anyone who works in the healthcare system—doctors, nurses, PAs, therapists/social workers, administrators, janitors, and

all who work in the healing arts—reiki practitioners, massage therapists, intuitive readers, sound healers. FREE. For more information contact Rob Meyer-Kukan at 248-962-5475, or [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](https://7notesnaturalhealth.com).

**Moving Beyond Back Pain with Heather Glidden • October 5 • 5:45 p.m.** • People with back pain often know that they need to exercise more. Back pain is one of the most common complaints of our times, and research shows that one of the most reliable ways to eliminate it is through movement. However, when you have back pain, it can feel impossible to get moving. Every time you go to the gym, you get hurt or your back flares up, or worse, goes out, and then you're right back where you started. If you've tried to get moving and haven't been successful, then this program is for you! Until now this program has only been offered in a 1:1 setting, but this fall, join Heather Glidden of Constellation Body for this group program to help you move beyond back pain in a more affordable format with community support. This is a 7 week series running until November 16, 2022. For more information contact Heather Glidden, 734-274-9482, [heather@constellationbody.com](mailto:heather@constellationbody.com) or visit <https://www.constellationbody.com/backpain>.

**Focused Mind Meditation with John Friedlander • October 2, November 6, December 4 • 9 a.m. – 12 p.m.** • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. \$15. For more information contact Violeta Viviano at [mvaviviano@gmail.com](mailto:mvaviviano@gmail.com), call 734-476-1513, or visit [psychicpsychology.org](https://psychicpsychology.org). **Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher • October 4, November 1, December 6 • 7 - 8 p.m.** • For women only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$10. For more information contact Violeta Viviano at [mvaviviano@gmail.com](mailto:mvaviviano@gmail.com), call 734-476-1513, or visit [psychicpsychology.org](https://psychicpsychology.org).

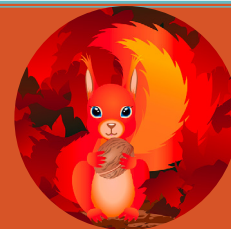
**Fall Intensive 2022 Webinar/Teleconference with John Friedlander • Saturday and Sunday, October 8 and 9 • 10 a.m. - 12 p.m. and 2 - 4 p.m. • Monday October 10 through Friday October 16 • 7 - 9 p.m. • Saturday and Sunday October 17 and 18 • 10 a.m. – 12 p.m. and 2 – 4 p.m.** • Deep sustained meditation and training, spending considerable time on each of the seven major chakras from a clairvoyant technical perspective. Prerequisites: Foundations Level 1 class, CD, or instructor's permission. For more information contact Gilbert Choudury at [gchoud@yahoo.com](mailto:gchoud@yahoo.com), or visit [psychicpsychology.org](https://psychicpsychology.org).

## LOVE AND RELATIONSHIPS

**4 week on-line Couples Workshop: Compassionate Communication for Couples with Lisa Gottlieb MSW and Rob Eames MA • October 10 • 1:30 p.m.** • This engaging and interactive on-line level I couples course is geared for couples who are looking for practical tools and practice time to improve their communication and bring more compassion and kind honesty into their relationship. This course is offered through the lens of Nonviolent Communication, based on the work of Marshall Rosenberg and the Center for Nonviolent Communication. Geared for newbies and those with some workshop experience. Follow the link for more information

# The Crazy Wisdom Calendar

Biweekly



and registration. <https://couplesfocus.corsizio.com/c/62c86654b4863afe423ed2d>.

## MAGIC

**Magical Herbalism: Plant Potions & Flying Ointments with Raphael Zahavah • October 9 • 5 p.m.** Discover the powerful spirits behind the poisonous plant folklore of European witchcraft. Many of the people burned as witches were actually midwives, healers, and herbalists – their secrets lost and distorted through the lens of history. This workshop will provide an introduction to some of the lore surrounding magical plants and a guided journey to meet the spirit present in these protective plant allies. We will finish by making a safe herbal salve or “witches flying ointment” for spirit work that you can take home and try out yourself! All supplies provided and all experience levels welcome. Contact Mara Evenstar at [evenstar.institute@gmail.com](mailto:evenstar.institute@gmail.com) for more information or visit <https://evenstarschalice.com/courses>.

## MEDITATION

**Peace Generator at Interfaith Center for Spiritual Growth • October 21, November 18, December 16 • 7- 9:00 p.m.** • Meditate, sing, dance, juggle—whatever you like to generate peace and harmony on for the planet. Free, but donations gratefully accepted. Visit [Interfaithspirit.org](http://Interfaithspirit.org) for more information.

**Day of Mindfulness Meditation with Esther Kennedy, OP • October 15, November 12th, December 12th • 10 a.m. - 2:30 p.m.** • Join our mindfulness community as we deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. \$35.00, with lunch Included. Contact Weber Retreat and Conference Center at 517-266-4000, or [webercenter@adriandominicans.org](mailto:webercenter@adriandominicans.org).

**Developing Patience and Compassion with Erica Dutton • Sundays, October 2 – October 30 • 5:30 - 7 p.m.** • This five-week class will offer teachings, meditation sittings, and an opportunity to share what you have learned. You can have an established practice or be new to meditation. Erica will take time in the class to teach Reflective Meditation, an open, gentle, receptive practice for those who are interested in learning this insight practice. Suggested donation- \$125 - \$200. For more information contact Erica Dutton at [eld0306@yahoo.com](mailto:eld0306@yahoo.com) or visit [ericadutton.com](http://ericadutton.com).



**Meditation Made Easy with Ema Stefanova • October 8 - 9 •** Beginners and all level students are welcome to join. You will learn how to successfully meditate, keep meditation practice interesting and fresh, and benefit from it in no time. \$199. For more information visit [yogaandmeditation.com](http://yogaandmeditation.com).

**Sound Bath Meditation and Gallery Reading with Rob Meyer-Kukan and Marcy McCourt • October 14 • 7 - 8:30 p.m.** • Join sound therapist, Rob Meyer-Kukan and Intuitive Healer, Marcy McCourt for this time of sound bath meditation including a gallery reading. In addition to the soothing sounds of singing bowls, gongs and more, played by Rob at your request, Marcy will share messages from loved ones, Higher Selves, Spirit Guides, Master Teachers, Angels, Elementals, and Animal Guides. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow). A limited number of yoga blankets will be available. Current Covid safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. \$50.00 For more information contact Rob Meyer-Kukan at 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Introduction to Mindfulness Meditation with Biha Birman-Rivlin and Ken Morley • October 17, 24, 31, November 7, 14, 21 • 10:30 a.m. – 12:00 p.m.** • Offered through Washtenaw Community College. Mindfulness is a gateway to lasting personal transformation. Learn about mindfulness and concentration in a kind and supportive environment, as you take the first steps toward establishing your own meditation practice. There will be a strong emphasis on cultivating an open heart as a support to experiencing the full benefits of mindfulness. All are welcome. Suitable for beginners and anyone seeking a refresher. \$65. For more information visit Contact Bilha Birman-Rivlin at [ybrivlin@att.net](mailto:ybrivlin@att.net), or call 734-330-9376.

**Candlelight Labyrinth Walk with Rob Meyer-Kukan • October 28 • 6 p.m.** • Join Veriditas trained Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ, Dexter, Michigan for a candlelight labyrinth walk. Fee by donation. For more information contact Rob Meyer-Kukan at 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Morning Meditation and Breathwork with Shellie Powers • September through December • See schedule on website.** • All are welcome. Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. Single visit and packages available. Bring your own mat or pillow, and water. Options range from \$20 to \$200. For more information contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit [powers365.com](http://powers365.com).

**Master Meditation with Ema Stefanova • Tuesdays, September through December • 6:50 p.m.** • Understand what types of meditation work best for you, and experience practicing a variety of techniques from the classical yoga and tantra traditions. Each student will get help in developing a successful home practice to suit their individual needs/goals; excellent text and audio are available for further study. For more information visit [yogaandmeditation.com](http://yogaandmeditation.com).

**Sunday Public Meditation Service with Temple Clergy • Sunday • 10 - 11:30 a.m. and 4 - 5:30 p.m.** • Join us in person or by live stream for group meditation practice and a dharma talk. Live stream at <https://bit.ly/a2zenyoutube>. By donation. For more information contact Zen Buddhist Temple at 734-761-6520, or [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Weekly Silent Meditation Practice with Celeste Zygmunt • Weekly Sunday • 11 a.m. – 12 p.m. and Tuesday: 9 - 9:30 a.m.** • We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the time is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions. Donation. For more information contact 734-477-5848, [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**One-Day Meditation and Yoga Retreat in Chinese with Master Zhong Hai (Winnie) • 1st Sunday of each month • 10 a.m. to 6 p.m.** • Half-day participants are welcomed. This unique one-day meditation retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation \$45 - \$100. To check dates and register, visit [TripleCraneRetreat.org](http://TripleCraneRetreat.org). For questions email [Office@TripleCraneRetreat.org](mailto:Office@TripleCraneRetreat.org).

**One-Day Meditation and Yoga Retreat in English with Master Zhong Hai (Winnie) or Kamakshi (Betty) Eller • 2nd and 4th Sunday of each month • 10 a.m. – 6 p.m.** • Half-day participants

are welcomed. This unique one-Day Meditation Retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation \$45 - \$100. To check dates and register, visit [TripleCraneRetreat.org](http://TripleCraneRetreat.org). For questions email [Office@TripleCraneRetreat.org](mailto:Office@TripleCraneRetreat.org).

## MOVEMENT AND DANCE

**First Friday Dances of Universal Peace with Judy Lee Nur-un-nisa Trautman and Drake Moses Meadow • First Fridays, September - December • 7 – 9 p.m.** • Circle dances and meditations with sacred words from the world's religions presented on Zoom or in person, when safe to do so. Free online. \$5 in person. For more information contact Judy Lee Nur-un-nisa Trautman at [jltrautman@sbcglobal.net](mailto:jltrautman@sbcglobal.net), or 419-475-6535, or visit [sites.google.com/view/a2-toledodup/home](https://sites.google.com/view/a2-toledodup/home).

## MUSIC, SOUND, AND VOICE

**Singing for Comfort at Interfaith Center for Spiritual Growth • Second Thursdays, September through December • 7 - 8:30 p.m.** • Raising our voices in song for comfort and peace. Free, but donations gratefully accepted. For more information visit [Interfaithspirit.org](http://Interfaithspirit.org)

**Katie Geddes and friends at Interfaith Center for Spiritual Growth • October 8 • 7 - 9 p.m.** • Katie sings traditional and contemporary folk, country-folk, and folk-pop tunes. \$10 per ticket. For more information visit [interfaithspirit.org](http://interfaithspirit.org)

## NUTRITION AND FOOD MEDICINE

**Cacao Journey with Alicia Clark-Teper • Every third Monday through December • 7 – 9 p.m.** • A Cacao Journey held by Alicia. The plant medicine of Cacao connects us with our hearts, our ancestors and Momma Gaia. We talk about the upcoming energies of the month, give thanks to our ancestors, connect to our hearts and flow with the bliss molecule Anandamide which is naturally found in Cacao. With every cup of ceremonial Cacao we replenish our cup with bliss, joy and compassion. \$35. Contact Alicia Clark-Teper at 734-945-5396, or [clarkteper@yahoo.com](mailto:clarkteper@yahoo.com), or visit [sacredlotusexperience.com](http://sacredlotusexperience.com).

## PERSONAL GROWTH

**Temple Stay, Visitor's Program and Residential Opportunities with Temple Priests • Ongoing** • Tailored to individual needs, the visitor's program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue a spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. \$60 per night, \$250 per week, or \$650 per month. Contact Zen Buddhist Temple at 734-761-6520 or visit [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

Get your event listed in the  
CW Biweekly  
calendar for **FREE**.

Send your listing in  
two weeks in  
advance!

[Submit your listing  
here.](#)



## PROSPERITY AND ABUNDANCE

**Abundance and Prosperity with Karen Greenberg, P.T. • Sundays October 2 and 9 • 6:30 - 9:30 p.m.** • Identify and work through limiting beliefs, lack mentality, scarcity fears, low-vibrational emotions of shame and guilt, feelings of unworthiness, self-sabotage, procrastination, and imbalances of giving and receiving that have contributed to your current state of affairs regarding cash flow, money management, and prosperity (your birthright). Define your dreams, set attainable goals, employ visualizations, affirmations, tithing, essential oils, the law of attraction, spiritual beings can do the rest! \$99 for both days. Contact Karen at 734-417-9511 or krngnrbg@gmail.com or visit clair-ascension.com.

## REIKI

**First Degree Reiki Class with Suzy Wienckowski • Saturday October 8 • 10 a.m. – 5 p.m. and Sunday October 9 • 10 a.m. – 1 p.m.** • Reiki is a gentle, hands-on healing practice that promotes balance and harmony on all levels: Body, Mind and Spirit. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. The First Degree class includes the history of Reiki, hands-on treatment form for yourself, and others, and four individual initiations. Certificate awarded. \$150. Contact Suzy Wienckowski at 734-476-7958, or suzyreiki@aol.com.

**Holy Fire Reiki I and II Certification with Celia Fellin • October 8 - 9th • 1 p.m - 6 p.m..** • Reiki Level I and II Training (Holy Fire® III). Reiki is a Japanese healing technique that promotes relaxation and stress reduction in order to promote healing of physical and emotional ailments. It is a technique that allows for little or no physical contact to share the healing benefits with others. Anyone can learn to use this healing modality on themselves and others. All you need is a willingness to learn. In just one weekend, you will learn Reiki Levels I and II and become certified to perform Reiki on yourself and others. \$350 Questions? Email: celia.yogacentric@gmail.com

## RETREATS

**SW Lake Michigan Three-Day Holistic Yoga and Meditation Retreat with Ema Stefanova • October 14 - 16; November 4 – 6.** • Our small group retreats are for total beginners, and pros who would like to experience classical yoga and meditation as a way of life, healing, and growth, and develop and refine their practice in an environment dedicated to peace. The Vivekananda Retreat Center has provided home for our retreats since 1991. It is located on 110 acres of beautiful non-farming land minutes away from Lake Michigan beaches. Lodging (some private and double occupancy rooms with shared bathrooms), vegetarian meals, expertly guided group classes are included in the cost. Register early to save. RYT200 and RYT500 teachers earn CE hours with the Yoga Alliance. The retreats also count toward RYT200 and RYT300 Teacher Training Certification through the Ann Arbor Yoga and Meditation School. \$479. Contact Ema at 734-665-7801, or EmaStefanova@cs.com, or visit YogaAndMeditation.com.

**Silent Half-Day Sittings with Marta Dabis • October 9, November 13, December 11 • 8:15 a.m. to 1 p.m.** • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 8:20 a.m., followed by dharma talk at 11 a.m. Donations are appreciated. Everyone is welcome. Can come for any portion of the program. FREE. For more information contact Marta at 248-202-3102, jissojizen@gmail.com, or visit jissojizen.org.

**Self-Realization Fellowship Regional Retreat with Self-Realization Fellowship Sisters Preeti and Ranjana • September 30 - October 2** • We are honored to welcome Sisters Preeti and Ranjana to Song of the Morning this fall when they will spend time with our community and offer a Self-Realization Fellowship Regional Retreat. The retreat will be open to all SRF lessons students and SRF Kriyabans. We hope you will join us! \$108 plus accommodations. Contact Song of the Morning Yoga Retreat at 989-983-4107, office@songofthemorning.org, or visit songofthemorning.org.

**Autumnal Paramahansa Yogananda Retreat at Golden Lotus School of Yoga Teachers • October 7 - 9 • 5 p.m.** • Immerse yourself in the sacred essence of yoga as taught by Paramahansa Yogananda; renowned avatar, author of one of the world's most acclaimed spiritual classics "Autobiography of a Yogi." It will include gentle hatha yoga classes, traditional Song of the Morning meditations, devotional kirtan, self-reflective workshops, nature immersions within our 800 acres of consecrated forest along the Pigeon River, and many other opportunities to calm the mind, open the heart and nourish the soul so that we may live victoriously in harmony with all. \$108 plus accommodations. Contact office@songofthemorning.org, or 734-983-4107, or visit songofthemorning.org.

**Private Directed Retreats with Joan Delaplane, Janene Ternes, Trudy McSorley, Joan Ebbitt, and Esther Kennedy • Monday, October 10 • 2 p.m. through Friday, October 14** • Step away from your busy days and retreat to Weber Center. Walk our labyrinth and outdoor garden, enjoy the quiet of the INAI gallery space, and find time to explore the spiritual questions of your heart. This retreat is for those looking for solitude and guidance. It offers time and space for prayer, quiet reflection and participation in campus liturgies (if Covid protocols allow). Each participant meets daily with a spiritual director of his or her choice. Commuter \$260. Double Occupancy \$325. Single occupancy \$425. This includes meals. Contact The Weber Center at 517-266-4000, or visit webercenter@adriandominicans.org.

**Private Directed Retreat with Janene Ternes • October 10 – 14** • Experience the serenity and clarity that comes from listening to God's Spirit within you. This retreat will provide time and space for solitude, personal prayer, quiet reflection and daily spiritual direction. \$475. For more information contact Janene Ternes at 734-347-2422, PrayerInMotionLLC@gmail.com, or visit prayer-in-motion.com.

**Yongmaeng Jeongjin (Intensive Retreat) with Temple Clergy • October 12 – 16** • Yongmaeng Jeongjin, which means 'Fearless Practice', is a period to free oneself from all worldly ties and absorb oneself completely in meditation. It provides a wonderful opportunity for discovering wisdom mind and developing a compassionate heart. It is usually reserved for those members with a serious meditation practice. Minimum attendance is two days. For more information contact Zen Buddhist Temple at 734-761-6520 or annarborzentemple@gmail.com.

**One-Day Zen Meditation Retreat with Temple Clergy • October 13 and November 26 • 9 a.m. – 5 p.m.** • This retreat offers sitting and walking meditation, simple manual work, a delicious vegetarian lunch, and rest – an interval of deepening, of slowing down, silence, and mindfulness. \$60, includes lunch. For more information contact Zen Buddhist Temple at 734-761-6520 or [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**In Person Retreat with Lou Weir • October 14 - 16** • The theme of this retreat is presence. Being present in each moment as a doorway to the spacious awareness that is us. The retreat will be a combination of silent sittings and led sittings with some time for questions and personal exploration. It is aimed at experienced meditators, but beginners may join with permission of the teacher. Donation based sliding scale. Contact Insight Meditation in Ann Arbor for more information or visit [insightmeditationannarbor.org/retreats](http://insightmeditationannarbor.org/retreats).

## SHAMANISM

**Introduction to Journeying with Connie Lee Eiland • October 2 • 10 a.m.- 4:30 p.m.** • This six-hour class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. \$70 until 9/17/22 then \$80. For more information contact Connie Eiland at 248-809-3230, [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Journeying Circle with Judy Liu Ramsey • First and third Thursdays of each month • 7 - 8:30 p.m.** • The circle meets twice a month to explore issues, ideas and feelings deeply through shamanic journeying. Shamanism addresses the spiritual aspects of healing and gives us a very different perspective that often includes personal healing and empowerment. One person's journey is everyone's journey. Come join a supportive, nurturing group experience for your own empowerment. Prerequisite: shamanic journeying skills. Circle is on Zoom. You must register prior to attending. \$25 per session or \$40 per month. For more information email [info@judyramsey.net](mailto:info@judyramsey.net) or visit <https://JudyRamsey.net>.

**Basic Journeying: the Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • October 22 – 23 • 9 a.m. – 3 p.m.** • Shamanic journeying is an easy and powerful tool to access spiritual information. You be introduced to shamanism and its principles for empowerment, healing and balance in your life. You will meet compassionate spirits who will support, protect and teach you in very gentle ways. Join us and learn to move through the world in a balanced and intentional way. This class is prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. \$150 per person/\$75 for repeating students. For more information email [info@judyramsey.net](mailto:info@judyramsey.net) or visit <https://JudyRamsey.net>.

**A Shamanic View of Death and Dying with Judy Liu Ramsey • October 28 – 30 • 7 p.m.** • One of the traditional roles of a shaman was to prepare the dying person for a good death, escort the souls of the deceased to their ancestors, and to help those grieving left behind. By doing psychopomp work, a shamanic practitioner can heal those who have passed and help suffering souls to be at peace. This advanced level workshop will provide opportunities to learn about helping people in the dying process, connecting with compassionate spirits to

do psychopomp, helping spirits of the departed after death, and experiencing your own beautiful death. Initiation and ceremony will anchor your learning. Prerequisite: Journeying Skills, Soul Retrieval. Suggested Reading: *Walking In Light* by Sandra Ingerman. \$250 tuition, \$250 room and board. For more information email [info@judyramsey.net](mailto:info@judyramsey.net) or visit <https://JudyRamsey.net>.

## SPIRITUAL DEVELOPMENT

**Monthly Midrash Study with Karen Greenberg, P.T. • October 9, November 13, December 11 • 1 – 4 p.m.** • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180 per month for the monthly study (one three-hour session per month); \$180 per month for the bi-monthly study (two 1½-hour sessions per month); \$180 per month for the weekly study (approximately three 1-hour sessions per month). Contact Karen Greenberg at 734-417-9511 or [krngnbg@gmail.com](mailto:krngnbg@gmail.com) or visit [clair-ascension.com](http://clair-ascension.com).

**Youthful Spirits class at Interfaith Center for Spiritual Growth • Sundays through December 25 • 1 – 2 p.m.** • Spiritual classes for young people. Free, but donations gratefully accepted. For more information visit [Interfaithspirit.org](http://Interfaithspirit.org).

**Akashic Records Advanced Practitioner Certification with Shellie Powers • October 15 - 16, October 25 - 27** • Advanced Practitioner Akashic Records Certification: Deepen your spiritual awareness by developing skills facilitating your transformation! energy healing, ancestral clearing, past lives: these are the foundational protocols for mining the Records and enjoying the benefits of this work. Experience the aliveness that can come through you as a result of your relationship with the Records. \$430. Contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit [powers365.com](http://powers365.com).

## TAI CHI, MARTIAL ARTS, AND SELF DEFENSE

**Chen Tai Chi Chuan with Joe Walters • On-going Monday and Thursday • 5 – 6:15 p.m. • Saturday • 9:30 - 10:45 a.m.** • Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Free. For more information contact Joe Walters at [annarbortaiichi@gmail.com](mailto:annarbortaiichi@gmail.com) or visit [annarbortaiichi.com](http://annarbortaiichi.com).

**Yang and Chen - Qigong and Tai Chi with Karla Groesbeck • Monday through Friday, Various times** • Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside, and Zoom. Yang Short and Long Forms, Chen Laojia Yilu. Various qigong sets and Zhan Zhuang. Free (Seniors); Low Fee. For more information contact Karla Groesbeck at 734-276-3059 or [info@taichilove.com](mailto:info@taichilove.com); or visit [TaiChiLove.com](http://TaiChiLove.com).



## THEATER

**Black Cat Cabaret at Neighborhood Theatre Group • October 21 and 22 • 8 p.m.** • Black Cat Cabaret is back with all new songs and scares. Join us this Halloween season...it'll be a scream! \$13-\$25. For more information contact [info@ntgypsi.org](mailto:info@ntgypsi.org) or visit [ntgypsi.org](http://ntgypsi.org).

## WRITING AND POETRY

**Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • October 23, November 27, December 18 • 1:15 - 2:45 p.m.** • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Free. Donations are appreciated. Contact Marta Dabis at [jissojizen@gmail.com](mailto:jissojizen@gmail.com) or 248-202-3102 or visit [jissojizen.org](http://jissojizen.org).

**Crazy Wisdom Poetry Series with Edward Morin, David Jibson, Lissa Perrin • Second and Fourth Wednesdays of each month • 7 - 9 p.m.** • All sessions are virtual and accessible through Zoom. See website for book listings and schedule. Free. Contact Edward Morin at 734-668-7523 or [eacmorso@sbcglobal.net](mailto:eacmorso@sbcglobal.net), email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com), or visit [cwpoetrycircle.blog](http://cwpoetrycircle.blog).

## YOGA

**Yoga + Wellness Virtual and In-Person Classes with Christy DeBurton • Ongoing** • In-person and virtual yoga and wellness courses: Hatha, Vinyasa, Yin, Yoga for HSPs, Aqua Yoga, Self-Care and more. For more information contact Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

**RYT200 and Advanced RYT300 Teacher Certification with Ema Stefanova • September 12 or Flex Start and Finish Dates** • Our programs are a cut above what commercial yoga studios offer. For more information visit [YogaAndMeditation.com](http://YogaAndMeditation.com).

**Iyengar Yoga with David Rosenberg • Weekly • Mondays at 6 p.m., Thursdays at 7 p.m., Saturdays at 10 a.m.** • Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. Free. For more information contact 734-994-2300, or [recedstaff@a2schools.org](mailto:recedstaff@a2schools.org), or visit [aarecedonline.com](http://aarecedonline.com).

**Compassionate Yoga - Remote classes with Mary Seibert • Wednesdays 4:15 - 5:30 p.m.** • Kripalu yoga is great for beginners and seasoned students. Classes are gentle and slow paced. Emphasis is on mindfulness, breath, postures, strength, and balance. Sliding scale. Contact Mary at 734-323-2520, or [compassionateyoga@outlook.com](mailto:compassionateyoga@outlook.com), or visit [compassionateyoga.info](http://compassionateyoga.info).

**Open Level Yoga with Michele Bond • September - December • Sundays, 4 - 5:30 p.m. • Tuesdays, 6 - 7:30 p.m. • Saturdays 10 - 11:30 a.m.** • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 if registered for fall semester, \$20 drop in with instructor's permission. Contact 734 358-8546, or [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Facebook Live Yoga and Meditation Class in English with Trevor Chaitanya Eller • Every Friday • 12 - 1:00 p.m.** • 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques followed by 30 minutes of sitting meditation. By Donation. No Registration Needed. For more information visit [TripleCraneRetreat.org](http://TripleCraneRetreat.org). or email [Office@TripleCraneRetreat.org](mailto:Office@TripleCraneRetreat.org).



## Crazy Wisdom Poetry Series

Hosted by Edward Morin,  
David Jibson, and Lissa Perrin

Second and Fourth Wednesday  
of each month, 7-9 p.m.

All sessions are virtual and accessible through Zoom.

Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link.



**October 26 – M. Bartley Seigel**, Poet Laureate of the Michigan UP, lives in Ojibwe homelands and Treaty of 1842 territory on the shores of Lake Superior. His poems appear in *Poetry Magazine*, *Michigan Quarterly Review*, and his book—*This Is What They Say*. He is Associate Professor of Creative Writing at Michigan Technological University in Houghton.

**November 30 – Richard Terrill's** seven books of poetry and prose take on subjects ranging from his work as a jazz saxophonist, to teaching English in a remote Chinese city, to imagined conversations with the past. His new book of essays, *Essentially*, seeks the "essential" in trout fishing, hearing loss, classic American movies, and much more. [www.richardterrell.com](http://www.richardterrell.com).



**November 30 – Patricia Barnes** writes, makes art, and watches the Detroit River from her home in Wyandotte. She has won numerous prizes in ten poetry contests and her work has appeared in *Peninsula Poets*, *The MacGuffin*, *Third Wednesday*, and *Water Music: The Great Lake State Poetry Anthology*. Her latest book of poems is *Cup of Home*.

## Crazy Wisdom Poetry Circle

The Poetry Series is open to all.  
There is never a charge.  
<https://cwcircle.poetry.blog/>

# Where can you pick up a copy of The Crazy Wisdom Community Journal?

Yes, Crazy Wisdom Bookstore is closing, but you can still find the Journal in many places around Ann Arbor and in surrounding areas. Here's a sample of places around town where you can pick up a copy of the current issue:

## Ann Arbor:

Ann Arbor Pharmacy  
Ann Arbor Public Library  
Ann Arbor Senior Center  
Arbor Farms  
Argus Farm Stop  
Balance Point Fitness  
Bio Energy Medical Center  
Booksweet  
Castle Remedies  
Center for Sacred Living  
Clark Professional Pharmacy  
El Harissa Market Cafe  
Enlightened Soul Center  
First Bite  
Fiery Maple Wholistic Healing  
Healing Hands Physical Therapy  
Integrative Healthcare Providers  
Jewel Heart  
Kerry Town Market  
Kouyate Healing Arts  
Leslie Science and Nature Center  
Matthei Botanical Gardens  
Michigan Theatre  
Mighty Good Coffee  
Move Mind-Body Fitness and Wellness Studio  
Nicola's Books  
Oz's Music  
Peaceful Dragon School  
Peachy Fitness  
Pharmacy Solutions  
Pointless Brewery and Theatre  
Roos Roast Coffee  
Sweetwater's Cafe  
Therapeutic Riding, Inc.  
Thrive Wellness Center  
Washtenaw Community College Student Center  
Washtenaw CC Health and Wellness Center  
Wine Wood Organics

## Ypsilanti:

Cross Street Coffee  
Cultivate Coffee and Tap House  
Evenstar's Chalice  
This, That, and Odder Things  
Twisted Things  
Unity Vibration Kombucha  
Ypsilanti Food Co-op

## Plymouth, Livonia & Canton

Earth Lore  
Yoga Practice Center  
Zerbos

## Saline:

Andrea Kennedy Center for Innovation and Education  
Earth Elements  
Eleanor's Sweets and Sodas  
Salt Springs Brewery  
Stony Lake Brewing Company

## Chelsea and Dexter:

Agricole  
Breathe Yoga  
Community Farm of Ann Arbor  
Corner Cup Cafe  
White Lotus Farm & Tsogyelgar  
Triple Crane Monastery

## Jackson & Lenawee County:

Essential Energies  
Divine Sanctuary  
Pegasus Spa and Leisure  
Free to Be Yoga and Massage  
DNA Sales 2100  
Gidrah's Mind Body Spirit  
A Healing Feeling Wellness Center  
Living Grateful



**Set expectations for yourself that are not based  
on what you believe everyone else is doing.**

—Julie Hage

