

THE CRAZY WISDOM COMMUNITY JOURNAL

ANN ARBOR'S HOLISTIC MAGAZINE

Issue 43

SEPTEMBER THROUGH DECEMBER 2009

FREE



What's Doing at Jewel Heart Tibetan Buddhist Center?

Gelek Rinpoche is Turning 70!

Kids in Motion –

A Look at Martial Arts Programs for Young People

Visiting “Pick Your Own” Farms

**What's New in the Community • Free Calendar of Local Classes
• Transition Ann Arbor • The *For Generations to Come* Project •
Questions for Sandra Moss about Ayurveda, and for the Krajovics
about Transformational Breathwork • Melanie Fuscaldo •
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with
Brenda Morgan, PhD

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About Brenda...

Brenda has gone through a spiritual change in which her direct perception and experience of Reality has been permanently transformed. This transformation has been called many things in the history of our planet, but the core of all descriptions of it includes the awareness that everything arises from a Mystery, the Unknown and Infinite Feeling that all is One. Her transformation brings deeper perceptions of reality and a broader vision of life and service to the earth and humanity.

For more information on upcoming events including retreats and public meditations please call or email:

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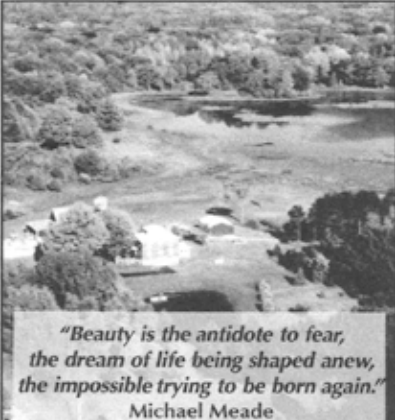
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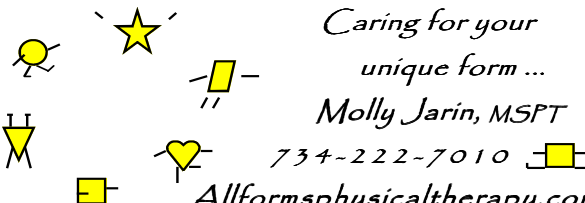
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The Crazy Wisdom Community Journal

Ann Arbor's Holistic Magazine

Since the Crazy Wisdom Blog to be a server as a center of information in the subjects of holistic health, the id is rap es, p y h g ,Bill sm,s p rita l d v l p m e h a d a c i o a s s . The Crazy Wisdom Community Journal is in e d d o v d i n o m a t i o n b t h t e r r i f i c a r r a y o f p t i n t i e s f o p r s e e k p y h g c a l a d p r i t a l g w t h a d i c a l w e l l b i g

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Calendar Submissions:

The deadline for free calendar submissions for the January issue is **Monday, November 16**

Ad Submissions:

The deadline for paid advertising is **Wednesday, December 2**

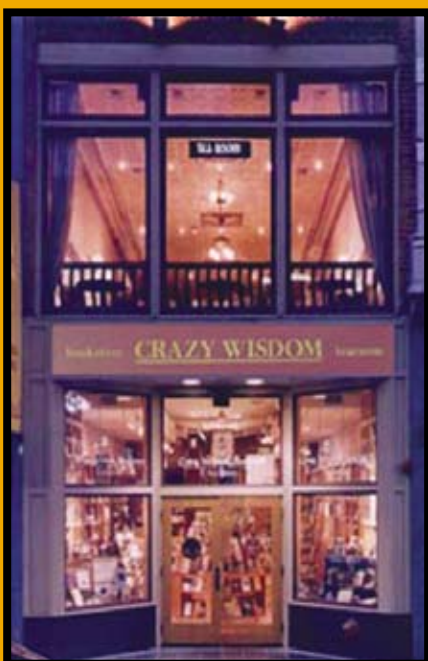
This issue will be distributed during the first week of December. The Crazy Wisdom Community Journal are published and available at our office as well as at more than 60 locations in the Ann Arbor area. Our membership is 46 and we're located at 1450 Main Street, Ann Arbor, Michigan. Our website is: crazywisdom.com



Sarah Abrams and Thea Bilich of Quest Martial Arts



"For Generations to Come Sanctuary is part retreat, part learning, and part environmental center."



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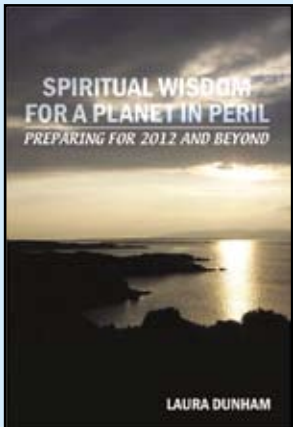
Crazy Wisdom Blog to be was founded by Bill Ziris in 1993. Crazy Wisdom, Inc., with help from Bill Ziris and his wife, is the publisher.

This issue of The Crazy Wisdom Community Journal was organized and edited by Bill Ziris. Cover Design: Carb Karr. Section Design: MaryRae P. Editor: Jennifer Eberbach. Photo: Lid Lawson. Photo: MaryRae P. Photo: Lid Lawson. Photo: Rachael Pastia. Photo: Sarah P. Photo: Bill Ziris. Photo: New Page Design: Carb Karr. The Crazy Wisdom Calendar, a collection of articles in this issue, are published on our website as of September 2010. Background information on the Teachers, Practitioners, Writers, and Authors listed in the Calendar are also published on our website as of September 2010.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Author Events at Crazy Wisdom Bookstore

Crazy Wisdom's Author Events provide a wonderful opportunity to discover new books, and talk to the authors about their work.

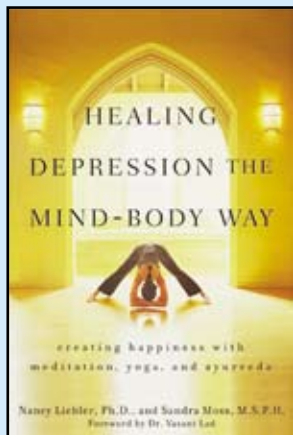
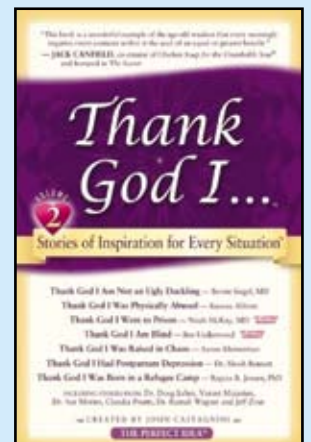


Sunday, September 20, 2 – 4 p.m. in the Crazy Wisdom Tea Room. Book signing and talk with Laura Dunham, author of *Spiritual Wisdom for a Planet in Peril: Preparing for 2012 and Beyond*. Detroit native and part-time resident Dr. Laura Dunham has spent a lifetime helping people make life-enhancing decisions. Throughout her careers in higher education, financial planning, and ordained ministry, she has been a recognized leader. As spiritual energy healer, teacher and author of five books, Laura shares her expertise with audiences worldwide.

Tuesday, September 22 at 7 p.m. in the Crazy Wisdom Meeting Room. Poetry Reading with Marvin Brandwin, from his book, *A Smorgasbord of Verse*. The Collection of poems is a potpourri of food related rhymes having ingredients of humor and empathy, at times seasoned with a pinch of cynicism. Marvin Brandwin is an Emeritus Professor of Psychology in the Department of Psychiatry at the University of Michigan

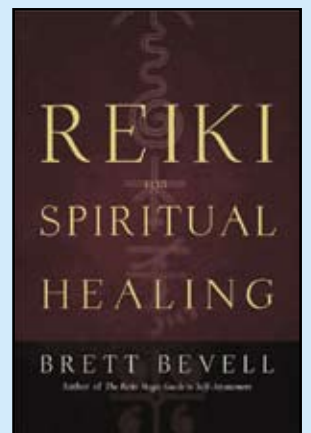
Sunday, October 11 at 1 p.m. in the Crazy Wisdom Tea Room. Book signing and Talk with Dennis Ortman, author of *Transcending Post-Infidelity Stress Disorder (PISD): The Six Stages of Healing*. This book is intended for the general public, particularly those who have been traumatized by infidelity and seek a way of recovery from the pain. Dr. Ortman obtained a doctorate in clinical psychology from the University of Detroit-Mercy and has been a psychologist in private practice for 17 years.

Thursday, November 5 at 7 p.m. in the Crazy Wisdom Tea Room. Book signing and talk with Nina Howard, author of the story "Thank God I Came from a Dysfunctional Family" which appears in the book *Thank God I... Stories of Inspiration for Every Situation, Volume 2*. Growing up in a dysfunctional family teaches us what we do not want in adulthood and often the situations we experience such as neglect, abuse or shame is the impetus for growth and puts us on a spiritual path. Being grateful for these experiences helps us to become a master of our lives. Nina Howard is the owner of Bellanina Day Spa & Institute in Ann Arbor, and she is an artist, healing artist and entrepreneur.

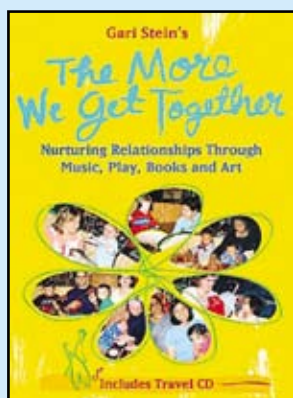


Sunday, November 1 at 3 p.m. in the Crazy Wisdom Tea Room. Book signing and talk with Sandra Moss, author of *Healing Depression the Mind-Body Way: Creating Happiness with Meditation, Yoga, and Ayurveda*. The book shines a new light on the darkness of depression by presenting specific anti-depression strategies designed to help you unleash your innate healing potential. This unique book offers a comprehensive step-by-step program for eradicating the root of depression from the physical, mental, emotional, and spiritual aspects of your being. Sandra Moss, M.S.P.H. is an Ayurvedic practitioner and a member of the National Ayurvedic Medical Association, practicing in Ann Arbor, Michigan.

Sunday, November 8 from 2 p.m. - 4 p.m. in the Crazy Wisdom Tea Room. Book signing and talk with Brett Bevell, author of *Reiki Magic Group Energy Healing*. Reiki Master and author Brett Bevell will read from his book *Reiki for Spiritual Healing* and demonstrate revolutionary techniques that are entirely new to the Reiki system. Techniques include how to access an amazing new tool called the *Universal Reiki Healing Grid*, how to create a *Reiki halo*, and how to manifest *Reiki holograms* for intensive healing. Brett is the author of four books and teaches regularly at Omega Institute for Holistic Studies in Rhinebeck, NY and at The Sanctuary in Koh Phangan, Thailand.

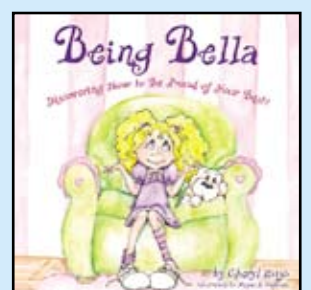


Kid-Focused Author Events



Saturday October 10 at 10:30 a.m. in the Crazy Wisdom Tea Room. Sing-A-long & Book Signing with Author Gari Stein of *The More We Get Together*. Join us for an interactive music and movement program. Together we will sing, dance, shake, wiggle, enjoy a book and share laughter and hugs.

Sunday, October 4 at 12:30 p.m. in the Crazy Wisdom Tea Room. Meet the author of *Being Bella: Discovering How to Be Proud of Your Best* and enjoy an interactive storytime with crafts and activities. Cheryl will read her motivational children's book *Being Bella* with the help of her audience. All children will create a "Proud of my Best" headband, sing songs, work on coloring pages, mazes and word searches that tie into the secret messages of the book.



**Crazy Wisdom Bookstore and Tea Room
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What's New in the Community

By ErE b r b ch

This ongoing column features upcoming events within our Ann Arbor/Ypsilanti and surrounding areas' Mind-Body-Spirit communities, new (during the past year) practitioners and holistic businesses, as well as new offerings by established practitioners and holistic businesses.

New Offerings by Established Businesses and Practitioners

The Lotus Center of Ann Arbor, a new integrative holistic healthcare clinic, houses a team of experienced independent practitioners whom offer a comprehensive and complementary selection of therapeutic services. Acupuncture is a safe, natural, and effective way to address a wide variety of medical conditions. The center also offers classes and workshops in meditation, yoga, and Tai Chi. "I wanted to create a safe and effective way to address a wide variety of medical conditions," says Brodie Burris, the center's founder. "I wanted to create a safe and effective way to address a wide variety of medical conditions."



Brodie Burris and some of the staff of the Lotus Center
(Back row, left to right: Anne Biris, Drew Schmieding and Brodie Burris.
Front row, l to r: Jody Kohn, Heather Sloan, Jeanne Ballew)

The establishment of the Lotus Center in Ann Arbor is a significant milestone for the local holistic healthcare community. The center's founder, Brodie Burris, has a wealth of experience in the field of integrative medicine. The center's services include acupuncture, yoga, and Tai Chi. The center's founder, Brodie Burris, has a wealth of experience in the field of integrative medicine. The center's services include acupuncture, yoga, and Tai Chi.

Some of the practitioners who work at the Lotus Center are experienced in their respective fields. The center's founder, Brodie Burris, has a wealth of experience in the field of integrative medicine. The center's services include acupuncture, yoga, and Tai Chi. The center's founder, Brodie Burris, has a wealth of experience in the field of integrative medicine. The center's services include acupuncture, yoga, and Tai Chi.

The multi-practice approach of the Lotus Center is a unique feature of the center. The center's founder, Brodie Burris, has a wealth of experience in the field of integrative medicine. The center's services include acupuncture, yoga, and Tai Chi. The center's founder, Brodie Burris, has a wealth of experience in the field of integrative medicine. The center's services include acupuncture, yoga, and Tai Chi.

Upcoming events at the Lotus Center include a variety of classes and workshops. The center's founder, Brodie Burris, has a wealth of experience in the field of integrative medicine. The center's services include acupuncture, yoga, and Tai Chi. The center's founder, Brodie Burris, has a wealth of experience in the field of integrative medicine. The center's services include acupuncture, yoga, and Tai Chi.

Licensed naturopathic physician Dr. Diana Christoff Quinn, ND, opened Naturopathic Women's HealthCare, last year. At that time, midwife Stacia Proefrock started working from the clinic. This spring, two more practitioners, psychotherapist Sierra Hillebrand and acupuncturist and Oriental medicine practitioner Stephanie Macey, joined the ranks. Diana and her staff are committed to providing a safe and effective way to address a wide variety of medical conditions.

Midwife Stacia Proefrock is a Trillium Birth Services provider and a certified midwife. She is committed to providing a safe and effective way to address a wide variety of medical conditions. She is committed to providing a safe and effective way to address a wide variety of medical conditions.

Psychotherapist Sierra Hillebrand specializes in life transitions, trauma, and anxiety. She is committed to providing a safe and effective way to address a wide variety of medical conditions. She is committed to providing a safe and effective way to address a wide variety of medical conditions.

Stephanie Macey is a licensed acupuncturist and Oriental medicine practitioner. She is committed to providing a safe and effective way to address a wide variety of medical conditions. She is committed to providing a safe and effective way to address a wide variety of medical conditions.

Continued on page 8



The staff of Naturopathic Women's HealthCare
(From left to right: Sierra Hillebrand, Diana Christoff Quinn,
Stacia Proefrock and Stephanie Macey)

What's New in the Community

Continued from page 7

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Personal fitness trainer Julia Collins, who owns Ypsi Studio, completed willPower & grace™ phase II training with creator Stacey Lei Krauss. The s g p ex rcise class cm b n s d n e, p m etrics, Pilates, a th set to ms ic. "It is o 6 th mo t ch llig g weaty, g o ia classes l'v eor tag ," sh say . Jli ia ad eb e Smith teacht h class eery Wed sd y, b g n g at (m ,a d s atn d y , b g n g t m .



Personal fitness trainer Julia Collins

The class is d b refo with weih s o tb s . Jli ia ep ais th t "th p lo b th class is b sedt h fact th t we sp th o t 6 n time inx b s th t are e rys p tie 6 g feet,s g feet,a k es,a d eg ted g t a little b t lazy." Work g rih re feet "streg h s g ms cles lik to h r aerb c class l'v eor tak j sh say . Th class emh sizes rely g n s'w nw eih to streg h n h g . "If g e g w th m re fficien ad s isteh way, g v ill g t streg r. Yu d t a ed o h v a b lb e q m eh . Th re's really t h gn o e efficien o mo e co n eh ,fo cry g l d ." Jli ia ex laims.

The class reij res a g eat d g ee 6 meh al ad p ical d scip in . Jli ia rep ts, "It's all abt mak g w p g ess," wh ch' is reallye mpv eriij . All fita ss lew ls are welcm e,a d td n s are en n ag d o' md fjt if g re n w, o g cam ak it mo e in es e after g v b erid g t fo a wh le," sh say .Fo mo e in o mativ sit StaceyL ei Kraus s' web ite, w wwv illp erfite om, o iv sit Yp i Stid th ia ,a t wwv p istid o om, o p th stid ca t (3 6 6 Th stid ci s lo ateda t 0 W.M ich g n A v . i d n w n Yp ilah i.



Growing Hope's Shalonda Casanova and Family

Ypsilanti-based nonprofit Growing Hope created the Four Square Society last summer, a research initiative aimed at supporting people who want to grow their own food on small 4 x 4 square-foot plots, especially in urban areas. In ig 6 fd g r m th Mich g n titu e 6 Clin cal ad l ealtR esearcht h h cb lab atie g an with h U 6 M Sch 6 So ial Wo k h y were ab e to s tall raised d fo 4 w -in m e or a in m e families in Yp ilah i,a th n o e are p an d o Fall. Th ia tall p o ect sp ies families with h b d ,a s well as seed , cm p t,a d h r sp ies,a t no e o t d h m.F amilies are also ssistedg rd n meth o s,w h eacht h m w to g w fd d p t th m alg h way.

The in tiativ was created s a commu ty b sed esearchp o ect "td idb wh t ch d g w ms mall p o s h h cm m n ty,frm th g d eel," ep ais Ræ r p arishw h o d n tes the p g am.P articip tigf amilies k ep rackb th ir p g ess h illig p e-test ad t-test sn e y ad b rih ig h ir p o ad sto ies ta b g Th s researchi s aimed t "id n ify g red p tign fig r d h p se 6 wh t is g g id n ify th st p actices,a d id g "if th g rd n acta lly mp v q lityb life oer th co se 6 o g w ig easn h say .

"On g l with h p o ect is tæ v n a llyt ak th s researcha th d h USDA ad h r majo fd rs,a d ch ab e tæ g g an ig h t will sb id ze th se fo wh eor it h cm m n ty ad it. We are acta llyt rly g o g n ze fo th t, reg rd ess if we g t fd g Ryare p ais . Th Fo Sq re So ietyi s cn reh ly cm p ligh ch act list 6 elig ble families ip ep ratid o p eh ial fu n e p o ects. If g re in erested th ig n sid red o th p g am o wb d ik to t eer, p Grov igH p (3 6 6 -6 email Ræ m t ræ @ g w ig n a t

Chiropractor and Master in Nutrition Response Testing Dr. Mark Perlmutter and Massage Therapist Michelle Clemens recently opened Ann Arbor Center for Natural Healing. Marle p ais th b a fits 6 cm b n g h se areas 6 ep rtise, h tatig Ch rp actics is certaih ya b mo e th ij s t p iji t's ab tra h alth ad r all h alth a s well.I t's a stru tu al way n Th m ritio s th ch mical way in Yp th e twd h g tæ th r adn dn assag to h t,a dn re really lb g t a cm p ete way o p t p p e im aih ain g d eg in g alth

Asid frm b ign ch rp acto fo th last h ars,M arlc d ts Nu ritio Resp e Testigv h cla llw s h m to' p p n tu ritio l d ficien ies," th h ms cle testig Th md lity h v s lo atig h althm s cle,s a lly it h arm, ad h m p j g ligh p essu e o r d fferen o g n . "If th re is sm e lackb p p r fu tin g it h t o g r h o g r p rceiv s a th eat ad aws resn ces away rm th arm th t l'm ms cle testig d h arm g s weak it h t m m eh .I f th re is r h eat,t h it h arm stay strig h ep ais . Th th p d s p tien s with h e fd p emen atiojn ep th c remeid es,a d r b ls,a d s els th m d h ir d et. Th clin c alsd ts classes th t ed ate p p e ab tu ritio

Mich lle Clemes 6 fers a flu l rag 6 massag serv ces in lid g n eg atie th rap tu ic massag ,p eg n ym assag ,m 6 ascial th rap ,a n m s cli ar th rap , h ad b d to th rap ,a d eflek g .S h also cts as a p tien ad ate d ig Mark s clin cal tu ritid s, p v d g n elig d ield g stis .F id t mo e ab th Cen er fo Natu al Healigh ia ,a t wwv h rp acto fo life. cm ,o p (3 2 0 Th clin c is lo ateda t 20 ak ValleyD riv ,S u te 0

Sun Moon Yoga Studio is offering "Multidimensional Yoga Therapy," a 500-level advanced professional yoga therapist certification program. Prev s cm p etidb a min mal 0 lev l certifiati n s req red æ n er th p g am.

Acco d g d rM d sfd rSd a O'Da ll,t h p g am "6 fers a strf d tit d h lpe lien s d h p ical, p y h emb ia l, ad p rita l l e w ls," sh writes. Grad tes are elig b e to eg ster with th Yg Allian e fo 6 -l e w l stats . Td idh mo e, v sit www. mli tid mes ia lg th rap c om o th st d d s mainw eb ite, a t www. sa m e g c m

Psychotherapist and Social Worker Jody Kohn has added yoga to her Wednesday evening chronic pain support group, which meets from 6 - 8 pm at the Lotus Center. Yg Is tru to Jan a Pb leyw ill p d "id v d lized s tru ting p es, b eath g d t elax tit h t p p e cart ak h m e with h m to eliev sm e b th ir p in Jd ay . Th first h lf d th g pa llw s p p e t d alka b ad h re th issu s th ya re h v gv it h ir ch n c cd tidF o mo e ifi o mati p th Lb s Cen er, a t (7 9 3 email Jd , a t seekinghealth@comcast.net.

Reiki practitioner, massage therapist, and energy worker Julie Neese became a Master in Usui Reiki this year. Sh ach e w d th s frm with n th sto s d Sto h g . S h is w d ferign n h y e w l I, I I, I I I, I I I, I I I, ad M aster Teach r Reik classes th h r b ia ss Neese Hb istic Th rap es, h p n men h y. Ju ie h s w r 2y ars d h alth are ep rien e, a d h als o p cializes in S h ats C n act h r h (7 6 6 email julieneese@msn.com fo mo e ifi o matin

The "Atlantean Crystal Healing Meditation" group gathers the second Wednesday of each month at the Lighthouse Center in Whitmore Lake, from 7 - 9 or 9:30 pm. Facilitato s Jd s h p r C h istia Fd , a d Re w red N o l Yk ns tarted h g th rig' t g v e w r p , e sp cially h alers, a p ace to ech rge ad lear s d h t th y a h al ad h ale d Jd v rites. Th med itati n ld s are p aa ti d Bi G ea sis cry tals, g d dn ed tati n d b essig M b h r Earth Th Lig h e Cen er is lo ated t E ast Sh e Dri e , Wh tmo e Lak .

Upcoming Events

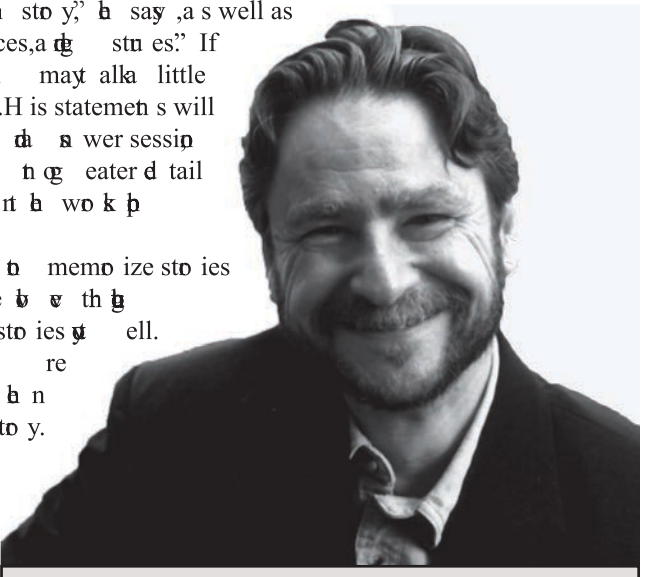
Storyteller, award-winning author, and practicing Zen Buddhist Rafe Martin is traveling from his home in Rochester, New York to share his insights at the Ann Arbor Zen Buddhist Temple the weekend of October 16th - 18th. Of r id y, O ct b r 6 h g n g a t n , Rafe will g v a sto y ellig rfo man e. Th h s sto y ellig v o k p n titled "Empv erig O n Liv s th g h Imag a ti d will o cn d atn d y, O ct b r 7 h r m a m - m . He will als o p ala t th temp e's Sd aym o n g erv ce, d O ct b r 8 h g n g a t m, a d h p ic is welcm e to rrie early d med itati n t 9 a m.

Martins ay th t sto y ellig s "are p o atio d o w ni mag a ti d h g a rratie ." He will tell sto ies frm th Bd st trad itia s well as tales frm o h r ch tn al trad itia . "I'll p b b y o s d h st sto ies, h som agb th wo ld s trad itia en er in d h s realm d wisch ad m p ssi d His sto ies will mo t lik ly n ld fascia tig atak tales, w h ch ell sto ies d th Bd 's p st liv s. Th se tales, w h ch h s in o p ated n on agb h s b , a re "v sia d th tras fo matie p en ial d e w r y l ife fo m ad v r y s tati n d ife," wh th r an mal, s p rit, t ree, e h ig ea d ag, b g r, o e m r b r.

Rafe's Frid ye v n p rfo man e is g ared w ar d all ag s, i n lid g h ld en wha re b d h s it u etly d ister' I a e r tell, I'll b tellig h s sto y th t" im d n e, h e p ais . H w e r, h say h s sto ies will "ex mia , e p d e, ad m h v isch ad m p ssi w h ch a re tw d th k y m ark d Bd st trad itia ing a ral?"

His wo k h d atn d y s "p r t ow riters, s to y ellers, t each rs, l ib arian s , p reh s, g ad reh s, o ag w h s in erest imm ak g to ies cm e alie ." h say . He will b g r t h wo k h each g v n to m em o ize th sto y," h rath r w to' v sa lize th sto y," h say , a s well as "th rb e d n d es, f aces, a d g stu es." If p rticip n s are in erest d mayt alla little ab h tow rite sto ies. H is statem n s will b fb lw eda q stia d a w er sessio wh chw ill allow h m t g n g eater d tail ab tp cs h b ig p r t h wo k p

Rafe e p ais th t h d s to memo ize sto ies b cas e "a re g g e b v th g y life," algv it h sto ies g ell. "If m em o ize it, t h n re stu kv ithv h t g d v h n g f rst started ellig sto y. Th t sto y i s g g d b teach g h ch i s tras fo mig a s a h n arb ig h say . He elab ated' M o tly m em o ize b cas e g re frig ea d Yu



Storyteller, award-winning author, and practicing Zen Buddhist Rafe Martin



Tibetan Buddhist teacher and spiritual leader, Gelek Rinpoche, is turning 70! (See article below, and feature on Jewel Heart on page 14.)

d t w a h t f o g t th sto ya d emb rrased th ic, b acta lly m em o ize g it mak s m o e w a rab e to mak gn istak s, w h reas, i f g ell it frm th h art, frm wh t g v acta lly seem d p rien ed n o a y in w w n im ag a ti d h n w h t emerg s is alway g g d b tra ad ig , a d an reb ld t as m ed d

Dn igh s talka t th Sd ym orn g erv ce, Rafe is p an g d o s d h st adZ e r h st sto ies im d r t e p o e w sto ies wo k w ar d "empv erig o im ag a ti n s p actitio rs," h say . Wh le sm e th k' reality s w r h re ad th t's wh t I w a h frm Zepa d sto ya d mag a ti n s w r h re, a d h t's fo k d , w h t I'm say g s, h Th im ag a ti n i d t eality re really h same th g acco d g d Rafe.

Ine lo igh e p ais th t sto ies "o g n ze n mid in o p tters th t h e co eq n es itw we liv ." Acco d g d m, "th ch a cters g v , t h e j y ad o r w s, t h ex itemen ad d n n es, a d ll d th th g g h g wh n a re read g b h arig sto ya re all g r t h rom , t h re are h y s d t h air, a d r t h b h re are h y u g es d h p g ." Fid t mo e ab Rafe th s web ite, www rafemartin om. Th An Arb Zen Bd st Temp e en o ag s p p e t h th m fo ifi o matia b p icig a p t n ties fo sch arsh p , a t (7 6 6 Th temp e is lo ated t 12 Pack r d treet.

Ann Arbor-based Jewel Heart Tibetan Buddhist Center will celebrate founder Gelek Rinpoche's 70th birthday with three days of special events, on October 24th - October 26th. Gelek R imp h , a n i n ara te lama with it h Gelg trad itio Tib tar B d sm, f led d id a fifty ars ag t th ag d d m d r t e scap Ch a se Cm min sm in Tib t, a d h s b erl iv g r t h An Arb area sin e th mid s. (O n d h s lg time std n s, An a Glaser, f d d Crazy Wisd Bb to e i d As may d o read rs w , G elek R imp h is wid ly s id red d an mp tan sp rita l lead r, Tib tar B d st teach r, lectn er, a d t h , a d h s in rd edn aj r t h West to Tib tar B d sm. He h s also b en is trm en al in p eservig Tib tan man crip s. Desp t h s p itip h is a h n b e maif' P e p e can w d r t d h Bd as mu h s th yw an , I d t care. B t n fo me!" h lag .

Ab h s life, h say , "Th g eatest j i m y l ife, s d ar, w as ch ld p r ticly arly h ld r t h mon stery," wh re h fd' a treme d learn g cap city, w d rflu frid , g eat masters, a d fah astic atmo p re th t was really free d th e p essn es h v t d y." In s p n r' g r p p e alway h v wisd . E v r y d a th t th g r g a rati d s may w o b th t d sh t meat h t b d r id as are rig . We say b dv isch 'b th g r g a ratio h s fah astic id as," h say , p n ig t me t p g waym y M ac Bk m p er as an ex mp e.

What's New in the Community

Continued from page 9

He admits that he's always been attracted to music with a strong sense of rhythm. It was really a pleasure to be able to tell him that each of us really has a unique rhythm. "I've never had a sense of rhythm before, but I find that teaching is so easy," especially with private lessons, which is to be expected. "I've never had a sense of rhythm before, but I find that teaching is so easy," especially with private lessons, which is to be expected. "I've never had a sense of rhythm before, but I find that teaching is so easy," especially with private lessons, which is to be expected.

GeleR imp h say th t Tib taru ltu e is "ind g r" at least imp rt b cas e "th lag g is v ry e d g red h re. Now th re is a g influ n e fr m Ch a ad u sid Ch a v r th o ig a l Tib tarl ag g." He ad , "Tib tarl iteratn e is su la richl iteratn e. It ch a is richl p rita l ifi o matio . Th s lag g is th y th lag g o Tib taru , b it ch a is tremed treasne fo th wh e wo ld He mak s th p n th t "w ah n t p esere d ess," g sturig d h western sty e clb h g wears. "If w ah n t p esere Tib t, h v t p esere lag g."

In his lifetime, he has seen Tib tarB d sm's recep in it h western wo ld tras ititf r m v rta llyw it o' p ar," wh ch attrib es to ts in o p atio n ch atn k l i tu e, t h o h d' Th n d h o b h r h d h v p p e lik Timb h Leary, R am Dass, a d b e p o b e d g l SD e p rimeh s at Har r l w b' k p th k g h t th ya re id sco rig n h rtered errito y," h e p a is . Th re ame "Hb ly d ad h n' all th artists fb lo e d h n ee r h lse." Td ay, h e sees scien ist s tak g n i n erest, h e e r "th ya re th l b g o cm p ssiq h ya re l b g o th wisch o th B d st mid Ultimately, a l t m o e p p e are familiar with B d ism w th n v h th first came to h Un ted S tates, "B d ism is still a strag r in may w ay." L b g tw ar d th fu n e, h can p ed ct wh t will h p r s tatig' It mig t cm e u th o h r ed s B d ism. It will cm e u as wh tever it is."

Despite Tib tarB d sm's "abstract" extension in the western world truly appreciates the level of commitment made by the Jewel Heart community to the arts. It is really a blessing. Above all, he wishes to thank the Ann Arbor area community for giving us the opportunity to be a part of the community. With the same commitment, he can do it.

GeleR imp h 's b r t d y e eleb atio w ill k cl o f r o ct b r h lw it h p r fo man e h h N b Yet Reaf o Eh ig em eh Play rs. O n h after d Oct b r B h Jewel Heart will b t a tea ad p tizer b r t d y e eleb atio Th th will b h edv it h Ten h Tib tarB d st lg life cerem , o ct b r B m e d th d tails are fo th m ig Jewel Heart en on ag s t p th m at (9 8 o fu th r d tails as th celeb atio p p o ch s. F ith mo e at www.jewelheart.org. Jewel Heart is located at 1900 Oak Valley Drive.

The Ann Arbor District Library will host a series of films that are likely to be of interest to our readers. Each of the three films explores the stories of individuals and communities, who face personal and collective challenges in today's social, political, and economic climate. The series is co-sponsored by the U of M Michigan Community Services Program, and each film will include a post-film discussion led by the CSP faculty, students, and special guests. All of these films will be held in the new Ann Arbor branch building, located at 1000 Fift Avenue. The schedule is from 6:00 - 8:00 pm.

On September 11, Bilal's Story tells the story of a Detroit high school senior, who is the only child of a Palestinian father and a Lebanese mother. The film is based on the life experiences of writer and director Sultan Sharrief, who will lead a discussion with the audience. Director M. P. D. S. Terri Sarris.

On October 1, "Asparagus: Stalk of the American Life" explores the fate of asparagus farmers in the Ohio Valley. The film is a collaboration between the filmmaker and the farmers. The film is a collaboration between the filmmaker and the farmers. The film is a collaboration between the filmmaker and the farmers.

On November 9, "Fremont, USA: A City's End" is a documentary about the city of Fremont, California. The film is a collaboration between the filmmaker and the community. The film is a collaboration between the filmmaker and the community. The film is a collaboration between the filmmaker and the community.

Yoga instructor and massage therapist Carrie Honore will lead "Yoga for Children with Special Needs" at Evolve Yoga Studio in Canton, every second Thursday of the month, from 11:30 - 12:15 pm. The therapeutic class is designed for children with intellectual disabilities, cerebral palsy, and developmental delays. Parents and children are invited to the class together. The class is a "low-impact" practice, and the class is a "low-impact" practice, and the class is a "low-impact" practice.



Bodywork practitioner and massage therapist Rachel Latvala

The second annual HomeGrown Festival will be at the Ann Arbor Farmers' Market, on September 12 from 5 - 10 pm. The festival's mission is to serve as a catalyst to increase local consumption of locally grown food and products. The festival will feature local/regional food and products, and local farmers will be there to share information about their growing practices. For more information, visit www.HomeGrownFestival.org.

Non-profit ONE PEACE is celebrating the United Nations International Day of Peace by hosting "Creating a World That Works for All," on Saturday, September 19th, at Schoolcraft College VisTaTech Center, in Livonia, from 1 - 4 pm. The event features special guest speaker and author Dr. Sarah Al-Jalal, "The Islamic Mediation" with Kati B. H. Presenting the Mediation and the World. E.L.G. Peace University is a charitable organization, as well as a Willoughby Elementary, a real estate agency, and a social service agency. The event will also feature a concert by the "The United Nations" choir. Visit www.ONEPEACE.org for more information.

Yoga Instructor Nancy McCoachen will lead "Yoga at the Wall" at Evolve Yoga Studio in Canton, on September 26 from 1 - 4 pm. The class will explore the benefits of wall yoga for posture, alignment, and strength. The class will explore the benefits of wall yoga for posture, alignment, and strength. The class will explore the benefits of wall yoga for posture, alignment, and strength.

Anusara yoga therapist Desiree Rumbaugh will lead a workshop at the Eagle Crest Marriott Resort in Ypsilanti, October 14th. From 10 am - 1 pm, she will lead "Yoga for Rescuers: From Pain to Possibilities," and she has recently released a DVD with the same title. From 2:00 - 4:00 pm, she will lead "Anusara Yoga: Shining from the Inside Out," which will include a discussion about the benefits of yoga. "Build the transformational power of the mind through the practice." Yoga is a beautiful practice. For more information, visit www.evolveyogastudio.com.

Art Therapist Susan Boyes will lead a new Mandala art workshop at Crazy Wisdom, on October 18 from 1 - 3 pm, at the New Market. She writes that the practice of creating mandala art is a powerful tool for self-expression and healing. The workshop will explore the benefits of mandala art for self-expression and healing. The workshop will explore the benefits of mandala art for self-expression and healing.

New Practitioners and Businesses

Bodywork practitioner and massage therapist Rachel Latvala is offering Rossiter System® workouts and sessions in Ki-Hara Resistance Stretching. In her sessions with clients, she aims at alleviating her physical limitations, and her clients' physical limitations as a massage therapist after graduating from the Ann Arbor Institute of Massage Therapy. "It is difficult to stay motivated. I want to find a more effective technique," she says. Rachel treated me and was essential in order to get me a taste of the lesser-known modalities.

During each my session with Rachel, she has been very helpful in describing the various massage. Not only is the massage very effective, but she is also a very professional and experienced in her field. She is also a very professional and experienced in her field. She is also a very professional and experienced in her field.

In her sessions with Rachel, she has been very helpful in describing the various massage. Not only is the massage very effective, but she is also a very professional and experienced in her field. She is also a very professional and experienced in her field.

Ki-Hara Resistance Stretching is a form of therapeutic stretching which the muscles are elongated by the resistance. Rachel tells. A session involves stretching the trainees "concentric training" in which the trainee resists the client's advice. The client wins, and resistance stretching "eccentric training" in which the client resists the trainee's advice. She explains. Aside from two previous sessions, Ki-Hara can be very effective in existing goals.

The goal of Ki-Hara is to create a muscular memory of the muscles as they are used. A muscle is a very complex structure and it can be trained to resist the weight of the body. The muscle is a very complex structure and it can be trained to resist the weight of the body. The muscle is a very complex structure and it can be trained to resist the weight of the body.

Personally, I find her sessions very effective. The exercises are very effective. The exercises are very effective. The exercises are very effective. The exercises are very effective. The exercises are very effective.

Susie Keat became a third degree Reiki Master practitioner of the Usui lineage and opened her business Inner Accord at TheraCare Therapeutic Massage and Healing Arts Center. She provides a combination of traditional and intuitive Reiki. She provides a combination of traditional and intuitive Reiki. She provides a combination of traditional and intuitive Reiki.

Susie was introduced to Reiki when she was living in Miami, Florida. When she was living in Miami, Florida. When she was living in Miami, Florida. When she was living in Miami, Florida. When she was living in Miami, Florida.



Reiki Master Susie Keat

Susie continues to receive Reiki treatments when she is in Ann Arbor, after living in Miami, Florida. She is also a very professional and experienced in her field. She is also a very professional and experienced in her field.



Master NLP practitioner, life coach, and small business coach Alje van Hoorn

Concentration is the key. We click just like I click. It's not about the time, it's about the quality. It's not about the time, it's about the quality. It's not about the time, it's about the quality.

Traditional Reiki is a series of hand positions at different locations on the body. Susie explains. Her clients are comfortable and sitting on a massage table. She stresses that Reiki is a natural healing process. I'm not a manipulator, I'm a facilitator. I want to help you feel better.

In intuitive Reiki, the practitioner uses their intuition to guide the energy. It's not about the time, it's about the quality. It's not about the time, it's about the quality. It's not about the time, it's about the quality.

Clients who receive Reiki treatments report a wide range of experiences. There is no standard way to feel. However, the most common experience is a sense of relaxation. It's not about the time, it's about the quality. It's not about the time, it's about the quality.

Susie makes a point to clarify, "I'm careful to stay neutral and not to state the obvious." If a client suffers from an illness and treatment, "it's not about the time, it's about the quality. It's not about the time, it's about the quality. It's not about the time, it's about the quality."

Master NLP practitioner, life coach, and small business coach Alje van Hoorn moved to Ann Arbor this year from Cape Town, South Africa, where he had been coaching for the last four years. His coaching style is centered around personal growth. It's not about the time, it's about the quality. It's not about the time, it's about the quality.

Alje explains, "Every human has the potential for greatness. It's not about the time, it's about the quality. It's not about the time, it's about the quality. It's not about the time, it's about the quality."

Another aspect of his coaching is the success stories of his clients. He is also a very professional and experienced in her field. He is also a very professional and experienced in her field.

What's New in the Community

Continued from page 11

Massage therapist Erin Pitman recently graduated from the Ann Arbor Institute of Massage Therapy, and he is now working out of TheraCare Therapeutic Massage and Healing Art Center in Ann Arbor and Achieving Health, a chiropractic clinic in Northville. He is trained in myofascial therapy, anatomy and therapy, Swedish massage, sports massage, and therapeutic assessment. Erin incorporates a mix of the modalities in his sessions with clients. "I've found that if someone is looking for something specific like Reiki or reflexology, from an experiential perspective, it's best to go with a traditional massage, but if you're looking for a therapeutic massage, then a myofascial therapist will be a better fit, with a client's individual needs in mind. I think the key is to find a therapist who can communicate with you and work with you to achieve your goals." Visit her at www.theracaremassage.com or call her at (734) 983-1111.

He participated in a myofascial workshop held at the Center for Integrative Health and Wellness. "Myofascial therapy is a hands-on approach to treating the body's fascia. It's a manual therapy that uses deep tissue massage to break up adhesions and restore the body's natural flexibility. I've found that it's a great way to relieve chronic pain and improve overall health. I'm currently working with several clients who have seen significant improvement in their symptoms after just a few sessions." Visit her at www.theracaremassage.com or call her at (734) 983-1111.

Receiving a massage is a great way to relax and rejuvenate. "I've found that a good massage can help reduce stress and improve circulation. It's a great way to take a break from the busy world and focus on yourself. I'm currently working with several clients who have seen significant improvement in their symptoms after just a few sessions." Visit her at www.theracaremassage.com or call her at (734) 983-1111.

Jungian analyst Cynthia Cuthbertson moved her private practice to Ann Arbor after working fourteen years in New York. She offers traditional Jungian analysis, as well as integrative approaches, including energy work, meditation, and breathwork. "I've found that Jungian analysis is a powerful tool for understanding the self and the world. It's a process of self-discovery that can lead to personal growth and transformation. I'm currently working with several clients who have seen significant improvement in their symptoms after just a few sessions." Visit her at www.cynthiacuthbertson.com or call her at (734) 983-1111.

Personal trainer Lynda Gronlund started her business BalancePoint Fitness in October of 2008, and she recently began offering classes at the Body Mind Spirit Wellness Center. Her classes combine cardiovascular training with flexibility and strength training. "I've found that a combination of cardio and strength training is the most effective way to lose weight and improve overall health. I'm currently working with several clients who have seen significant improvement in their symptoms after just a few sessions." Visit her at www.balancepointfitness.com or call her at (734) 983-1111.

training with a personal trainer, and he is now working out of TheraCare Therapeutic Massage and Healing Art Center in Ann Arbor and Achieving Health, a chiropractic clinic in Northville. He is trained in myofascial therapy, anatomy and therapy, Swedish massage, sports massage, and therapeutic assessment. Erin incorporates a mix of the modalities in his sessions with clients. "I've found that if someone is looking for something specific like Reiki or reflexology, from an experiential perspective, it's best to go with a traditional massage, but if you're looking for a therapeutic massage, then a myofascial therapist will be a better fit, with a client's individual needs in mind. I think the key is to find a therapist who can communicate with you and work with you to achieve your goals." Visit her at www.theracaremassage.com or call her at (734) 983-1111.

Astrologer, massage therapist, and bodyworker Heather Good runs Dharmaworks, and she is offering a variety of services, including astrology, bodywork, and massage. "I've found that astrology is a powerful tool for understanding the self and the world. It's a process of self-discovery that can lead to personal growth and transformation. I'm currently working with several clients who have seen significant improvement in their symptoms after just a few sessions." Visit her at www.heathergood.org or call her at (734) 983-1111.

Erin Fry opened Chelsea Resolution Services, a new personal growth and development practice in downtown Chelsea. She works with clients to help them achieve their goals and improve their lives. "I've found that personal growth and development is a process of self-discovery that can lead to personal growth and transformation. I'm currently working with several clients who have seen significant improvement in their symptoms after just a few sessions." Visit her at www.chelsearesolution.com or call her at (734) 983-1111.

Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue.

If you would like to submit information to be considered for this column, please e-mail Jen Eberbach at communitynews@crazywisdom.net or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, MI 48104.

The firm deadline for submissions for the next issue (January through April 2010) is November 1, 2009.

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Ann Arbor Holistic Resource Guide
Comprehensive. Useful. Trusted.
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The place to go for information about the holistic practitioners in the Ann Arbor area.

And if you are a practitioner, please join in. It's easy to get listed. And it's free.

The Ann Arbor Holistic Resource Guide was created by Crazy Wisdom to provide information about the terrific array of Practitioners and Teachers in the fields of Integrative and Alternative Medicine, Holistic Health, Spiritual and Psychological Growth and more... practicing in and around the Ann Arbor area.

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What's Doing at Jewel Heart Tibetan Buddhist Center?

We wanted to check in with Jewel Heart Tibetan Buddhist Center, to see how life has been for the Jewel Heart community over the last couple of years. So we connected with Kathy Laritz, long-time program director.

Bill Zirinsky: How long since Jewel Heart moved from its former location on E. Washington Street in downtown Ann Arbor to its new place on Oak Valley Drive?

Kathy Laritz: We moved from E. Washg d ate fall 08 d n o n a w h n e at th edf Decemb r 08 iths p cial ceremi es. We were ab e ts tep r ih in a p g ammigv h clg ateflu ly, c t ia d t Netu ral Z e adG ea sis fo th e few in erim week .

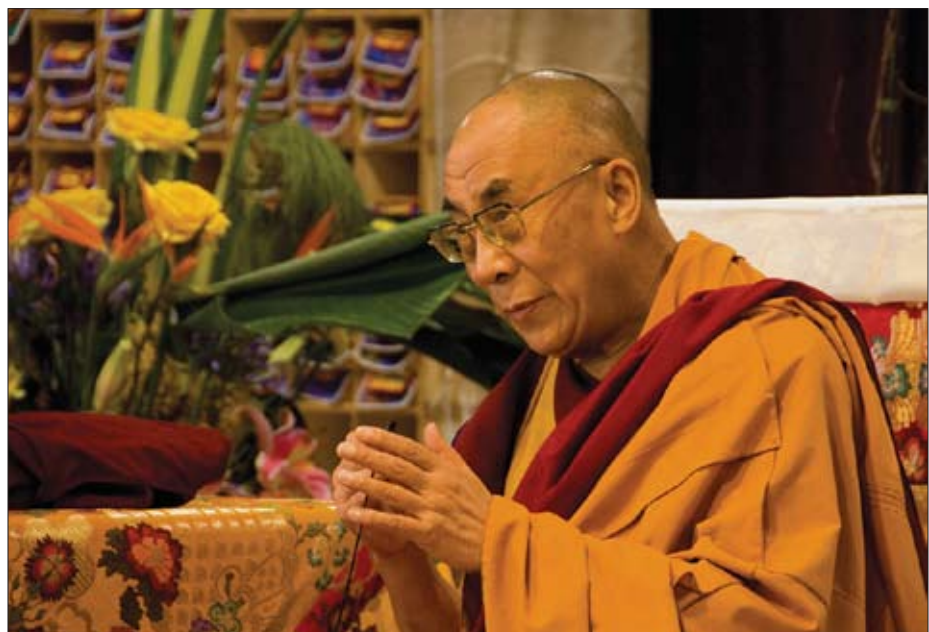
BZ: And how is it working out, so far, in your new location? What has been the most pleasant surprise for you all? And what has been most challenging for Jewel Heart in its new quarters?

Kathy Laritz: On a w lo atih s b em v ry p itie ep rien e. Th g h k d ss 6 mayh d ,we i ck ym ad th sp ce n w n ad esm edb reh ar p g ams,i n l d g each g yG eleR imp h , n fd r ad p rita l d recto .P ep e seem t b fid g ea silya t n a w lo atin A mu ha p eciatedl fferen e h s b er t h c e n en e 6 n p rk g b .

We h v b em b e th o t n mers wd rflu retreats,w o k p ,a d ee n s -w ee r th m o t p easan i v sit was H is H b ia ss th Dalai Lama wh th ia g atedh a w h n e ad h red d memo ies 6 h s ad Rimp h 's y h i l d y t g th r. We were v ryh edH is H b ia ss' i v sit ad p eciatedh s req st tR imp h ad Jewel Heart t e n ia th b a fits 6 seriv g p b e h s h rig h d rma.

BZ: This has been a year of economic turmoil, and certainly many non-profits have seen donations decline. Has it been a challenging year for Jewel Heart economically, and how has your organization met this challenge?

Laritz: It is certain ya ch lleg g ime,p rticli arly fo a p 6 its. We h v h l d r is ee n s ad g ass ro s activ ties ia l d gv eek y cm min ty k sales,a g wo k p v ithw o ld class g teach r Cij Lee 6 OmYg Center inN YC,a d n a p rigl sca siom Art,C reativ ty ad Tib tarB d sm withR imp h ,P h lipG lass, Fran escC lemen e ad Mich el Imp rib i,j s t t a me a few.



“...the visit by His Holiness (the Dalai Lama) reveals the rare treasure we have in Ann Arbor with Gelek Rimpoche and his teachings. Rimpoche lived and trained in a unique spiritual setting that no longer exists; that was forever changed in 1959. He is one among the very few living great masters from that world and amazingly, he is here in Ann Arbor today.”



“Our new location has been a very positive experience. Through the kindness of many hands, we quickly made the space our own and resumed our regular programs...”

As a memb r b sedh g n zati p v e welcm e ee r p t b cm e a memb r ad h l p Jewel Heart ch ia its gv o k m d tit t o p g ams,Jewel Heart also p ts mayc l u tu al adm an tarianc as es. A small samp igf o h n an tarianw o k i o ld s sp t fo g lamas stj g r d i a ad o sch s in Tib t,i o ld g m p a g fo h d cap d h ld en iL h sa ad h NamligC n yS ch s Prj ect, wh chb l d sch s fo ch ld en i d rserv d reas 6 Tib t. Th Prj ect aims t p m b e literacy,p esere th Tib tarl ag g ad l u tu e,a d ea b e Tib tan to cm p te and sn i v e in g eater Ch a . Jewel Heart sp ts th Prj ect th g h sale 6 Tib tan mad carp ts a ilab e at th Jewel Heart Sto e in An Arb ad at th Jewel Heart Sto e h ia .

Fia lly,w e recen ly b g ma lie i v d b o d ast sb crip i s eriv ce wh ch allow s th sb crib r th v easyc m p er access tR imp h 's lie teach g frm An Arb as well as o h r select ee n s. We l f o ward o ek ed g h seriv ce it h fu n e t o n ld reco d d each g .

BZ: Bringing the Dalai Lama to Ann Arbor in the spring of 2008 was a great and meaningful event for the spiritual life of this region. It was magnificent to see how deep is the community of spiritual strivers in southeastern Michigan, and the level of interest in the Dalai Lama's teachings. Looking back on it, what was most important for the Jewel Heart community in having hosted the Dalai Lama?

Laritz: O n h d t was very mp tan t o p t His H b ia ss ad o p o d ap t i n ty f o p p e tom eet h m ad h ar h s messag .H is H b ia ss' messag 6 cm p ssim dv isch is n g n lya ed d m wo ld t d y.

O n h o h r h d h i v sit H is H b ia ss ree als th rare treasn e we h v in An Arb withG eleR imp h ad h s teach g .R imp h lie d d traia d ma n q sp rita l settig h t d g r ek sts; th t was fo ee r ch g d H e is o amg h v ryf ew liv g eat masters frm th two ld th mazi g y,h is h re in An Arb t d y.D n ign o e th n G ars with Jewel Heart I h v sees cm app p e's lie s p itie ly ch g d h g h ir st d w itG eleR imp h . Th imp tan e 6 fid g a teach r 6 Rimp h 's q lity,s m ee w h e ar eliab y l p b ig mo e d rsta d g d m p ssio n o d il y l i fe,i s id ed are ad immeasn ab e.

BZ: Was the Dalai Lama's visit helpful to Jewel Heart, in an economic sense, in terms of raising money for the organization?

Laritz: It h case 6 His H b ia ss,a s with g st lamas i v sitig Jewel Heart, th mo y aised g s t d h g st.I n d ti p v itH is H b ia ss,h h s p iclye p essedh s wisht o all o g n zati s sp o igh s teach g th t th ep s es ad a m e b lau e o ad f th re is app 6 it,H is H b ia ss g v s it t e h rities.

BZ: How old is Gelek Rimpoche? And what are his short and medium-term plans in terms of teaching, leading your community, and so on?

Laritz: Inf act,w e will b celeb atigR imp h 's 0 th b rth y t h s v ar with sm e fia ctiv ties ia l d g ma fter a ea witha p tizers 6 d y, Oct b r 21 sp cial p rfo man e t h Not Yet Ready for Enlightenment



Photo by Peter van Wanrooij, courtesy of Jewel Heart

Gelek Rinpoche, founder and spiritual director of Jewel Heart.

“There is no plan for retirement for Rinpoche. He reminds us that there has never been a Rinpoche before that has retired... They all continue their work until the end of their life.”

Players can expect to attend y, Oct 17th and 18th. The traditional Tibetan Buddhist life ceremony will be held on Oct 18th.

Sh /med m p as remain the same with each g adh ic talk ch is ly in area and rd h wo ld at Jewel Heart ch p ers as well as ir esp e to i tatio with h r o g n zatio , b h d st ad a Bh st.R imp h also n ia st ch d b 9 retreats a y ar, in An Arb , New Yo k h Neth rlad , a d ig p e/Malay ia.

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Wh le Rimp h 's Cb lected Wo k d trans crip s i th d m ch ia to g w ,h is also wo k nga a w s ch d ed o b p ish d ate a k y ar.S tay a d

BZ: Jewel Heart is a dynamic Tibetan Buddhist teaching center, both on a local level, and nationally and beyond. Does Jewel Heart have a succession plan in place --- as to who will lead your community when Gelek Rinpoche retires or becomes significantly less active? Or is that already in place now?

Laritz: Th re is th ar f o retirement fo Rimp h .He remind s th t th re h s a v r b em Rimp h b fo e th t h s retired d fers ex mp es su la s Ch m Trg Rip h ,t h Dalai Lama,t h Karmap ,a d frie d with v p sse d u la s Gesh Tslu trim Gy ltsem Rib Rip h . Th ya ll ch ia th ir wo ka il th ed th ir life.

Wh it h time cm es,t h re are a m b r o p p e th t w b d tu a d tof o ia tan e, Ven rab e DemR ip h ad h rs wh re lik d withR imp h at th Ny g e Kh mtsem d l o eling C b leg s/Ma stery, wh re th re are p en y o p m ig B d st sch ars wh re also r sed irE h ish Th re are also an w estern teach rs th t will wo k id s id with h Tib tan frm Ny g e Kh mtsem Teach rs with v b env o k g withR imp h fo d y ars adh esen ig n Jewel Heart ch p ers with m th sid of th US ,a s well as o h r v a s. S m e lo al ex mp es are An a Glaser,S a F ih l, Hartmu Sah la, S p Co a r, a d Ty Kigv iths om am o e h re adh sid of An Arb . Th re are a v a s fo su ccessio ith th hv estera d asterl ia g s.

BZ: Is Jewel Heart offering some new programs this year which you are particularly excited about, and which you'd like to share with our readers?

Laritz: Yes, we have a few things to share -

On is n wo kv it h ferign ed tatio a tru tid o p e in arcerated We are sch d ed o v d n mid l a ss med tati p g am at Jack r P rist h s fall.S imilar mid l a ss med tati p g ams of fered at th Wash ea w Fo en ic Cen er were mu h a p eciated th d sire was ep essed o p g ammig o staff as well.

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We are v ry e x ited b th ad n ag s of v d th o d astig d b fo ward m o e p p e b ig b e t a ccess th teach g ,wo k p ad retreats; p p e w m ya ve o h rwise b er r icted g ap cm mitmen s o h alth th max h lleg s we ep rien e im b y wo ld d y.

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BZ: Thanks, Kathy.



Aura Glaser, Gelek Rinpoche, and Sandy Finkel in the autumn of 1984 at their home in Dexter, Michigan, during Rinpoche's first visit to Ann Arbor.



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Questions for Tom Egan about the For Generations To Come Project



“For Generations to Come Sanctuary is part retreat, part learning, and part environmental center. Most important is a particular emphasis placed on deepening relationships to things that matter most.”

(We thought readers might be interested to know more about the For Generations to Come (FGTC) Sanctuary project, which is taking root on a magnificent piece of land in Manchester. We asked Tom Egan, Executive Director of FGTC, to help explain the project to our readers)

Bill Zirinsky: Tom, please tell our readers about the For Generations To Come project.

Tom Egan: For Generations To Come (FGTC) Sanctuary is located on a 38-acre parcel in Manchester, New Hampshire. The land was previously owned by Clark and Avis Spike for 38 years. Clark and Avis were very conscientious and attentive in the way they tended to the land and helped to begin to transform the property from an ordinary parcel to an extraordinary nature sanctuary. FGTC is a part retreat, part learning, and part environmental center. Most important is a particular emphasis placed on deepening relationships to things that matter most. FGTC’s three main program areas are Lifestyle Balance, Food Health and Education, and Land Stewardship. The ultimate vision is to bring the land back to a state of natural balance and to create a sanctuary for future generations.

“Dr. Clark and Avis Spike previously owned the land for 38 years. Clark and Avis were very conscientious and attentive in the way they tended to the land and helped to begin to transform the property from an ordinary parcel to an extraordinary nature sanctuary.”

BZ: And did this project originate before your organization purchased this land on Grass Lake Road in Manchester?

Tom Egan: FGTC officially came about 2 years ago when the Manchester-based Grass Lake Road Therapeutic Community Center, an organization that provides services to individuals with mental health issues, purchased the land. The center had been using the land as an outdoor classroom and as a place for people to walk and hike. The center’s goal was to create a natural area that would be a place where people could connect with nature and each other.

BZ: I know, personally, from having walk this land four or five times, that your land on Grass Lake Road is very special, very magical and captivating, very diverse. Please tell us about the land.

Tom Egan: This land is a magnificent presence and diversity of wild natural features. It rests at the edge of the Shattuck Hills in Manchester and is home to a variety of ecosystems, including wetlands, streams, and fields. There are also several trails that wind through the property, providing a variety of experiences for people.

There is a beautiful, historic landscape area with natural beauty (FGTC) that is a part of the project. The land is a beautiful landscape with a variety of ecosystems, including wetlands, streams, and fields. There are also several trails that wind through the property, providing a variety of experiences for people.

BZ: And who owned the land before the FGTC project became involved?

Egan: Dr. Clark and Avis Spike previously owned the land for 38 years. Clark and Avis were very conscientious and attentive in the way they tended to the land and helped to begin to transform the property from an ordinary parcel to an extraordinary nature sanctuary. FGTC became involved in the project in 2008, as well as the celebration this past June. Please tell us about both days.

BZ: You also had a public celebration out on the land in June of 2008, as well as the celebration this past June. Please tell us about both days.

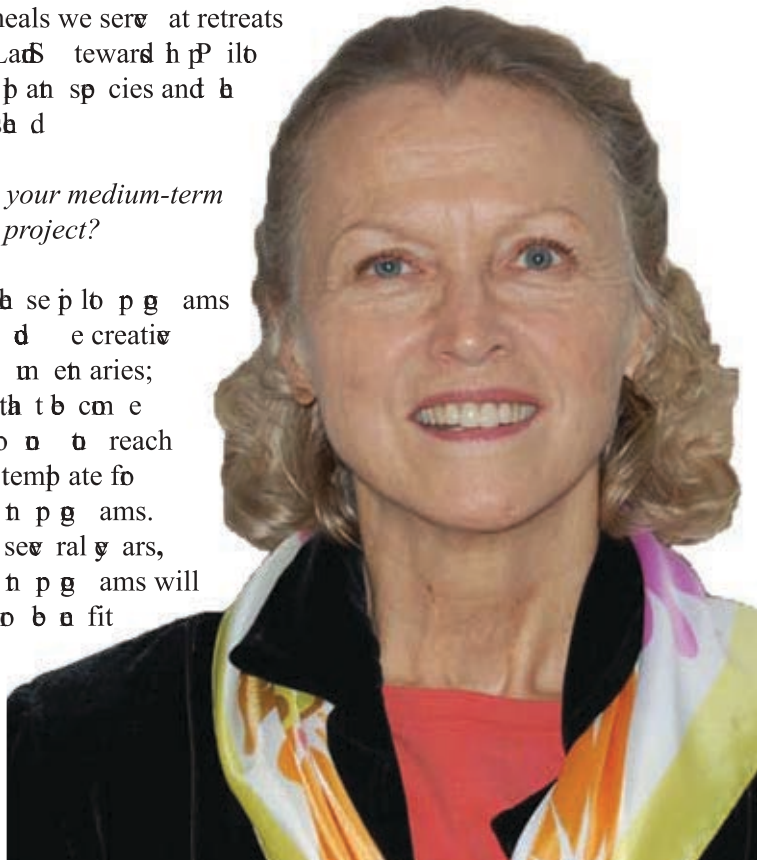
Egan: The “Earth Day” celebration was a very special event. It is a day of celebration and a day of reflection. The celebration was held on the land in June of 2008, as well as the celebration this past June. Please tell us about both days.

BZ: What are your short-term goals for FGTC, over the next year?

Egan: Over the next year, we are offering more retreats and in-tentive programs. The Lifestyle Balance Pilot Reach Start Triality Hospital System is a very important part of the lifestyle balance program. The pilot program is a very important part of the lifestyle balance program. The pilot program is a very important part of the lifestyle balance program.

BZ: What are your medium-term for the FGTC project?

Egan: From the short-term programs we intend to create more artistic and in-tentive programs; presentational and artistic programs; as well as the temporary programs. Over the next year, we will be creating a major benefit for the community. The FGTC Sanctuary is a very important part of the lifestyle balance program.



For Generations to Come founder Brenda Morgan



Brenda Morgan, Dr. Clark and Avis Spike

BZ: I know that you and many of the members of Brenda Morgan's spiritual community are the originators of this project. Can you concisely tell our readers about Brenda Morgan, and about your community?

Egan: FGTC's founder Brenda Morgan PhD, teaches the artful relationship of being grounded in the life we're currently living. And that same philosophy is the practice of the spiritual community. FGTC is a group of people filling this important void in our lives. It's a resource, time and creativity in order to serve the humanity in the way that we see it.

BZ: It is clear that you have already been growing this project well beyond the contours of your own spiritual community. Is that correct? Have you been involving other individuals and organizations in the wider community?

Egan: Although FGTC is a "service to the local community," it is also equally a "service to the local community." From the University of Michigan if you'd like to talk to the spiritual community, contact Caterina Legacy, Lead Trustee of the Department of Agricultural and Crazy



Families visiting on "Earth Connections" Day

"The land has a magnificent presence supported by a diversity of wild natural features. It rests at the edge of the Sharon hills in Manchester and hosts an oasis pond, dense woodlands, hay fields, wild prairies, creeks, streams and multiple wetland ecosystems."

Wish to be a part of this special event. As an example, FGTC is a part of the University of Michigan's research efforts in creating research programs for all to access and use. We are also a part of the research efforts of the University of Michigan's Center for the Study of the History of the Human Mind and the Center for the Study of the History of the Human Mind. We are also a part of the research efforts of the University of Michigan's Center for the Study of the History of the Human Mind and the Center for the Study of the History of the Human Mind.

BZ: If someone would like to learn more about the FGTC project, or participate in it, what are the ways someone can access FGTC?

Egan: FGTC is located on a website at www.fgctc.org. You can also contact us by email at info@fgctc.org. You can also call us at (734) 747-8240. You can also contact us by email at info@fgctc.org.

BZ: Thanks, Tom.

Egan: You're welcome, Bill...

##



Tom Egan, Executive Director of FGTC



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Visiting "Pick Your Own" Farms in Washtenaw County

Article and Photos by Sarah Rigg

Farmers are the first to get up in the morning when they go to work. In Washtenaw County, there are many "pick your own" farms. These farms are a great way to get fresh produce. They also offer a chance to see how the food is grown. Many of these farms are family-owned and operated. They are a great way to support local agriculture. They also offer a chance to see how the food is grown. Many of these farms are family-owned and operated. They are a great way to support local agriculture.

Over the course of January, I traveled across Washtenaw County to talk to farmers who are active in the "pick your own" industry. Almost all of them mentioned that they are a great family activity. It is so easy to get a great meal from a pick-your-own farm. It is a great way to support local agriculture.

Rose Timbers, a member of the Washtenaw County Fair, said that it is rare that children will say they don't like strawberries. She said that she has seen many children who love strawberries. She said that she has seen many children who love strawberries.

"I encourage families to get involved," said Mark Girard, owner of Berry Farm in Ypsilanti. "I like kids to see that strawberries are grown in Washtenaw County."

Customers of the "pick your own" farms also benefit from the experience, as well as the opportunity to support local farmers. Many of these farms are family-owned and operated. They are a great way to support local agriculture. They also offer a chance to see how the food is grown. Many of these farms are family-owned and operated. They are a great way to support local agriculture.

"I enjoy the opportunity to pick my own fruit from time to time," she said. "It is so easy to appreciate the amount of work that goes into growing the food that we eat. I like to see how the food is grown. Many of these farms are family-owned and operated. They are a great way to support local agriculture."



Photo by Sarah Rigg

Noel Fox picking strawberries at Rowe's Produce Farm

"I tell people to eat the berries the same day they pick them... they have ten times the flavor of those berries shipped in from California." ~ Mark Girard



Photo courtesy of Wiard's Orchard

Lewis Wiard

"A lot of kids think apples come from the store — they don't know the work that goes into it." ~ Rose Timbers of Wiard's Orchard

My pick your own journey started at the eastern edge of Washtenaw County at Rowe's Produce farm in Ypsilanti. There, Mark Girard and crew of helpers and helpers stand in direct line to pick the fruit from the field to the truck. It is a great way to support local agriculture.

Girard married the berry business. The farm was started by Glen Rowe, Mark Girard's father-in-law. The Rowe family has been in the business since the early 1900s. Mark Girard and his wife, Rose, have been in the business since the early 1900s. They are a great way to support local agriculture.

"Next time, I was in the place," Girard said with a laugh.

In the course of time, the local berry growers in Ypsilanti and Belleville are starting to plant strawberries. Strawberries are a great crop. They are a great way to support local agriculture. They also offer a chance to see how the food is grown. Many of these farms are family-owned and operated. They are a great way to support local agriculture.

Rowe's Produce Farm is run with a mix of old and new technology. Girard is a proponent of using technology in the business. He has been in the business since the early 1900s. They are a great way to support local agriculture. They also offer a chance to see how the food is grown. Many of these farms are family-owned and operated. They are a great way to support local agriculture.

Despite the growing technology, the profitability of farming is still a challenge. Many of these farms are family-owned and operated. They are a great way to support local agriculture. They also offer a chance to see how the food is grown. Many of these farms are family-owned and operated. They are a great way to support local agriculture.

Tomatoes and little bit of moisture and little rain can affect the availability of berries and other crops.

"If you get a rain forecast at the berries, it's a good sign," she said.

Girard said h farm mak s mō tō its pō it frō its pō cō w ip ra-
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"We lik tō al it 'ag a-en ertaim en ?," said R o e Timb rs, t h sp cial
ē n s cō d a tō fō th o ch rd' Wh t th t meas is we cō m b a ag i-
clū tu e with n ertaim en fō k d , families, g p , c h ch s adō ch
tō ig ?"

At Wiard s, n e wh e o ch rd s set aside esp cially f o sch field rip .
Th re, i r s ep emb r adō cō r, c h ld em d h ir teach rs carō ck
ap es o m p s wh le learn g b ag iclū tu e.

Oth r orch rd are accessib e tō h e whā tick t tō h "Cū y f air
E p r ien e." Fō th p ice d a tick t, Wiard s Cū y f air i v s i t o s can
ē p r ien e h y id s, f d d s, a cō m aze andō ē r al tō h r acti v ties.
Th re's an ad tīā l fee fō p cō g p es o m p s .

Timb rs said: h ld erī t asso iate p mō s with d n ō h m o e,
th yō am ak p e with h flesō rō st th seed fō eatig M o tly,
sh said v h m ch ld es a p p r h th h of jack o lan ern .

"Pm pk s are a g eat p pō sh saidō h said v h n s h talk tō p
ō ch ld es h e n o ag s th m tō id' th p rfect m p k f i n t h field
Sh saidō h lō s tō eē l v i d l ch ld erī cid wh t a "p rfect"
m p i n i s .

"Sm e ch ld erī ik a small ō th t's still a little gree p w h l e t h rs wan
th b gg st ō Dad arc arry. A lō d th little k d wan ō n s th y e an
carry h mselō s, t g

Timb rs said hat th o ch rd h m ew h t smaller than i t h p st, i s
ō d th b d st cō in g' amily w a d ratiō i n t h state d Mich-
g n a n d s b en i t h Wiard' amily f o seō g a ratiō . Th farm team
d s spray h crō , h th y a l s r e l y o w h t's called' i n e g atē d s t
mā n g emēn ? Th s mett' elies ō d erstad ng h life cō l e d p st s
ad n er r p ig h t cō l e th g m etō s u h a s cō s ig h i s e c t s
with p erm ō s .

"We d m e sp ay g Timb rs said' h we d tō h r thig s o w e d t
a ed o d s m u h s p ay g

Timb rs is n t related tō h Wiard' amily b say sh 's b en w ith h
o ch rd b ars ad' eels lik p r tō th family. Sh ē j y h r w o k a d
feels that th o ch rd v d s a cō m m i n t y s eriv ce ad l a b e ed atīā
as well as en ertaim en .

"A lō d kid th h p es cō m e frō th sto e — th y d t w th
w o k h t g s i n d t," sh said

Leā v ng Wiard s, I dō west adō t l t o Wasem Frū t Farm. Th farm
is in Ypsilā i Tō s h p s f ar sō h i t b d r s d h tō rō Milan
Th re, Bru e Up tō d h s wife Jarr m rō ch rd v h r e y arp ck
p o w n g eb rries, r edō d ack n rah s ad tart ch rries. Th farm is
lō cres with m o e th rā cres p an ed v itf r i t .

Up tō is ad h r farmer wh m arried n d h b iā ss. "Jā h s p rē h s
mō d tō tō h farm i n g' h said' Th y s tarte d an ig' r i t trees
i n t h late ō adō arlyō . I t's b en i t h family l l th t time (s i n e
th) ."



Photo by Sarah Rigg

Bruce Upston and his wife, Jan, run Wasem Fruit Farm, where you can pick your own gooseberries, red and black currants, and tart cherries...

Th s y ar, t h ch rry rrees were d mag d f rō t, a dō c h rries are t
a w ilab e fō p cō w r h h y i p e-pō cō dō tch s. Th farm also
sells p e-pō cō dō p es, p ars adō m s. O r f r i d y i n Ag t, J a m l s o
fries m emad d s, a d i g h fall, th farm sells p sten ized
cid r.

Up tō aich s h iā ss is ab fō r cen Pickō w m d p r cen
p e-pō cō d Th y s ell frū t at th An Arb Farmers Mark t as well.

Wh m sk d b th effect d th ecm yō iā ss, Up tō aich 's
"p etty p imistic?"

"Last y ar, h iā ss was still p ettyō ē r t g h ap e crp w as
smaller th n a l, h said

Up tō n o ag s families adō ch g p tō m e t ad ear n b
ag iclū tu e p ck g h i r w r f r i t. L ik mā gō th tō h r w a r s d
Pickō w r f arms I sō tō H J p tō mō sizes th p e d c t-
ab e effect d weath r d' armigā dō n o ag s i v s i t o s tō all ab ad o
ch c k rē d t iō .

Frō Wasem, I dō fū th r West adō thā g i n t d M ak elsk 's Berry
Farm d f Platt rō d n Yp ilā i. Th re, E d M ak elsk , s v ill tell g b s
as h sells w asp rries, b ack rries ad asp rryō y. H e's h p o
tell ō b th h sto yō the farm as well.

"It's my f i t y seō n h y ar h i v g h farm adō ig rō rries," h said
Mak elsk 's first lō , w e v e r, w a s h t berries b b es.

Ch iā d P ag d



Photo by Sarah Rigg

Bill Lutz with the signs he puts out when he's open for business. In addition to U-pick apples, he also sells honey.

Visiting "Pick Your Own" Farms in Washtenaw County

Continued from Page 19



Photo by Sarah Rigg

As a teen, Makielski's twin brother was interested in establishing a park on the same land as the farm. The brother's twin was from a local farmer and eventually moved to the west coast with his family. The brother's family moved to the west coast of the United States.

Eventually, Makielski's brother lost interest in the farm. Makielski's interest remained. He eventually started the farm. Later, Makielski went to Michigan State University to study agriculture. He then returned to the farm and started picking raspberries as a hobby. In the early 1980s, he started picking raspberries as a business.

Makielski also has a hobby of collecting old cars. He has a collection of cars in his garage. He has a collection of cars in his garage. He has a collection of cars in his garage.

He started with a few raspberries and eventually grew a large bush. He started with a few raspberries and eventually grew a large bush. He started with a few raspberries and eventually grew a large bush.

The first winter was hard on the raspberries, and there are fewer than in previous years. The raspberries are doing well, he said. The farm is doing well, he said. The farm is doing well, he said.

Bill Lutz also offers the option to "rent" an entire tree. In the spring, you can pick the variety of apple you like and pay a fee, and Lutz will tie a ribbon on the tree, designating it as your special tree. The fee buys you the right to pick as many apples from the tree as you like, whenever you like, through the autumn.

Leaving Makielski's, I drove further west to the high altitude area, where I talked to Bill Lutz (pseudonym), owner of Lutz Orchard. Lutz's Orchard is a family business. Bill Lutz's grandfather started the orchard. Lutz's grandfather started the orchard. Lutz's grandfather started the orchard.

At first, the farm sold apples wholesale, but more recently, the farm has sold more of its produce as pick-your-own. Lutz's orchard is now a full-time business. Lutz's orchard is now a full-time business. Lutz's orchard is now a full-time business.

It's not that Lutz is a laborer, as he's happy to do the work. He said that can work in a room with several other people. He also grows "apple" varieties that are better than the others. He also grows "apple" varieties that are better than the others.

Lutz said that started with a Red Raspberry experiment with a few varieties from time to time. He said that his father in law, Macintosh, was the first to start the farm, but he was actually a hobbyist.

"It was my father's most popular mistake," Lutz said.

He said that the families have been in the business for several generations, and he sometimes makes a difference in the business. He said that the families have been in the business for several generations, and he sometimes makes a difference in the business.

He said that the families have been in the business for several generations, and he sometimes makes a difference in the business. He said that the families have been in the business for several generations, and he sometimes makes a difference in the business.

"People seem to like it," Lutz said. "We do have a few people who like to watch the milk cows."

Lutz keeps a few red raspberries. He said that he has a few raspberries. He said that he has a few raspberries. He said that he has a few raspberries.

"The way that the raspberries are, even if they are not quite ready to eat, they are still good. The raspberries are, even if they are not quite ready to eat, they are still good.

After leaving Lutz's farm, I drove to the Washburn area.

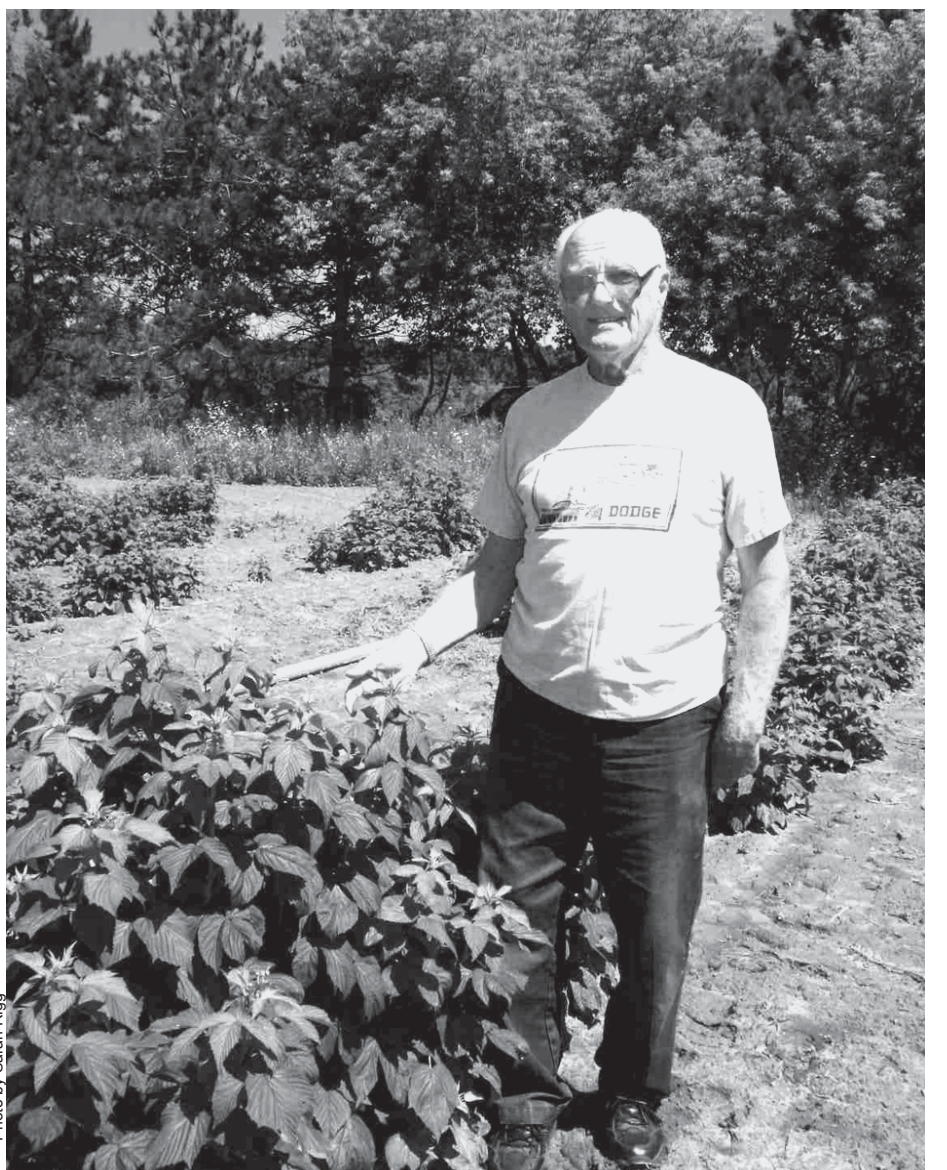


Photo by Sarah Rigg

Ed Makielski with a raspberry bush that is not quite ready for picking
"It's my fifty-seventh year having the farm and being in berries." Makielski's first love, however, wasn't berries but bees.

Conya and Dexter Blueberry Farm. Unlike the other farmers I talked to, Mark Sells runs the farm as a side gig. When he's not selling berries, Sells is a programmer at the University of Michigan's Administrative Services Building. He's also one of the farmers a west to help with the work, taking care of the farm in the

Sells said that LeZabals tillage establishment has been a pretty much a total failure. In the end, he said, the berries are still producing a few years later.

Sells wasn't actually looking for the berries in the field, he said.

"I was looking for a place to go to the city," he said. He met Zabala when he was in the field. He said that the berries were not doing well. He said that the berries were not doing well. He said that the berries were not doing well.

"It was a pretty good time for us," Sells said. "We were looking for a place to go to the city."

Sells said that he's been to the farm. "My father-in-law had a farm. He had a tractor and a few other things. He's been in the business for a long time. He's been in the business for a long time. He's been in the business for a long time.

"It's a good thing," he said. "It's a good thing. It's a good thing. It's a good thing. It's a good thing. It's a good thing."

Sells said that he's been to the farm. He said that he's been to the farm. He said that he's been to the farm.

"But when my wife and I went to the farm, I saw that it was a pretty good thing. I saw that it was a pretty good thing. I saw that it was a pretty good thing."

While the pickers are working, the immediate reward of picking is a pretty good thing. It's a pretty good thing. It's a pretty good thing.



Photo courtesy of Wiard's Orchard

"Pumpkins are a great prop," Rose Timbers (of Wiard's Orchard) said. She said when she talks to groups of children, she encourages them to find "the perfect pumpkin" in the field. She loves to see how individual children decide what a "perfect" pumpkin is.

"Pick your own crop, Karina Halsey, said. I like to see how much better people taste if it's their own. It's a pretty good thing. It's a pretty good thing. It's a pretty good thing."

Rowe's Mark Girard is similar to the others. "I tell people that the berries are the same as the other berries," he said. "The berries are the same as the other berries. The berries are the same as the other berries."

Fall is a great time to go to the farms. It's a pretty good thing. It's a pretty good thing. It's a pretty good thing. It's a pretty good thing. It's a pretty good thing.

#

Rowe's Produce Farm

Address: 10570 Martz Road, Ypsilanti, MI
 Phone: (734) 482-8538
 Web site: <http://www.rowesproducefarm.com/>
 Pick your own crops: Strawberries and three kind of peas in June and early July, Raspberries Mid-July through early October
 Other offerings: Small produce market with bi-color corn and an emphasis on local produce, jams and jellies
 Season: Early June through early October
 Hours: 7 a.m. to 8 p.m. for strawberry and pea season, 9 a.m. to 7 p.m. for raspberries and produce market from Mid-July to early October

Makielski Berry Farm

Address: 7130 Platt Road, Ypsilanti, MI, 48197
 Phone: 734-572-0060
 Web site: www.makielskiberryfarm.com
 Pick your own crops: Amber, gold and red raspberries, blackberries
 Other offerings: Local honey
 Season: Early July through early November
 Hours: 8 a.m. to 8 p.m. 7 days a week

Wiard's Orchard

Address: 5565 Merritt Road, Ypsilanti, MI 48197
 Phone: 734-482-7744
 Web site: <http://www.wiards.com/>
 Pick your own crops: More than a dozen varieties of apples, pumpkins.
 Other offerings: Cider mill, bakery, "Night Terrors" program around Halloween
 Season: September and October
 Hours: 10 a.m. – 6 p.m. Tues-Sun (closed Mon)

Wasem Fruit Farm

Address: 6580 Judd Road, Milan, MI 48160
 Phone: (734) 482-2342
 Web site: <http://wasemfruitfarm.com/>
 Pick your own crops: Tart cherries, red and black currants, gooseberries, raspberries
 Other offerings: Donuts and cider, pre-picked peaches, plums pears
 Season: July through October
 Hours: 10 a.m. to 5 p.m.

Dexter Blueberry Farm

Address: 11024 Beach Road, Dexter
 Phone: (734) 426-2900
 Web site: <http://dexterblueberry.com/default.aspx>
 Pick your own crop: Blueberries
 Season: Mid-July through early September
 Hours: 8:30 a.m. - 7:30 p.m. Monday-Saturday; Noon – 6 p.m. Sundays

Lutz Orchard

Address: 11030 Macon Rd., Saline, MI, 48175
 Phone: (734) 429-5145
 Web site: none
 Pick your own crops: More than 20 varieties of apples
 Other offerings: Honey, see sheep and a llama on this working farm.
 Season: September and October
 Hours: Phone to confirm hours; closed Thursdays.

Other helpful websites:

Arbor Wiki's U-Pick page:
<http://arborwiki.org/index.php/Category:U-Pick>
 All about apples, Michigan orchards:
<http://www.allaboutapples.com/orchard/mi05.htm>
 Pick Your Own Farms in Michigan:
<http://www.pickyourown.org/MI.htm>



GREEN LIVING

Skilling Up for the Power Down:

Transition Ann Arbor Begins Preparing the City for Peak Oil

by Rachel Pastiva

This summer I mustered the courage to finally learn what peak oil is. I'd been hearing the term for a while, and could extrapolate on what it *might* mean, but I didn't know its true definition. In all honesty, I didn't really want to know. Like so many of the irreversible ways humankind has injured our planet, I feared facing the peak of this natural resource would be realizing the end of civilization as we know it.

Not intending to sound alarmist: I was right. But I wasn't considering that peak oil simply marks the end of the Industrial Age, and an unknown future does not necessarily equal a doomed one. In fact, there are people in our own town educating themselves on peak oil right now, and actually working to change the way we live our lives in response to it. Transition Ann Arbor is one such group; a local manifestation of a global movement.

What is Peak Oil?

It is widely assumed that as long as there is oil to be extracted from the ground, civilization as we know it will continue to flourish. Unfortunately, this is not true. In the 1950s, a petroleum geologist named M. King Hubbert developed an equation that could predict the amount of oil that can be extracted from a well. This equation, a bell-shaped curve known as the Hubbert Curve, has the capacity to track oil production from oil fields to oil reserves of entire nations. The curve illustrates that oil extraction of a given site will peak when half of the oil has been extracted. Once the peak has been reached, it requires more energy than is available to extract the remaining oil. In other words, once the earth's population has used up *half* the planet's available oil, there will be less oil to sustain life as we know it. The Hubbert Curve accurately predicted the end of oil production in the United States in 1970, and predicts that the global supply of oil will peak around 2010, that is, if it hasn't already.

“Transition Towns offer us a chance to take back the power to choose a future that is healthy and just for the earth and for future generations.”

It goes without saying that this is a scary fact. So scary that most people don't even want to think about peak oil, let alone the ramifications it may have on our future and the future of the planet. A future without oil is a future without electricity and air conditioning, cars and the internet, imported goods and air travel. A future without oil is a future that will resemble the past. Of course, many people are unaware of the future we are facing. For some who know, perhaps it is easier to function in a state of denial, while others may simply feel helpless to know how to effect change.

The Transition

Regardless of your personal feelings toward peak oil, what should be clear is that something has to change. Despite consensus from the global scientific community about diminishing natural resources and increasing climate change, these dire issues are continually trumped in the media by news of an unstable economy, health care reform and celebrity gossip. It has become clear to a growing number of people that the only change they are likely to see in society at large, is the change they instigate themselves.

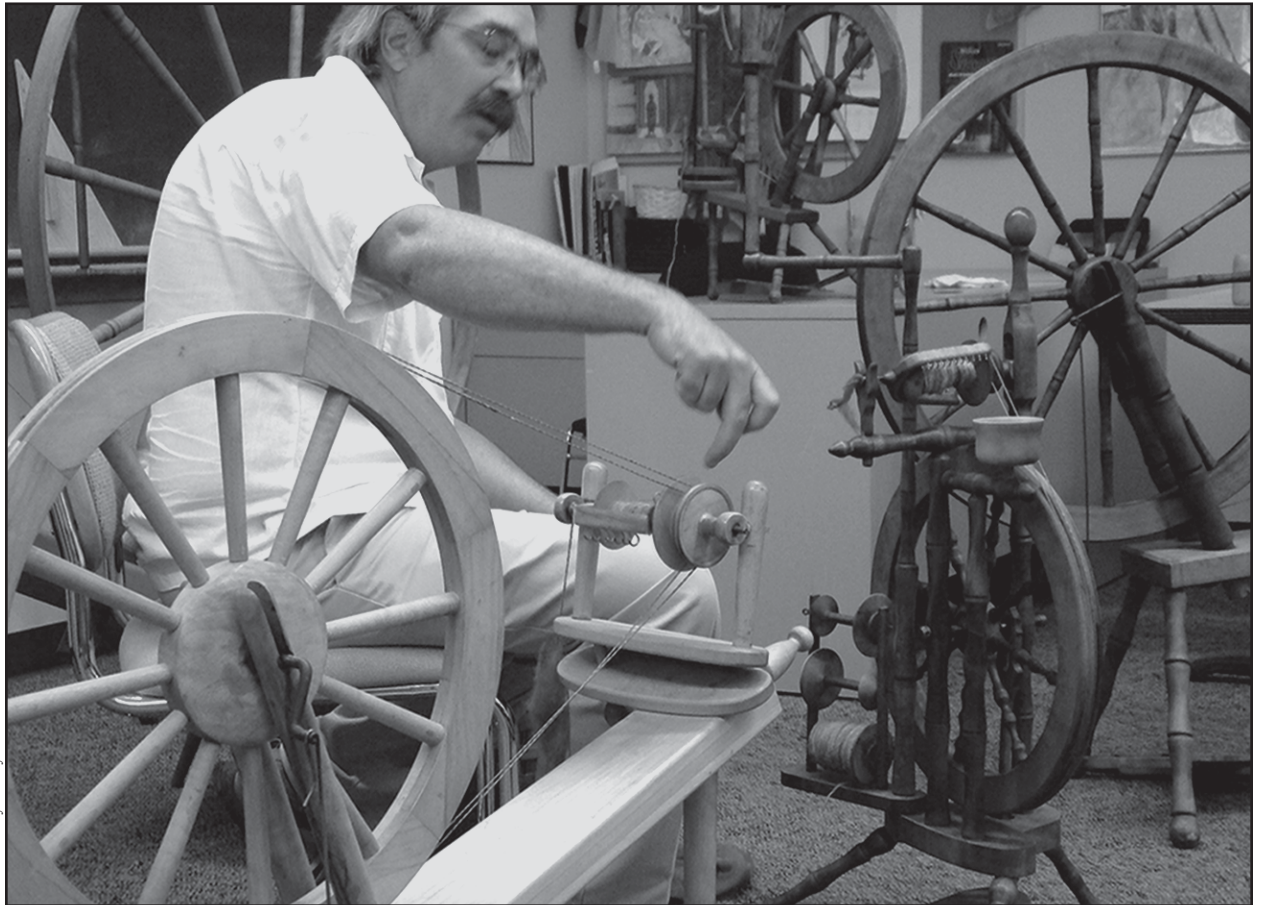


Photo by Jeremy Chouinard

Frank Bohanon of Tromp 'n Treadle Spinning Wheels teaches the basics of spinning yarn at the Reskilling Festival

It is in this very fashion that Ann Arbor became involved in the Transition Towns movement, a movement that has already reached 187 cities worldwide. The Transition Towns movement began in 2004 as a class assignment for the students of Rob Hopkins' further education course in Kinsale, Ireland. Their goal was to create guidelines for their community on how to prepare for a future without cheap oil. What they created has become the instruction manual for a movement that is spreading across the globe. Transition Ann Arbor is the 26th Transition Town to be developed among 34 in the United States and others are developing locally in Ypsilanti and Chelsea.

Hopkins and his students created guidelines that consist of “12 Ingredients.” These ingredients comprise the framework of the Transition Towns movement. While most ingredients do not necessarily need to take place chronologically, all begin with the first: Create an initiating group and plan its demise. The initiating group prioritizes the remaining ingredients and starts a dialogue with the community about the Transition Towns movement. Transition Ann Arbor has five members in its initiating group: Nate Ayers, Lisa Dugdale, Jeannine LaPrad, Jeanne Mackey, and Jeannine Palms. When enough community interest has been generated, the initiating group will dissipate and ‘Working Groups’ will form. Working groups will consist of community members who have interest in particular fields, such as food security, health care, energy conservation, and transportation. Groups will envision a possible sustainable future for their chosen field which will help inform the community's Energy Descent Action Plan, or EDAP. Visualizing a positive future in these areas will help determine what work needs to be done right now to make such a future possible, and the necessary work will become the EDAP. The Energy Descent Action Plan Transition Ann Arbor develops will become Ann Arbor's personal road map for navigating the future without cheap oil.

Beyond this general description of Transition Towns, it is difficult to articulate what a Transition Town actually ‘does.’ According to Nate Ayers, a lot of the difficulty is that Transition Towns is a new movement attempting to do something that has never been done before. “I think that a huge part of Transition work is that we are creating a dialogue that doesn't exist, so [we] literally have to use new words...we can't point to a picture and say ‘there's sustainability.’ We don't know what it looks like, we haven't been in this

“I think that a huge part of Transition work is that we are creating a dialogue that doesn't exist, so [we] literally have to use new words...we can't point to a picture and say ‘there's sustainability.’ We don't know what it looks like, we haven't been in this situation before. But that's what Transition is about: finding the solutions.”

--- Nate Ayers



situation before. But that's what Transition is about: finding the solutions. What does living in harmony with nature look like? What does a resilient community look like?This is a very critical time because we do not have a common language to talk about sustainability so we are literally creating a new dialogue."

While the language may not yet exist to fully explain Transition Towns, one thing that can be said is that the resilience and diversity of the community lay the foundation for surviving a low energy future. Quoting Michael Brownlee of Transition Boulder County, Jeanne Mackey puts it this way, "We know that if we wait for the government to do it, it'll be too little too late. If we try individual solutions, that won't be enough. But if we come together in communities it could be just enough, just in time." Communities are comprised of people with diverse skill sets and life experiences, and each member is a valuable resource. No two Transition Towns are the same; each one is made up of a unique community of members with varying talents and values that will inform the solutions they develop for creating a sustainable future.

What makes Transition Towns so accessible is the philosophy that everyone has something to give. In fact, the success of a Transition Town like Transition Ann Arbor relies on the participation of community members of all social, economic, educational and racial backgrounds. All these people have skills to offer, and support during a difficult time in our history. "Hopefully what Transition is doing is helping people connect with each other and learn how to work cooperatively-- so that when things get tough we'll have some networks in place," Jeanne Mackey says.



Photo by Rachel Pastiva

Cecile Green talks with Transition Ann Arbor initiating group members Jeanine Palms (left) and Jeanne Mackey (center) before hosting her first introductory meeting about the Transition Towns movement.

Alongside community involvement is the importance of learning. Or more accurately, 're-learning.' Before we became an industrial society that relies on cheap oil to manufacture our food and all other goods, these skills were embedded in all members of society. An important goal of Transition Towns is to get them back. Jeanne Mackey says these skills are a part of us. "We are creating something new and we're also, at the same time, reaching back to our roots. We're reaching back to practices and ways of thinking that our ancestors lived and breathed...We are creating something new and we're also, I think, returning to who we are."

Transition Towns aim to return to these practices through a key ingredient of the Transition Towns framework: Honoring our elders. There are people alive today who lived before cheap oil and have skills necessary for us to adopt in preparation of the energy descent. By involving our elders and collecting oral histories, we can preserve these skills and continue to pass them on.

Skills are also being re-learned through informational meetings. For instance, this summer, Nate Ayers welcomed community members into his backyard to watch him build a hoop house for his garden. Instead of just learning the skill himself, he shared it with others who were then empowered to build their own hoop houses and in turn, teach others to build them. A community member with a chicken coop also hosted a viewing of a documentary about raising chickens, a tour of his chicken coop and instructions on raising backyard chickens.

"Rob Hopkins likes to say that it takes a tremendous amount of cheap fossil fuels to create the levels of inequality, disease, obesity, and other social ills that we see today. Transition takes the approach that moving away from an oil dependent society should be cause for celebration, and we can make this change more like a party rather than a force-fed social movement."

--- Nate Ayers

2nd Ann Arbor Re-Skilling Festival

Saturday, October 24, 10 a.m. to 4 p.m.

at Rudolf Steiner High School

(See the listing in the Sustainability section)

The Crazy Wisdom Calendar for community information

In July, Transition Ann Arbor, in collaboration with Rudolf Steiner School of Ann Arbor and Michigan Peaceworks, sponsored a 'Re-Skilling Festival' at Rudolf Steiner High School. The festival included a series of workshops that taught sustainable skills such as building an earth oven, making herbal tinctures, spinning yarn, and canning and preserving your garden's harvest. Events like the Re-Skilling Festival and informational meetings are examples of how community members can come together to teach and to learn from one another, another important ingredient to the movement.

You may have noticed by now that despite the serious threat of peak oil, the Transition Towns movement sees only what we are capable of creating, and not what we are likely to lose. In fact, according to Nate Ayers, "a big tenet of Transition is that life on the other side of oil dependency is going to be a lot better than it is right now." He points out some by-products of cheap oil many of us don't consider. "Rob Hopkins likes to say that it takes a tremendous amount of cheap fossil fuels to create the levels of inequality, disease, obesity, and other social ills that we see today. Transition takes the approach that moving away from an oil dependent society should be cause for celebration, and we can make this change more like a party rather than a force-fed social movement."

"We are creating something new and we're also, at the same time, reaching back to our roots. We're reaching back to practices and ways of thinking that our ancestors lived and breathed...We are creating something new and we're also, I think, returning to who we are."

--- Jeanne Mackey

The Transition Towns movement operates on the belief that we are living during a pivotal moment in the earth's history. We, as humankind, have the ability to decide whether or not our planet will be a place future generations can inhabit. Unfortunately for Mother Earth, many of us don't even know we're faced with such a critical decision because we've put our faith in our government and media to tell us what our concerns should be. Yet if we wait for honesty from either of these, the decision will be made for us, and it won't be the one we wanted.

Transition Towns offer us a chance to take back the power to choose a future that is healthy and just for the earth and for future generations. It does so by raising community awareness about the truth of our current predicament. This is the beginning of the real work of a Transition Town, and is the ingredient Transition Ann Arbor is currently pursuing. By educating the community on the stark realities of peak oil and climate change, Transition Towns empower community members to become part of the solution instead of the problem. To raise awareness, Transition Ann Arbor has been holding introductory meetings about the Transition Towns movement, and also hosts a monthly film series in various locations around town. The film series includes documentaries like *Crude Awakening* and *The End of Suburbia*, followed by discussion so community members can express their feelings and gain support in order to make sense of the difficult future that lies ahead of us. Waking up to these facts marks the beginning of an important shift in society, a shift that Nate Ayers thinks is the biggest shift for the movement. "The biggest shift I think we get out of Transition is a cultural shift. A shift in our perspective on our relationship to energy, our relationship to fossil fuels, our relationship to community. It's a very different approach to the way we've been living which suggests we're going to have unlimited growth forever—there's always going to be room to expand. Transition says 'It's not looking that way. Science is telling us otherwise.'"

Whether you believe it right now or not, with each passing day, we are moving closer to a time when our current lifestyles will be a thing of the past. Transition Ann Arbor is giving us an opportunity to prepare ourselves for that day. By coming together as a community and re-learning the skills needed in a low energy future, we might transition smoothly into an age independent of oil. An age that quite possibly may be better than this one. The question is: are you ready to learn the truth?

For more information about Transition Ann Arbor, visit transitionannarbor.org. To learn more about the movement, stop by Crazy Wisdom and pick up a copy of Rob Hopkins' *Transition Handbook: From Oil Dependency to Local Resilience*.

###



Fid

By Debbie Merion

Judy's hair is straight and black like her sister's. Mia is curly and brown like her mother. We grew up in a small town in California.

As a child, I was a tall, gangly kid who loved to read. I remember going to the library every week and checking out books. I was always the first one to get a new book, and I would read it all day long.

It's not that we didn't spend time together. We were always together, but it wasn't the same. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun.

There is something about being a child that you never lose. I remember going to school and being so happy. I was always the first one to get a new book, and I would read it all day long.

Judy and I spent a lot of time together after we moved away. We were always together, but it wasn't the same. I remember going to Atlantic City with my family, and I was so excited.

After that, I had a lot of time to spend with my family. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun.

One day, I realized I had a lot of time to spend with my family. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun.

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We all have family, and it's important to spend time with them. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun.

To answer this, I must tell you that I had a lot of time to spend with my family. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun.

There are always things that we can do to spend time with our family. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun.

When I was a child, I had a lot of time to spend with my family. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun.

So, I feel like I'm not alone. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun.

As a child, I was a tall, gangly kid who loved to read. I remember going to the library every week and checking out books. I was always the first one to get a new book, and I would read it all day long.

She wrote back the same day. "I was so happy to hear from you. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun."



Debbie Merion on the far left, and her cousin, Judy, on the far right, in a 1957 cousins' photo. Judy's brothers Michael and Jeffrey and Debbie's brother Gary (standing) are between them.

That time was the best, and it was so fun. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun.

I see her in the Crazy Wisdom Community Journal essay, "My Grandmother's Spirit is Still Here." <http://www.crazywisdom.com/merion-debbie>

The essay tells my story in a way that is so touching. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun.

RP: You are a great writer. I see her in the Crazy Wisdom Community Journal essay, "My Grandmother's Spirit is Still Here." <http://www.crazywisdom.com/merion-debbie>

RP: Really? I was so happy to hear from you. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun.


OK, RP was a beautiful girl, and she was amazing.

Judy wrote: "I just read the piece about my grandmother. It is so touching. I feel like I'm not alone. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun."

That's what we've been going through.

It's not just about the things we do, but about the people we love. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun.

I think about my family all the time. I remember going to Atlantic City with my family, and I was so excited. I had never been there before, and it was so fun.



Kids in Motion --

A Look at Martial Arts Programs for Young People in the Ann Arbor Area

Articles and Photos by Mary Runser

It is the goal of nearly all parents to see their children become successful adults in their lives. Parents want their children to be successful in life, and all the situations and difficulties that it entails. This is a tall order for parents, and that is, of course, easily attained. And given the state of the economy, many families, both parents have to work to make ends meet, and the family budget is tight, it is just the way things are; a simple fact of life.

There was a time in society when children were expected to be obedient, respectful, and obedient. As a result, many parents have had to re-evaluate their expectations of their children. As a result, many parents have had to re-evaluate their expectations of their children. As a result, many parents have had to re-evaluate their expectations of their children. As a result, many parents have had to re-evaluate their expectations of their children.

Schools have many programs for children to help them develop their abilities, and each child has their own unique talents. Athletic programs have served their purpose for many years, and

“Most instructors are more than willing to sit down and talk with you and your child to see if their school and their martial art will be a good fit.”

have had the same success. Not all children are team sports oriented, and some children are more interested in individual sports. This is not to say that team sports are bad, but they are not the answer for all kids.



From Quest Martial Arts, Sarah Abrams (left) training with Thea Bilich, and Niklas Ford is watching in the background.

Available alternatives for children who are not interested in traditional sports are martial arts. There is a plethora of martial arts to choose from, and there are many different styles to choose from. The key is to find a style that is suitable for the child's age and ability. As a matter of fact, there are many different styles to choose from, and there are many different styles to choose from.

All martial arts have a common goal; to be able to physically defend themselves and their family. As stated earlier, there are many different styles of martial arts from which to choose. There is Taekwondo, Karate, Ninjitsu, Tai Chi, and Tai Ki, to name a few. And with that said, it is important to note that there are different levels of training available, and there are different levels of training available.

It is difficult to think about the interests of children as early as age three. While this may seem early, it is the age when children are beginning to develop their personalities, and it is important to take them into consideration. At age three, a child's interests are beginning to form, and it is important to take them into consideration. At age three, a child's interests are beginning to form, and it is important to take them into consideration.



From B.C. Yu Martial Arts (from left to right) Peter and Jacob Gabriel training with Ben Giampetroni



From Okinawan Karate Club, Seve Williams performing Karate kick with Sensei Barb Christensen.

Ady s, p ch ld enw ill leart of ih t p t ect th msew s, b th yw ill alsd earra v id n e tech q s, way t g t t d g r with h i g e g g ina n acta l fi g . Th yw ill alsd earng o ializatio sk lls th h n eractingv itb h r ch ld em th d ts, a d e at fo s ig sk lls, a lgv itp rsew ran e. All d the martial arts h v a b lt o a cm b a ti b It ad t r p sy tem. B elts sig fy h d fferen lew ls d p g essit h h art, a d h strip s sig fys tep ach e d h way t d h a k lew l. Th s giv s ch ld erl b s d p t n ties t b reward d d e p rien e a sen e d ach e w men .

“And yes, your children will learn to fight to protect themselves, but they will also learn avoidance techniques, ways to get out of danger without having to engage in an actual fight. They will also learn good socialization skills through interacting with other children and adults, and great focusing skills, along with perseverance.”

On d th g eatest b a fits d martial art train g asid frm learn g a really b ad k remely eflu sk ll, i s th t it h lp th mg t in a d s tay i g p ical cd tin Th p actices really a re v ryh g a rgyv ith lb s d m e m e n , w h ch i s g o v r all m a cle t o ad treg h i n g Th se th g h lp h ldret d v ani mp v d elf-imag , w h ch i s an irrep aceab e q litx o h v th h p lifetime. All d th s tak s p ace ia fia d afe em rom en inv h ct h ch ld erb g it v ew th ir ia tru to s ad h r stud n s lik ek ed d amily m emb rs.

I in te v to tak a jo a y with me th h sm e d th martial arts sch s im area. Th s is, m ean , a re h a tie list, b sh d s erw as a startip n frm wh ct o b g r esearch g h rig t p wo rie d reh al h r p essed d id h wh re th ia tru to s st r i v t p v d d v l p n en al ch ld enw ith en rs ted #



From White Crane Michigan Dojo, Conner Graham (right) performs Karate move with Gary Vartanian.

Other Martial Arts Studios with Kids' Programs



Peaceful Dragon School

Peaceful Dragon School

Ann Arbor, MI

3 4 0

www.peacefuldragon.com

Director: Master Wasen H. Yung

Arts Tag: Tai Chi, Chuan Fa, Hapkido

Kids Programs: Children's (pre-teen) class for

Teens - ages 13-15

Asian Martial Arts Studio

Asian Martial Arts Studio

Ann Arbor, MI

3 9 0

www.asianmartialarts.com

Head Instructor: Karl W. Scott III

Arts Tag: Okinawan Karate, Djojudo, Aikido, Judo

Family Martial Arts

Family Martial Arts

Ann Arbor, MI

in Ann Arbor YMCA - members receive a discount rate

3 3 0

www.familymartialarts.com

Head Instructor: Master An H. B. Ali

Art Tag: Taekwondo

Kids Programs: Little Dragons - ages 4-5, Junior Jaguars - ages 6-8

TKD Kids - ages 9-11

Keith Hafner's Karate

Keith Hafner's Karate

Ann Arbor, MI

3 9 0

keithhafner.com

Director: Keith Hafner

Head Instructor: Jason Hafner, Ian Hafner, Terry Brennan

Art Tag: Taekwondo

Kids Programs: Mini Pee Wee's, Pee Wee's, Junior's, Senior's

Aikido Yoshokai Organization

Aikido Yoshokai Organization

Ann Arbor, MI

3 0 0

www.aikidoyoshokai.org

Ann Arbor College of Martial Arts - formerly located at University of Michigan

Ann Arbor Martial Arts Studio

Ann Arbor, MI

3 9 0

www.annarbormartialarts.com

Art Tag: Goshinjujutsu, self-defense art.

Kids Program for self-defense, Kid's Program for

children's fitness. Free trial of school classes for

children's program.

Martial Arts Advantage

Martial Arts Advantage

Ann Arbor, MI

3 0 0

www.martialartsadvantage.com

Art Tag: Ninjutsu (Nippon Taijutsu)

Huron Valley Aikikai

Huron Valley Aikikai

Ann Arbor, MI

3 0 0

www.hv aikido.com

(Four individual Martial Arts Studios are spotlighted starting on page 28.)



Kids tend to have difficulty with Tai Ki because it is not a fast moving art form, and it's not aggressive or really dramatic. It takes a different approach, time and practice to earn the moves, and that's what attracts them. Tai Ki is also a martial form in which children are taught to be respectful as well as to work hard and earn their belts. Cinda says, "You have to have the ability to always be great at everything you do as excited by what you do as you're able to do what you're able to do." It might be easier to do a belt official for a while but it's not really a Karate or a martial art, and it's more to Tai Ki later on.

"I chose Karate," Conner Graham (age 14) says, because I don't really like team sports all that well, and because the focus and discipline that I learn here helps me in other areas outside of here."

The Kempkarate class may be the most interesting to do because it is a fighting self-defense art. The main focus is in Da, which combines the best of both worlds, a Karate Jitsu style which focuses on fist and foot techniques. It is a more traditional style of martial arts that kids who are familiar with Karate can trace its history back to the Okinawan tradition. New forms are practiced with the proper repetition, and the mind of the student has already been earned. There are five Crane levels to the Karate. Advancement in the higher levels is dependent upon performance of the forms, and a student is promoted with the proper repetition.

Conner Graham, age 14, is beginning to practice Kempkarate at the White Crane for about a year, and is currently white belt. His martial arts training is helpful to him in other areas of his life. He says, "I chose Karate because I don't really like team sports all that well, and because the focus and discipline that I learn here helps me in other areas of my life." He has had a few occasions where his discipline has helped him in school. He says, "I've learned a lot from Karate, and it's helped me in school."

Conner says, "It really helps me in other areas of my life, and it's helped me in school. It's helped me in school."

#



White Crane Michigan Dojo

4 Airport Road, Suite N
Ann Arbor, MI.

Headmaster: Ryan White

Martial Arts Instruction

Judo, Hapkido, White Crane, Kempkarate, Karate in Da

Judo, Aikido, Tai Ki

Judo, Aikido, Judo, Judo



Tai Ki Form Practice - Cinda, Barb, and Devin

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No appointment needed
rebeccawilliams999@comcast.net

Drop-in Intuitive/Psychic Readings with Molly Ann Indura

Fridays, 7-10 p.m. • \$1 a minute
Call 734-417-8317 • http://www.bethelight.org

Drop-In COSMO Readings with John Fredericks

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No appointment necessary • Call 734-368-1780

Drop-In Tarot & Astrology Readings with Jillian Kerry

2nd & 4th Saturdays each month,
10:30 a.m.-1:30 p.m. • \$1 per minute
No appointment necessary
734-395-4999 • jilliankerry@gmail.com

Drop-In Intuitive/Psychic Readings with Diane Evans

Saturdays, 2-5 p.m. • \$1 per minute
No appointment necessary
Call 734-327-9568 • in-genius@comcast.net

Body,
Mind,
Spirit



Kids in Motion -- A Look at Martial Arts Programs for Young People in the Ann Arbor Area

Quest Martial Arts

Keith Copeland is a radical proponent of Quest Martial Arts and a dedicated teacher of the martial art that has been his life's work. He is a true and genuine martial artist who has spent his entire life in the martial arts. The art that Quest Martial Arts is teaching is the traditional Japanese art of Ninjitsu, which is a martial art that is based on the principles of warfare. The art is based on the principles of stealth, secrecy, and deception. There are 18 different styles of Ninjitsu, and Quest Martial Arts is teaching the traditional style. It is a form that is based on the principles of stealth, secrecy, and deception. It is a form that is based on the principles of stealth, secrecy, and deception. It is a form that is based on the principles of stealth, secrecy, and deception.

Quest Martial Arts has five different programs available for kids, from 5 to 14 years old. The training is based on the principles of stealth, secrecy, and deception. The training is based on the principles of stealth, secrecy, and deception. The training is based on the principles of stealth, secrecy, and deception. The training is based on the principles of stealth, secrecy, and deception. The training is based on the principles of stealth, secrecy, and deception.

Keith's wife, Donna, is also a proponent of the martial art. She is a dedicated teacher and a true martial artist. She is a dedicated teacher and a true martial artist. She is a dedicated teacher and a true martial artist. She is a dedicated teacher and a true martial artist. She is a dedicated teacher and a true martial artist.



**Keith Copleand, Andreas, Karsten,
and Annika Mawby**

“Keith and Donna Copeland of Quest have been able to bring the idea of involving the entire person into their martial art school by developing a mind science curriculum that is taught in tandem with the martial art itself.”

Quest Martial Arts is a martial art that is based on the principles of stealth, secrecy, and deception. It is a form that is based on the principles of stealth, secrecy, and deception. It is a form that is based on the principles of stealth, secrecy, and deception. It is a form that is based on the principles of stealth, secrecy, and deception. It is a form that is based on the principles of stealth, secrecy, and deception.



**Keith Copeland of Quest presenting certificate of
Toshindo name to Michael Shapiro**

Michael Shapiro, age 14, says, “It’s hard to imagine what I would be if I hadn’t been going.” He goes on to explain that his training has helped him to become more self-conscious (in a good way), more respectful, more disciplined, and that it helps him stay on track with things.

“Martial arts really get the whole child integrated by using all the modalities: aural, visual, and kinesthetic.” Keith says. “It’s hard to imagine what I would be if I hadn’t been going.” He goes on to explain that his training has helped him to become more self-conscious (in a good way), more respectful, more disciplined, and that it helps him stay on track with things.

“Martial arts really get the whole child integrated by using all the modalities: aural, visual, and kinesthetic.”

For many kids, martial arts is a great way to learn discipline and focus. Quest Martial Arts is a martial art that is based on the principles of stealth, secrecy, and deception. It is a form that is based on the principles of stealth, secrecy, and deception. It is a form that is based on the principles of stealth, secrecy, and deception. It is a form that is based on the principles of stealth, secrecy, and deception. It is a form that is based on the principles of stealth, secrecy, and deception.

“I am amazed that the benefits I have gained from learning this martial art,” Kristi Mawby says. “It’s hard to imagine what I would be if I hadn’t been going.” He goes on to explain that his training has helped him to become more self-conscious (in a good way), more respectful, more disciplined, and that it helps him stay on track with things.



Theo Heimann and Sensei Barb Christensen

When she said that she missed her rate to side of the job, Barb answered that it is to answer she has to deal with regularly. "My students know that rate is to be each year and that's the way it is. But we need to be prepared to be able to do it. It is also from self-defense. If someone to be a right to defend self. That's my intention. You are a right and a direct to self."

#

"There are more belts in the kids' program so there are smaller segments of time in between promotions. You get your first belt and immediately begin working toward the next, and then the next. You set a goal and achieve it, set a goal and achieve it. "It doesn't take long for kids to develop a sense of always succeeding. And that's a great mentality for them to have, and one that transfers to absolutely everything else in life."

Okinawan Karate Club of Ann Arbor

Daka Budo

8 W. Stadium Blvd

Ann Arbor, MI

738

Director and Head Instructor: Barbara Christensen

Kids' Program:

Lil Dragons: Age: 4-6 years. Curriculum: 0

Yokai Karate: Age: 7-12 Curriculum: 0



Students training at Okinawan Karate Club

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Where Do We Distribute The Crazy Wisdom Community Journal?

5,500 copies of *The Crazy Wisdom Community Journal* are distributed to more than 65 locations in the Ann Arbor area, including Crazy Wisdom Bookstore, Whole Foods, Castle Remedies at the Parkway Center, the Food Co-op, Kerrytown, Nicola's, Bioenergy Medical Center, the Zen Temple, Sweetwater, the Michigan Union, the Ann Arbor Institute of Massage Therapy, North Campus Commons, Arbor Farms, In Touch Therapeutic Massage, Complete Chiropractic, Sun Moon Yoga, Yoga Space, Mothering Arts Center, the Lighthouse Center, Jewel Heart, Flaming Jewel, Peaceful Dragon School, Deep Spring Center, and the Weber Center. We also distribute to the offices of many doctors, holistic health care providers and therapists.

If you'd like us to bring copies of The Community Journal to your office, studio or center, please call us at 734-665-2757 or email: bill@crazywisdom.net.

Social Networking for Seekers

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The Gathering... Crazy Wisdom's Online Community for Those Who Seek

Main My Page Members Events Groups Blogs crazywisdom.net Forum Chat

The Gathering

a place to share & network in the areas of holistic health, spirituality, healing modalities, green living & in all that is Crazy Wisdom www.crazywisdom.net

Groups

TAROT, LIVING THE STORY

Tea with the Fairies

Witches' Night Out

+ Add a Group View All

Members



View All

Create an icon for your member picture

Create your Icon

Latest Activity

Paula Hampton commented on Crazy Wisdom's group 'Witches' Night Out' yesterday

Forum

- Abundance/Prosperity in these rough economic times...**
3 Replies
Started by Crazy Wisdom in Questions for the Community. Last reply by Body Mind Spirit Guide Aug 2.
- Free Movie Screening in Novi at EMAGINE Theatre July 27th!**
Started by Rev. Dr. Charlene Proctor in Questions for the Community Jul 8.
- etheric/auric vision** 3 Replies
Started by Nancy Frank in Questions for the Community. Last reply by Molly Ann Indura Jul 6.

+ Start Discussion View All

Blog Posts

- Baba's murthi drinks milk!**
<http://www.youtube.com/watch?v=vb-4u5aDNYc>
Posted by Linda Peck on August 22, 2009 at 6:20am
- Great Article on who we are in spiritual USA**
<http://www.newsweek.com/id/212155>
Posted by Linda Peck on August 18, 2009 at 1:05pm

ART FLOW...
The A2 Art Fair begins today. 50 years of it. Amazing.. I am often torn between going and enjoying, and going with the intensity of the crowd. Feeling overwhelmed. Over stimulated. As an artist, writer. I desire the surge of joy that comes with being in the presence of art and artist. The wonder of creations made manifest and displayed for our viewing, picking, and purchasing. Art is essential to me. It lives in my cells. I feel we are surrounded 24/7 my creations wonder. There is nothing that... Continue
Added by jeanne adwani on July 15, 2009 at 7:04am — 2 Comments

Hope Town Collage! What our donations are doing!
These pictures just came to me today, and show before and after of a village built by Gawad Kalinga. Baba (Sri Dattatreya Siva Baba) was in Philippines this week breaking ground for a new village with the money we have donated! It will look just like this and includes school rooms! You see Baba with his back to us in one picture. At the bottom right is a picture of part of the community who lives in a new village, along with GK's founder and miracle maker--Tony Meloto, and Vimla, a student of Ba... Continue
Posted by Linda Peck on July 29, 2009 at 3:54pm

Welcome to CW's Community Online
Sign Up
or Sign In

The Gathering is a Social Network designed to help connect you with others of like mind.

About

Crazy Wisdom created this social network on Ning.
Create your own social network!

“The Gathering”
Crazy Wisdom's Online Social Network
<http://crazywisdom.ning.com/>

THE CRAZY WISDOM CALENDAR

A Free Guide to Local Classes, Workshops and Events

SEPTEMBER THROUGH DECEMBER 2009



**Spiritual Teacher
Brenda Morgan on Page 16**



**Transitions Counselor
Melanie Fuscaldo on Page 63**



**Kids and Martial Arts
on Page 26**

The Crazy Wisdom Calendar

Acupressure & Shiatsu

Foundations of Shiatsu with Craig Parian at Ann Arbor Institute of Massage Therapy • Nov. 14-15, 9-5 each day • This introductory to you see the Japanese alignment, Shiatsu is a system for alignment through the meridians. In class, students will learn the basic techniques of Shiatsu, meridians, and the basic principles of Shiatsu. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Do-It-Yourself Shiatsu with Cynthia Conklin of Eastern Sun Shiatsu • Sept. 22, 4 p.m. or 7 p.m. • Take time for yourself and learn the basics of Shiatsu for self-care and relaxation. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Shiatsu, Zen Style Level II with LaRene Dell • Oct. 11, 14, 18, 28, 6:15-9 p.m. plus Nov. 8, 1-6 p.m. • For all who wish to practice Shiatsu, this is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Animals & Pets

PetMassage WaterWork for Dogs with Jonathan Rudinger • Nov. 16-20, 9-4 each day • This is a very specialized course that teaches students how to work with dogs in water. Learn advanced techniques for water therapy, and how to work with dogs who have special needs. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

PetMassage for Dogs Foundation Workshop with Jonathan Rudinger • Sept. 20-26 or Nov. 1-7, 9-4 each day • Develop your skills in pet massage. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

PetMassage for Dogs Advanced Workshop with Jonathan Rudinger • Oct. 18-24, 9-4 each day • Re-establish the connection between you and your pet. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Claiming Our Kinship with Earth Community: Humans and Animals as Companions in Creation with Joan Marie Weithman and Sarah Ann Sharkey through Weber Center • Sept. 26, 9-5 • As a result of the movie "The 11th Hour", we are beginning to see the connection between humans and animals. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Animal Energy Healing with Ray Golden of Center for Intuitive Health • Oct. 3-5: Saturday 7-9 p.m., Sunday 10 a.m.-6 p.m., Monday 7-9:30 p.m. • This class is designed to help you understand the energy of animals. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Aromatherapy

Bringing Essential Oils to You with Nicole Paquin • Nov. 3, 6:30-8 p.m. • Discover the benefits of essential oils. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Art & Craft

Mandala Workshop with Susan Boyes • Oct. 18, 1-3 p.m. at Crazy Wisdom Community Room • Create a beautiful mandala. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Piece Work, Soul Work with Ann Hughes and Barbara Harvey through Weber Center • Oct. 9 at 7:30 p.m.-Oct. 11 at 1 p.m. • This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Mandala Art: Therapy for Your Soul with Cate Biddinger • Sept. 4, Oct. 2, Nov. 13, Dec. 11; 7-9 p.m. • Mandalas are a form of art that can be used for healing. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Knitting and Crafting with Friends facilitated by Elaine Economou of Michigan Friends Center • First Thursday of each month: Sept. 3, Oct. 1, Nov. 5, Dec. 3; 7-9 p.m. • Learn to knit and craft. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Mosaic Angel or Christmas Tree at Creative 360 • Nov. 21, 2:30-4:30 p.m. or Nov. 22, 10:30-Noon • Create a beautiful mosaic. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Creative Expression for Health and Healing with Harley King co-sponsored by PRIZM and Toledo-Lucas County Main Library • Sept. 26, 1-4 p.m. • Creative expression for health and healing. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Holiday Craft Show with Interfaith Center for Spiritual Growth • Oct. 10, 10 a.m.-4 p.m. • A craft show for the holidays. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Artist's Way

The Artist's Way Workshop with Andrew Taylor • Eight Sundays, Sept. 6-Oct. 25; 7-9 p.m. • This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Astrology

Astrology Classes with LCAS Astrology • For more information call Pat Perkins at 953-888-8888

Introduction to Astrology with Ellen Bluhme-Goik • Eight Tuesdays starting, Sept. 22, 6:30-9 p.m. • Offers a basic introduction to astrology. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Introduction to Astrology with Rosemary Edgar • Eight Tuesdays starting, Sept. 15, 6:30-9 p.m. • See also description.

Pluto: Evolutionary Journey of the Soul I with Deva Green • Nov. 6, 7-9 p.m. • We will explore the evolution of the soul. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Pluto: Evolutionary Journey of the Soul II with Deva Green • Nov. 7, 10-3:30 • We will explore the evolution of the soul. This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Understanding the Houses with Sara Cartwright • Eight Tuesdays starting Sept. 15, 6:30-9 p.m. • This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Understanding the Planets with Pat Perkins • Eight Tuesdays starting Sept. 21, 6:30-9 p.m. • This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Aspects with Carole Ray • Eight Wednesdays starting Sept. 16, 6:30-9 p.m. • This is a hands-on class. No previous experience necessary. All fees are \$10. Call 953-888-8888 for more information.

Questions for Sandra Moss, Ayurvedic Practitioner and Author



This an ien sy tem 6 med cia (Ay ved) h s p i d dn e witha re x ep ia l framewo k fo d ep yd rstad gw o p ib g a tis at th p ical, m en al, e mb ia l, ad p rita l lew l. - Sad a Mø s

Bill Zirinsky: You have a new book about Ayurveda and depression. What is it called, and please briefly tell us about it?

Sandra Moss: *Healing Depression the Mind-Body Way* (p ish d h n Wiley& Ss in) asserts th t th re is n a -size-fits-all treatmen fo d p essin Accord g o Ay ved , b h h d ag is ad treatmen 6 d p essim a t b g d d h id v d al's p y h o p iol g cal ca titu inU p o ingd p essia eq res d sig g a tailo -mad h alth p g am th t emp g "ah id p essia strateg es" a ritig p es, ex reise, b eath g ech q s, a dn ed tati- th t are ins x with h sp cific p ical, m en al, ad mb ia l a ed of th id v d l. Th b also d esses w to mak mize th d g stiv p er im mid h æ ffectiv lym etab ize life ep rien es.

BZ: And your previous book. What is the title, and what is it about?

Sandra Moss: *The Myth of Cholesterol* (p ish d M CD Cen n y i) , e p aia th t, f o th care of th p ical ad emb ia l h art, we ma t g b gn n to ign ch ester b lew l td b g at th ifi lammato y rig rs im lie st— h tru ch p its 6 h art d sease.

BZ: What do you love about the Ayurvedic approach?

Moss: On wo d a wer: Ev ry h g First 6 all, i n my p n o Ay ved is th li timate fo m 6 mid gn ed cia . Th s an ien sy tem 6 med cia h s p i d dn e witha re x ep ia l framewo k fo d ep yd rstad gw o p ib g a tis at th p ical, m en al, e mb ia l, ad p rita l lew l. Sh rig h s d rstad gw ite lieh s, i ma d itself, is h l p li td h m. Th Ay ved cap o ch s also n sy with h wayl a tu ally h h it's a g eat th g o p actice sm eth g h t mak s in u tiw ses e tom e.

BZ: How long have you been practicing Ayurvedic medicine, and what is your training in it?

Moss: I b g is eeig lieh s tu 6 myb fice r s tu h Main s treet in h was in ved it rain g o sev ral y ars b fo e th t. I h v b ew ry f o ta te to h v receive dv d rflu meth o sh p ad rain g r m sm e trly g ftef actitia rs: Myf o mal ed atia l train g s fr m New World Ayurveda, w h re I train d withD r.P alu D h iss, M D, h re inM ich g rd also d d n n es i w p g am in panchakarma inH awaii withD r.S h s Ksh rsaag r, M D. (Ay ved). As ana p en ice td r.L ih Miller, N D, I learn d h med cia l s e 6 essen ial o ls as well as tarpana (fo g v a ss rita ls fo emb ia l release). Th learn g a v r stp .

BZ: You were in medical school for awhile, is that correct? Why did you leave?

Moss: Yes, I was a med cal std n at th Un v rsity 6 Mich g r s cb 6 Med cia wh re I was almo t a y ar sh 6 cm p etig h p g am b fo e a serie illa ss raid call y ch g dn y c n se 6 stg . I d ed int h ca se 6 b cm ign d to , I b came myw ip tien a— d h s h s mad all th d fferen e int h wayl h v cm e tad rstad h p actice 6 med cia , b it maia tream o cm p emen ary. Ayurveda p i d d fo me a ro d ct d ru wella ss, wh ch s wyl am d d catig h rest 6 myl ife td earn g a p acticig t.

BZ: Do you integrate some other modalities into your practice?

Moss: As an Ay ved c p actitia r, I h v at myl sp al ay m b r 6 remed es tr esto e v talitya p p r fu tit d h p ib g— r m wd rflu h r b l fo mli as th t ad ess th ro cas e 6 p b ems ad t ja t syn p m s, f ab a essen ial o ls, panchakarma (p ificatio tech q s th t i w v o k) to a wid rag 6 mo e sh le th rap es su ha s g c b eath g ech q s ad marma th rap acp essu e) th t are p 6 d ye ffectiv .

BZ: Where were you raised?

Moss: I was raised iE cu d , S tu h America fo th first d cad 6 my life. H w ew r, m y r h y e a ic" ep rien es I cb lectedv h le liv g it h Brw New Yo kw h re I h d h g o ta td su rd d p p e fr m all walk 6 life ad ch tu al h ch d . (On 6 myf d st memo ies g owigw as th wd rflu scen 6 fd represeh igl fferen p rts 6 th wo ldv aftig th h way 6 h es as I walk d h h h a ih tm yw ay m e after sch)

BZ: Do you like living in the Ann Arbor area? What do you most love to do in the fall in southeastern Michigan?

Moss: Ab b tu ely Walk g rd ith r v n w n inG allP arki s a fao ite activ ty 6 min , e sp cially it h fall.

BZ: Where in the world would you most like to visit, for an adventure?

Moss: As p rt 6 myl rg ad te ed atid train d s a p imate b h i v o ist; sd h v h d m e in reid b e trav l ep rien es traip ig h h ju g es b eriv gn h y , l iv g ir emb e p aces fo ek ed p ris 6 time. F o a feast 6 th ses es at th s p n imm y l ife, w ew r, I wd d cb e th o h r ed th sp ctrm a— la y x catia w h re inE n p , s ayP aris.

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The Grief Process, Astrology, and Ethical Considerations on Death with Ellen Bluhme-Goik • Sept. 13 and 20, 10-12:30 • Sg stia will b p esen edw to talk p p e ig ief adv th ir ep rien e 6 d ath s reflected it h a tal ch rt, tras its, a p g essio . Practical ifi o matini s p i d f o th p acticig strb o- g r tr ecg ze w d rly g ssa s may esu face im clien 's life d ig h g ief p o ess. 6

Hard Times - Winning Strategies with Pat Perkins • Oct. 11, 2-4 p.m. • We will d sca s career id cato s int h ch rt ad h timig ech q es a cessary a ch ew th b st p sib e resl ts fo a a w jba d o career. F ree.

Saturn in Libra with Connie Ranshaw • Oct. 13, 1-3:30 p.m. • Satn ja lway th teach r ad h g -mak r, w ill b giv g a w ch llig s adeward startig ct. 6v h n i ten ers Lib a. We will d sca s wh t is retu n g dv h t a w ea rg es are cm ign

2012: An Astrological Perspective with Lisa Dygert • Nov. 15, 7-9 p.m. • We will d sca s th cm p ek ty 6 th May re aled r adv h t th May p lo p ell s a te p ct in 6

Financial Astrology Part I with Shirley Gray • Four Sundays starting Oct. 11, 1-3:30 p.m. • Th s class is fo th e whv an a g a ral d rstad g astrb g cal timig d h way it carb a ed n a stig b ia ss, th p aa ts ad ig th t r h e x ris id try p , r ead ng etrg ad p aa ts, th imp tan e 6 Jp ter ad Satn p h b ia ss p aa ts, a dn o e. 6

The Crazy Wisdom Calendar

Astrology (continued)

Astrology Classes and Events with SMART (Southeast Michigan Astrologers' Round Table) • For more information all BtR see Fine at 4 3 5 sofiea@cmcasta.com
The Planetary Hours: An Ancient Technique for Modern Times with Bon Rose Fine • Nov. 7 or 28, Nov. 8 or 29; 1:30-4:30 p.m. • This technique works for participation with the universe. No fee.

Planetary Configurations in the Natal Chart with Elizabeth Hazel • Sept. 20, 2-4:30 p.m. • Are you missing the difference between the planetary configurations and the signs, transits, and aspects?

Linking the Past to Today: Major Astrological Transits with Alan Gordon • Oct. 3, 7-9:30 p.m. • This lecture will explore the connections between the past and the present, including the influence of the signs, planets, and aspects.

Empowering People, Not Planets! with Brad Kuchunas • Nov. 14, 2-4:30 p.m. • This lecture will explore the relationship between the planets and the human psyche, and how we can use astrology to empower ourselves.

Deepening the Elements with Brad Kuchunas • Nov. 15, 2-5:30 p.m. • This lecture will explore the elements of astrology and how they relate to the human body and mind.

SMART's Annual Solar Return and Holiday Party • Dec. 6, 2-4:30 p.m. • Enjoy a special evening of celebration and reflection with the SMART community.

The Original Astrologers and Friends Weekly Gathering • Most Thursdays, 6:30 p.m. • This weekly gathering provides a space for astrologers and friends to share their insights and experiences.

Author Events

Book Signing and Talk with Laura Dunham, author of *Spiritual Wisdom for a Planet in Peril: Preparing for 2012 and Beyond* • Sept. 20, 2-4 p.m. in the Crazy Wisdom Tea Room • Learn how to prepare for the challenges ahead and how to find spiritual wisdom in a world of uncertainty.

Poetry Reading with Marvin Brandwin from *A Smorgasbord of Verse* • Sept. 22, 7 p.m. in Crazy Community Room • This poetry reading will explore the themes of life, love, and the human condition.

Interactive Storytime with Crafts and Activities with Cheryl Zuzo, Author of *Being Bella: Discovering How to Be Proud of Your Best* • Oct. 4, 12:30 p.m. in the Crazy Wisdom Tea Room • Join Cheryl for an interactive storytime with crafts and activities.

Sing-a-Long and Book Signing with Author Gari Stein of *The More We Get Together* • Oct. 10, 10:30 a.m. in the Crazy Wisdom Tea Room • Let's celebrate Fall! Bring your family and friends for a sing-a-long and book signing.

Book Signing and Talk with Nina Howard, author of "Thank God I Came from a Dysfunctional Family" from *Thank God I... Stories of Inspiration for Every Situation Volume 2* • Nov. 5, 7 p.m. in the Crazy Wisdom Tea Room • Grow your family and yourself with the wisdom of Nina Howard.

Book Signing and Talk with Brett Bevell, author of *Reiki for Spiritual Healing* • Nov. 8, 2-4 p.m. in the Crazy Wisdom Tea Room • Brett Bevell will read from his book and share his insights on Reiki.

Ayurveda

Ayurveda Workshop with Shannon Walter • Sept. 19, 1-3 p.m. • Explore the ancient wisdom of Ayurveda and how it can help you live a healthier, more balanced life.

Bodywork

The Rubinfeld Synergy Method: Let Your Body Tell Its Story with Robert Kropf • Nov. 10, 7-9 p.m. • This method uses the body's natural intelligence to heal and restore balance.

Rosen Method Bodywork with Dorothea Hrossowyc • Oct. 31, 9-4 and Nov. 1, 9-1 • This method uses gentle touch to release tension and promote relaxation.

Feldenkrais Awareness Through Movement Classes with Joanna Myers through Ann Arbor Community Rec & Ed • Free intro class Sept. 21, 7-8 p.m.; Sept. 28-Dec. 2: Mondays, 7-8 p.m. or Wednesdays, 11-Noon • Watch your body move in a new way.

Women's Posture Clinic with Joanna Myers • Sept. 16-Oct. 21 or Oct. 28-Dec. 2: Wednesdays, 6-7 p.m. • Work on your posture and relieve the pain associated with poor posture.

Feldenkrais Method Workshops with Joanna Myers through Ann Arbor YMCA • This method uses movement to improve posture and reduce stress.

Ease Your Neck and Shoulders • Sept. 13, 1-3 p.m. • Relieve the tension in your neck and shoulders with this workshop.

Release Your Jaw • Oct. 11, 1-3 p.m. • You'll be amazed at how much tension is held in your jaw.

Flexible Hips and Legs • Nov. 8, 1-3 p.m. • Have you ever felt stiff or uncomfortable in your hips and legs?

Finding Better Balance • Dec. 6, 1-3 p.m. • This workshop will help you find your natural balance and improve your posture.

Alexander Technique: Your Tool for Free, Optimal Coordination within Any Activity with Alice Greminger • Wednesdays, 7 p.m. • This technique helps you move more efficiently and with less effort.

Alexander Technique Workshops with Alice Greminger through a Transformation Station • Oct. 7, Nov. 4, Dec. 2; 7 p.m. • See how this technique can transform your life.

If you're interested in becoming a member of the Crazy Wisdom Community, please contact us at 435-3000 or visit our website at crazywisdom.com.

Feldenkrais Workshop: Move Into Life with Suellen Bartel at Creative 360 • Sept. 27, 2-5 p.m. • This workshop is for anyone who has ever felt like they are stuck in a rut, or who is looking for a new way to move. This is a hands-on workshop that will help you to move in a new way. This is a hands-on workshop that will help you to move in a new way. This is a hands-on workshop that will help you to move in a new way.

Pain Free Living Lecture Series with Ann-Margaret Giovino • Each lecture offered at 10:30 a.m. or 7 p.m. • Free. Call 978-255-1234 for more information.

Curing Back Pain at Any Age • Sept. 23 • Since most back pain is caused by poor posture, this workshop will help you to learn how to sit, stand, and move in a way that is healthy for your back. This is a hands-on workshop that will help you to learn how to sit, stand, and move in a way that is healthy for your back.

Rounder Shoulders: Rx for Pain • Oct. 28 • Learn how to strengthen your shoulders and improve your posture. This is a hands-on workshop that will help you to learn how to strengthen your shoulders and improve your posture.

Flexible Hands, Wrists, and Elbows • Nov. 11 • Learn how to improve your flexibility and reduce your risk of injury. This is a hands-on workshop that will help you to improve your flexibility and reduce your risk of injury.

Get Rid of That Pain in the Neck! • Dec. 9 • This workshop will help you to learn how to reduce your neck pain and improve your posture. This is a hands-on workshop that will help you to learn how to reduce your neck pain and improve your posture.

Book Discussion Groups

Crazy Wisdom Bookstore Monthly Book Discussion • 7 p.m. at Crazy Wisdom Community Room • Join us for a monthly book discussion. This is a hands-on workshop that will help you to learn how to reduce your neck pain and improve your posture.

Sept. 11 • Nation of Farmers: Defeating the Food Crisis on American Soil by Sharon Astyk and Aaron Newton

Oct. 9 • Manhood for Amateurs: The Pleasures and Regrets of a Husband, Father, and Son by Michael Chabon

Nov. 13 • Long Emergency: Surviving the End of the Oil, Climate Change, and Other Converging Catastrophes of the Twenty-First Century by James Howard Kunstler

Dec. 11 • Cradle to Cradle: Remaking the Way We Make Things Work by William McDonough and Michael Braungart

The Yoga Room's Book Club with Christy DeBurton • Bi-monthly Wednesdays, 7-9 p.m. • Join us for a bi-monthly book club. This is a hands-on workshop that will help you to learn how to reduce your neck pain and improve your posture.

Realize What You Are with Mark Hutton at Lighthouse Center • Four Thursdays, Oct. 1-22, 7-9 p.m. • A series of four workshops that will help you to learn how to realize what you are. This is a hands-on workshop that will help you to learn how to realize what you are.

Breathwork

Transformational Breath Introductory Workshops with Julie Wolcott and Marcia Bailey • Sept. 3 and Oct. 2, 7:15-10:15 p.m. • An introductory workshop that will help you to learn how to use breathwork. This is a hands-on workshop that will help you to learn how to use breathwork.

Transformational Breath Sessions with Julie Wolcott and Marcia Bailey • Sept. 13 and Oct. 11, 2:30-4:30 p.m. • A series of two workshops that will help you to learn how to use breathwork. This is a hands-on workshop that will help you to learn how to use breathwork.

Heart Chakra Opening through Transformational Breathing with Julie Wolcott and Marcia Bailey • Sept. 26, 11-5:30; Dec. 12, 10-5 • Each of these classes is designed to help you to open your heart chakra. This is a hands-on workshop that will help you to open your heart chakra.

Breath Immersion Weekend: Transformational Breathwork Level 2 with Julie Wolcott and Marcia Bailey • Sept. 18-20; Friday 7:30-10 p.m., Saturday and Sunday 10-5 • This is a weekend-long workshop that will help you to learn how to use breathwork. This is a hands-on workshop that will help you to learn how to use breathwork.

Breath Immersion Weekend: Transformational Breathwork Level 3 with Julie Wolcott and Marcia Bailey • Oct. 16-18; Friday 7:30-10 p.m., Saturday and Sunday 10-5 • See above description with partial scholarship available. Call 978-255-1234 for more information.

Transformational Breathing Introductory Workshop with Dave and Pat Krajovic • Sept. 16, 6:30-9 p.m.; Oct. 4, 1-2:30 p.m.; Nov. 17, 7-9:30 p.m. • Learn how to use breathwork. This is a hands-on workshop that will help you to learn how to use breathwork.

Experienced Breather's Tune-Up with Dave and Pat Krajovic • Sept. 17, 7-8:30 p.m.; Oct. 14, 7-8:30 p.m., Oct. 26, 7:30-9 p.m.; Nov. 18, 6:30-8 p.m.; Dec. 7, 7-8:30 p.m. • This class is for experienced breathers. This is a hands-on workshop that will help you to learn how to use breathwork.

Transformational Breath Class for Meditators with Julie Wolcott through Deep Spring Center • Four Thursdays, Sept. 24-Nov. 5; 7:30-10 p.m. • This is a series of four workshops that will help you to learn how to use breathwork. This is a hands-on workshop that will help you to learn how to use breathwork.

Breath, Proprioception, and Meditation with Craig Parian of Evolving Shiatsu • Oct. 9, 16, 23; 7-9 p.m. • A series of three workshops that will help you to learn how to use breathwork. This is a hands-on workshop that will help you to learn how to use breathwork.

Buddhism

Tibetan Buddhist Practice with Jewel Heart • Meditation classes with Jewel Heart listed under "Meditation" section. For contact information, call 978-255-1234.

- Sunday Morning Talks with Gelek Rimpoche and Jewel Heart Instructors • 10-11 a.m. Talk, 11-11:30 a.m. Tea and Cookies** • Join us for a Sunday morning talk and tea. This is a hands-on workshop that will help you to learn how to use breathwork.
- Oct. 1 • Introduction to Buddhist Practice**
- Oct. 8 • Introduction to Buddhist Practice**
- Oct. 15 • Introduction to Buddhist Practice**
- Oct. 22 • Introduction to Buddhist Practice**
- Oct. 29 • Introduction to Buddhist Practice**
- Nov. 5 • Introduction to Buddhist Practice**
- Nov. 12 • Introduction to Buddhist Practice**
- Nov. 19 • Introduction to Buddhist Practice**
- Nov. 26 • Introduction to Buddhist Practice**
- Dec. 3 • Introduction to Buddhist Practice**
- Dec. 10 • Introduction to Buddhist Practice**
- Dec. 17 • Introduction to Buddhist Practice**
- Dec. 24 • Introduction to Buddhist Practice**
- Dec. 31 • Introduction to Buddhist Practice**

Taking Dharma to Work with Sandy Finkel • Nov. 21, 1-3 p.m. • A workshop that will help you to learn how to use dharma in your work. This is a hands-on workshop that will help you to learn how to use dharma in your work.

The Swift Path with Gelek Rimpoche • Sept. 15, 29, Oct. 20, Nov. 3, 10, 17, Dec. 15, 22; 7:30 p.m. • A series of workshops that will help you to learn how to use the Swift Path. This is a hands-on workshop that will help you to learn how to use the Swift Path.

Healing Practice of White Tara with Jewel Heart Instructors • Sept. 12, 26, Oct. 3, 10, 17, 24, 31, Nov. 14; 10-11:30 a.m. • See above description for White Tara. This is a hands-on workshop that will help you to learn how to use breathwork.

Ganden Lha Gyema with Jewel Heart Instructors • Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5; 7-8:30 p.m. • A series of workshops that will help you to learn how to use Ganden Lha Gyema. This is a hands-on workshop that will help you to learn how to use Ganden Lha Gyema.

Odyssey to Freedom with Jewel Heart Instructors • Oct. 5, 19, Nov. 2, 9, 16, 23; 7-8:30 p.m. • Gelek Rimpoche created this series of workshops. This is a hands-on workshop that will help you to learn how to use breathwork.

Dharma Discussion and Debate • Sept. 11, Oct. 9, Dec. 11; 7-8:30 p.m. • Jewel Heart students are invited to discuss and debate. This is a hands-on workshop that will help you to learn how to use breathwork.

The Crazy Wisdom Calendar

Buddhism (continued)

Buddhist Teachings through Deep Spring Center • Please also see listing under "Meditation." For more information, contact all 7 8 1 1 @deep.org or listed via internet.

Visuddhi Magga: Getting the Bigger Picture of the Path of Practice with Peg Tappe and Susan Weir • Six Wednesdays, Sept. 23-Dec. 2; 7-9 p.m. • The Visuddhi Magga, a Path of Practice, is a detailed approach to the path of practice from the beginning to the end. This class will focus on the actual practice of the path of practice and the practice of the path of practice.

Introduction to Insight Meditation Workshop • Sept. 12, 9-Noon with Ann Barden; Nov. 14, 1-4 p.m. with Lisa Zucker and Mary Grannan • No previous experience necessary. Wear comfortable clothing. Contact Ann Barden at 8 1 1 @insight.org

Zen Buddhist Teachings through Zen Buddhist Temple • For more information, contact all 7 8 1 1 @zen.org

Two Sunday Services • 9:30-11 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation, chanting, the Three Refuges, and a talk. Afternoon service consists of two periods of meditation, chanting, and a talk. Morning meditation service includes walking meditation, sitting meditation, and a talk. Afternoon meditation service includes walking meditation, sitting meditation, and a talk.

Zen Family Program • Second Sunday of every month, 9:30-11 a.m. • Call for more information.

Introductory Meditation Course • Five Thursdays beginning Sept. 10 and Oct. 22, 6:15-8:30 p.m. • This evening course of Zen is a practical life of living in the present moment. The course is designed to help you understand the meaning of the path of practice. The course is designed to help you understand the meaning of the path of practice. The course is designed to help you understand the meaning of the path of practice.

One-Day Meditation Retreat • Sept. 12 (for women), Nov. 7, and Dec. 29; 9 a.m.-5 p.m. • Sitting, walking, and meditation. Includes a meal, a talk, and a ceremony. Contact all 7 8 1 1 @zen.org

Overnight Introductory Meditation Course • Dec. 4, 7 p.m. through Dec. 5, Noon • This format is primarily for those who are new to the path of practice. The course is designed to help you understand the meaning of the path of practice. The course is designed to help you understand the meaning of the path of practice. The course is designed to help you understand the meaning of the path of practice.

Yongmaeng Chongjin (Three-Day Meditation Retreat) with Ven. Haju Sunim • Oct. 1, 7 p.m. through Oct. 4, 8 a.m. • This retreat is an intensive practice of Zen. Contact all 7 8 1 1 @zen.org

One-Day Seminar on Ancient Wisdom for Today • Oct. 24, 9 a.m.-4 p.m. • Learn about the history of the path of practice. The seminar is designed to help you understand the meaning of the path of practice. The seminar is designed to help you understand the meaning of the path of practice. The seminar is designed to help you understand the meaning of the path of practice.

Buddhist Storytelling presented by Rafe Martin • The special programs at the Temple:

- Oct. 16, 7 p.m. • A Performance for the Whole Family • 8
- Oct. 17, 10-1 • Storytelling Workshop • Understand the path of practice through stories.
- Oct. 18, 10 a.m. • The Jataka Tales: History and Lessons • Held in the morning service.

Cancer

Sexual Recovery after Prostate Cancer with Vic Hola of The Wellness Community • Sept. 9, 6-7:30 p.m. • Learn about medical technology and its impact on the prostate. Contact all 7 8 1 1 @twc-semich.org

Frankly Speaking about New Cancer Discoveries with Francis Worden of The Wellness Community • Sept. 30, 6-8 p.m. • This unique workshop will provide information about the latest discoveries in cancer treatment. Contact all 7 8 1 1 @twc-semich.org

Frankly Speaking about Advanced Breast Cancer with Elaine Chottiner of The Wellness Community • Oct. 14, 6-8 p.m. • Learn about the latest treatments for advanced (metastatic) breast cancer. Contact all 7 8 1 1 @twc-semich.org

Cooking for Wellness with Lynn Storch of The Wellness Community • Sept. 16 and Oct. 7, 4-6 p.m. • Learn about healthy recipes. Contact all 7 8 1 1 @twc-semich.org

Ceremonies, Celebrations & Festivals

HomeGrown Festival • Sept. 12, 5-10 p.m. at Ann Arbor Farmer's Market Pavilion • A festival celebrating local food and community. Contact all 7 8 1 1 @homegrown.org

Element Pledge Ceremony through Gateways • Sept. 27, 9:30-4 • This is a ceremony for those who are committed to the path of practice. Contact all 7 8 1 1 @gateways.org

Samhain Ceremony with Layla Ananda through Gateways • Oct. 31, 8 p.m. • Samhain is the Celtic New Year. Contact all 7 8 1 1 @gateways.org

Winter Solstice Celebration with Judy Crookes through Gateways • Dec. 20, Potluck at 6 p.m. and Ceremony at 7:30 p.m. • Winter Solstice marks the shortest day of the year. Contact all 7 8 1 1 @gateways.org

Special Year-End Candlelighting Service at Zen Buddhist Temple • Dec. 31, 7-9 p.m. • This service is a celebration of the end of the year. Contact all 7 8 1 1 @zen.org

New Year's Day Service at Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Celebrate the beginning of the new year. Contact all 7 8 1 1 @zen.org

Advent: Waiting for the Fullness of Time with Mary Sue Kennedy through Weber Center • Dec. 9, 9:30-2:30 • Advent is a season of waiting. Contact all 7 8 1 1 @weber.org

Autumnal Equinox Celebration at Michigan Friends Center • Sept. 22, 5-9 p.m. • Celebrate the equinox. Contact all 7 8 1 1 @michigan.org

4th Annual Solstice Song with Karen Chalmer at Michigan Friends Center • Dec. 21, 7-9 p.m. • A time to celebrate the winter solstice. Contact all 7 8 1 1 @michigan.org

Christmas Meditation Gathering with Self Realization Meditation Healing Centre • Dec. 25, 10:15 a.m. • We warmly welcome you to our Christmas gathering. Contact all 7 8 1 1 @selfrealization.org

Thanksgiving Eve Meditation at Lighthouse Center • Nov. 25, 7 p.m. • Gather at 7 p.m. for Thanksgiving Eve meditation. Contact all 7 8 1 1 @lighthouse.org

Christmas Eve Meditation at Lighthouse Center • Dec. 24, 6 p.m. • Gather at 6 p.m. for Christmas Eve meditation. Contact all 7 8 1 1 @lighthouse.org

New Year's Eve Meditation at Lighthouse Center • Dec. 31, 11 p.m. • Gather at 11 p.m. for New Year's Eve meditation. Contact all 7 8 1 1 @lighthouse.org

Halloween Potluck with The Wellness Community • Oct. 29, 6:30-8 p.m. • Enjoy a meal and celebrate Halloween. Contact all 7 8 1 1 @twc-semich.org

Chakras

Chakra Meditation Class with Nirmala Nancy Hanke of Lighthouse Center • Eight Tuesdays: Sept. 22-Nov. 10, 7-9 p.m. • In rd tid d h see re h k a ea rge en ers,w itle mpv ermet d th man ra fo each h k a.P rereq- u site: twom n h mah ra med tatiC all 9 9 k @mn o cmh o g

Channeling

Opening to Channel with Jacob as channeled by Judy Crookes through Gateways • Five Tuesdays beginning Sept. 15, 7:30-9:30 p.m. • Th jn ay a h a lig d hejn ayd ig: h a ligv ill b sh redj d .Sh in tes t a tted h s class tal sco r p sk lls. We will wo kv itlf o s ig ech q s a p actice ch a l- igr s a serie en erp ise. Jacob ill g d p rticip n s int h ia r wo ka ed d m d r t d cm e a clear ch a l. C all 9 9 acb sp ak c m .

An Evening with Jacob as channeled by Judy Crookes through Gateways • Fridays: Sept. 11, Oct. 2, Nov. 6, Dec. 4; 7:30-9:30 p.m. or Mondays: Sept. 28, Oct. 26, Nov. 23; 7-9:30 p.m. • Th se ev n g beg nv itlf acb sp ak g ieflyw ith o t p rticip n s, f b lw eda ni fi o matia l talk elea n t d b e with e g th redP ast tp cs h e b em ttid ,a h n e, w er, g ia o realityc reatio acbw ill th m sk f o q stia -p rsa l, g a ral o ab th tp c. Mo t ev n g clo e witha med tatiC all 9 9 acb p ak c m .

Evenings with Aaron (Channeled) with Barbara Brodsky of Deep Spring • Sept. 16, Oct. 14, Nov. 11, Dec. 16; 7:30-9:30 p.m. • Th ev n g s ledj Aara b igf lig ,l e ,c m p ssiw isch ,a d g n le m o , ch a ledj arb ra. Aard fers a talka th a wers p rsa l ad e rsal q estia . All are welcm e. D a ti o accep edC all 7 9 fi @ d ep p ig g

The Gathering with Karlta Zarley • Third Tuesday of each month, 7-9:30 p.m. • Karlta ch a ls ifi o matia frm sp rit ab ch g s we p rien e as we mo tw arsd ascen ia d red ad ssa sth t affect a . Th re is s a lly ime fo q stia with h g d s. B rig d slt o h re. g stedd ttiC all Ex m t 9 9 k rltazarleyc m .

Channeling Sessions with Shala Kilmer • Egn d o gn essag s frm x rion g d s, c h a ledj h la. You will receive p rsa l ifi o matia dv ill b ab e ta slo q stia acs essiaC all 9 9 9 n u tip th cm .

Chiquita Message Circle • Sept. 12 (call for time)

Mother Mary Messages • Oct. 9, 7-9 p.m.

A Meeting with Your Angels • Nov. 28, 1:30-3:30 p.m.

Channeling Class • Eight Tuesdays starting Sept. 29, 6:30-9:30 • Learnv ta llw th ag ls to p ak h g 9 9

Chant

Ann Arbor Kirtan • Sept. 18, Oct. 16, Nov. 20, Dec. 12; 7:30-9:30 p.m. at Friends Meeting House • Cm e jo n s fo an fi o mal ev n g g c ad s an k it ch n igK irtan s a p rticip to yc all ad esp e, c ro s- ch tn al ma ic p rien e th t in orp ates th ad en e in d h p rfo ma e. \$ 9 g stedd ttiC all Karema t 9 k rtaan a rb o g

Childbirth

Childbirth and Breastfeeding Classes through Center for the Childbearing Year • Fo mo e ifi o matiaC all 9 9 tt@ cen erd h c m .

Childbirth Preparation: Everything You Need to Know with Kate Stroud through Center for the Childbearing Year • Seven Tuesdays: Sept. 8-Oct. 20 or Nov. 3-Dec. 15, 6:30-8:45 p.m. • Birtli s n mal ad e ard t! Th s series p o d s a cm min tyb ep ctan p reh s wle m e t g th r td eara b ch lb rta d e p o e related tp cs ip ep ratif o g v g rtE m h sis is ad e lp ig: h id o e im w m an s a tu al cap city d rth cm fo t measn es ad ab r sp t tech q s, a ltera tie s t d g , c esareap ev n ia d h h h s a es. \$ p r cp e.

Childbirth Preparation: Focus on Labor and Birth Condensed Series with Kate Stroud through Center for the Childbearing Year • Two Sundays: Oct. 25 and Nov. 1; 1-4:30 p.m. • Th s series is d sig d o fb k with y sch il es wle an accommd te a lg r series, c h es seek g refresh r class fo a secd o mo e!) h h cp es p an g m eb rth We'll fo a g i s t th h sics: th p ocess d lab r ad r t e p gv itlp i s p t tech q s ad m fo t measn es, a d h p tp rtm recv r p ridp r cp e.

Newborn Care 101 with Jaminda Springer through Center for the Childbearing Year • Nov. 8, 1-5 p.m. or Two Thursdays: Dec. 3 and 10, 6:30-8:30 p.m. • As p reh s, w e are all fig ig t o as we g lg Trial ad rro will d fin telyb a learn g strateg s g t d w p h h . We will try d imit th "erro" p r t d "trial ad rro" h h rigp actical in ih s ad d n ify g p tie resu reses. We will d scuss w th d a w b w h t are th sen o yc ap cities d the a w b n s all th t stfi f a cessary, a d ap rigp th g d almi g r cp e.

Breastfeeding Basics with Barbara Robertson through Center for the Childbearing Year • Sept. 26, 12:30-5; Two Mondays: Oct. 19 and 26, 6:30-8:45 p.m.; or Two Wednesdays: Dec. 9 and 16, 6:30-8:45 p.m. • We wan th l p b eastfeed g ep rien e b satisfy g h u, a d inf ree! Th s class p ep res th mb h r-to b fo a su cessfl b eastfeed g p rien e. Tp cs in ld latch g ad itin g h h h , o rcm ig: m mth tacles, learn g h h s h rca s, a d n o e. h r cp e.

Combining Work and Breastfeeding with Barbara Robertson through Center for the Childbearing Year • Oct. 7 or Dec. 2, 10 a.m.-12:30 p.m. • We will d sca s strateg es fo retu n g ov o k Tp s d b east p n p , t h ep ri- en e d p n p g afe sto ag d b eastmilka dn o e will b co redE acm o h r, w itlf h h h h b th g p v ill h e th p tin ty ov ork w ar d p rsa l p an f o h r n q wo ls ita tidN n sigh b es welcm e. C arb tak ip io t d rth fd sired

La Leche League through Center for the Childbearing Year • First Thursday of the month, 10 a.m.-Noon • Drp ins p t g p f o b eastfeed gn o h rs ad h ir ch ld erP reg n w m em a d d ers welcm e. F ree.



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The Crazy Wisdom Calendar will be posted online starting September 7, 2009, at crazywisdom.net.

The Crazy Wisdom Calendar

Childbirth (continued)

Professional Doula and Breastfeeding Classes through Center for the Childbearing Year • Early eg stratid scn s d feredF o mo e ifi o matix all 6 -# tt@ cen er4 y c m .

Introduction to Childbirth for Doulas with Patty Brennan and Kate Stroud through Center for the Childbearing Year • Nov. 13, 10-6:30 • Wan t6 cm e ad a adv n - d rigv h re t6 tart? Get g d d r t h b sics 6 ch l6 r t e d atid. eartw t f a - cilitate ifi o medl cisim ak g f o y clien s witl n ren ifi o matim h b a fits, risk ,a d ltera ti6 s tom ed cal in 6 n i6 it h b r t l p o ess adv itl h a w b n T p cs in ld aa tm ya 6 ib 6 p eg n y, lab ,b r t l a d h r itid

DONA International Birth Doula Workshop with Patty Brennan and Kate Stroud through Center for the Childbearing Year • Five Wednesdays: Oct. 7-Nov. 4, 5:45-9:15 p.m. or Nov. 14-15, 8:30-6 • Are y n 6 rsted in career wo k g v ithm n s ad h b es? Becm e a p 6 essia l BirthD h a! Th s train g each s y h sk lls a cessary t p 6 d emb ia l, 6 ical, a d fi o matia l sp t t6 p ctah m b h rs ad h ir families. Y6 n a ed 6 a m b h r y self, n h 6 a med cal b c g d 6 - cm e ad a - j6 t p ssif o b r t l a d h d sire t6 ira sp t r b e fo 6 h r mm s. Class lead t p 6 essia l certifiati6

Rebozos, Palpation, Baby-Mapping and More with Patty Brennan through Center for the Childbearing Year • Sept. 19, 9-5 • Th s h d -ov o k 6 s ap p iate fo all b r t l a tted n s, i n ld g d as ad sp riga 6 acticign id 6 s. P articip n s will p actice b 6 m ap g d p l p tiop eg n m b h rs, k ep g li6 th l6 t art 6 d termin g etal p itiov ith h d ad es es. We will p actice tech q s with h reb 6 d sig d 6 h n e relax ti6 p t n mal p g ess ifl ab , a d e- p itio p 6 terio b b es. \$ 0

DONA International Postpartum Doula Workshop with Patty Brennan through Center for the Childbearing Year • Oct. 15-18: Thursday 1:30-7:15, Friday and Saturday 8:30-6, Sunday 8:30-3:15 • Th s cn se p ep res y 6 p 6 d ex ellen in m e care t f amilies int h p t p rtum p rid T p cs in ld th d a s p t p rtm r b e, e ffectiv listen g 6 m m n cations k lls, i m p tan e 6 th b r t l e p rien e ad ts imp ct n reco ry, n mal p y ib g ic reco ry f o th m b h r ad listic sp t measn es, t h a w b th y , s p o tig families withm li tip es, b eastfeedih sics ad ru b esh - ig: m m p b ems, i n e g atig h b 6 n d h family, a d n d l so d rs. Lead to p 6 essia l certifiati6 \$

Professional Education in Breastfeeding and Lactation with Barbara Robertson through Center for the Childbearing Year • Oct. 10, 9-2 • Th s wo k 6 p 6 d s a g d g r t h fid men als 6 b eastfeed g dv ill ed ate p 6 essia ls whv o k withm m ep t p rtm int h 6 elig k lls a cessary 6 sses ad o rect b eastfeed g b ems. Ap 6 d o p 6 n n sigC n act Hn s. \$

Childbirth Education through SJM Hospitals • Howell: Sept. 12, Sept. 26, Nov. 7, Nov. 14, Dec. 12; Brighton: Sept. 12, Oct. 17, Nov. 7, Dec. 5; Ypsilanti: Sept. 8, Oct. 6, Nov. 3 • Lab ad livers p ep ratix lass fo ep ctah m b h rs ad h ir lab sp t 6 ch fi o matix eg rd g tu al ch l6 r t l ech q s, r elax ti6 6 rcises, med cal in 6 n i6 d aesarearb r t h is in ld 6 p r cp e. F o times, c all 1 6 jmerch alth g

Childbirth and Breastfeeding Classes through Indigo Forest • Fo mo e ifi o matix call 9 6 tt@ v s itid g m .

Holistic Childbirth Education with Beth Barbeau • Seven Wednesdays: Sept. 30-Nov. 4; 6:30-9 p.m. • Witha re m 6 sis m mal b r t l t h s p actical class 6 rs wh t 6 x- p ct ifl ab , h d ing h p v erflu sea atia 6 b r t l p in maa g men ch ces, a d h 6 ical ad m b ia l asp cts 6 b cm igp ren s. We will also d ess cp g v itl h a p cted cisia mak g r stress, med cal p ia ad n 6 n i6 , a d 6 n - igC -sectia . S u tab e fo p ren s d sirign a tu al b r t l i m 6 ettigp r cp e.

Natural Birth in a Medical Setting with Beth Barbeau • Sept. 12, 10 a.m.-12:30 p.m. or Nov. 11, 6:30-9 p.m. • Th s 6 -sessia lass is a p v erflu stad ala o ad n o a p h l6 r t l e d atia lass. Witha lo al Cesarearb r t l r ates ab 6 , wh t can g d m ak mize y ch n es fo a h alth , s atisfy g g a l b r t l Emb s izig b h h p itiv ad p actical, t h s frap o ctiv class is g ared 6 p es a ar b r t h adv ill 6 r wh ab sp t su h s d as ctu th C-sectia ate in h lf, s afe way t6 ep ea r g d ab effectiv , a d v t6 a r l i g ig 6 t u y lab time. \$ r cp e.

I'm Pregnant (or Almost), Now What? with Beth Barbeau and Elizabeth Shadigian • Oct. 24, 9-Noon • Th s class will an wer t6 e q stia flid g b ainv h n th p eg n y t est is p itiv (o 6 it will b sb). M 6 t s eflu int h first fo m b h 6 p eg n y b fo e con ep igv e will 6 r n tritid o main ain g h alth p eg n y a d vign h alth r t l p y h 6 th first trimester, b 6 safe a tu al sb t i6 t6 m m o p eg n y d scm fo ts, s afe med catione h ces fo th first trimester, d rstad ig h ces ig a tic testig abv o k ad trasd , s tag s 6 fetal d 6 l p n en, c h ces irb r t h atted n s, s ex ip eg n y, a d m m n catid ip . \$ r m b h r.

VBACs: Having a Vaginal Birth after a Cesarean with Beth Barbeau • Sept. 23, Nov. 18 or Dec. 16; 6:30-9 p.m. • H6 v 6 d Cesarearb r t h adv h d ik tom ak mize y ch n es 6 h v g a l b r t l h s time? Th s 6 -sessia lass will 6 fer cn ren researcha b safe VBACs, k y fo p s itid g b 6 n t h m 6 t id al p itid o b r t l h fo e lab b g n , s strateg es fo su cessfu lab ig d r thigp o ctiv mea- sn es fo b l d g 6 id n e alo gv itl a sp ti6 team, a d h p t n ty d sca s p essig o era . \$ r cp e.

Nursing Your Baby with Beth Barbeau • Sept. 26 or Nov. 7, 9 a.m.-12:30 p.m. • Bs t th my h ad t th facts. D 6 wh cha sp cts 6 lab ad l i6 r y a ffect a n - mal b eastfeed g p rien e, v t h d e th relatix s ad sig ip ic, o v ton ain ait h b eastfeed g elatix h p r d ffich t circm stan es su h s Cesarean reco ry o b east ifi ectid Get 6 f t6 g tart with h s p actical b eastfeed g lass. \$ r cp e in ld s sa ck .

Nighttime Nursing with Beth Barbeau • Dec. 2, 6:30-9 p.m. • Cm e id sca s ifi an sleep p tters adv t6 6 d leep p i6 tin We'll ep o e safety d leep o atia , a d v t6 afelym eet th n h time need 6 all familiy emb rs. \$ r cp e.

Breastfeeding and Back to Work Success with Keleigh Lee • Nov. 21, 1-3 p.m. • Cm - b n g eastfeed g dv o k g (o g g 6 ch) is a j g igp ct faced 6 h majo - ity 6 n sign o b rs int h US . t d y. Wh t are th k y s strateg es th t h 6 allow ed m b h rs t6 su cessfu imm ain ain g lan e irb hv o ld ? Cm e learnt h secrets 6 th art ad h p actical d tails. \$ r m b h r.

Nursing Cafe with Beth Barbeau • Wednesdays, 2-3 p.m. • Cm e h g withb h r b eastfeed gm m s ad b 6 n sig ea, w itl p 6 essia l lactatix p t6 h d o q stia ad lp reg n mm s welcm e, t d r ee.

Birth Story Circle with Krista Dragun • Sept. 13 or Nov. 15, 3:30-5:30 p.m. • Birth g m b h rs, f at h rs, a d 6 v r p whv ita sses a b r t l e ar b p ifted 6 h my terya d p v er 6 b r t l a d t th same time, b h n edf eelig 6 ch n igv erless n ss, sh me, b ame o reg et ab a p r tich ar mm en th yf eel th yf ailed were failed. e f n esb 6 d g ti6 feelig ad b liefs d rmia th j6 d 6 id n e 6 p ren - ig d am g ti6 lya ffect relatix h p with p r t a r, b 6 , f ried , a dv o k Y6 an ch g th wayf eel ab 6 b r t l 6

Birthing From Within with Krista Dragun • Six Mondays: Sept. 7-Oct. 12 or Nov. 2-Dec. 7; 6:30-9 p.m. • Th se classes will h l p ep re fo y jo n y h 6 r th in 6 ren th h yf illig r t h bak 6 ifi o matixm ayb seek g also h lp g ep re y6 m b ia lly, m en ally, a d p rita lly. Y6v ill d eper in u ti6 v ig h 6 h 6 -p 6 g l alg s, b r t l v d 6 , a d n emo ab e ex rcises in ld g mes ad d v d l ep o atid h d awig ch p n e, a d p in ig

We are n h mar6 ig 6 a sp rita l jo a y. We are sp rita l b ig n a h n an j o a y.
- Steph rR .C 6 y

Doula Classes and Information through Indigo Forest • Fo mo e ifi o matix all 9 6 tt@ v s itid g m .

Parent-Doula Meet and Greet • Oct. 10, 11 a.m.-12:30 p.m. • Th s is a q rterly 6 n th t p 6 d s are fficien way f o p ren s ad as t f id ac l b h r. After a b ief rev ew 6 th b a fits 6 d as (p 6 essia l lab /p t p rtm sp t), p ren s g t a ch n e d ar lo al d as tak sev ral min es each 6 n rd e th msel 6 , s a d th p ren s ad as m ig e t g eth r 6 r tea ad a ck . F ree b p e-reg stratid s str 6 ye n a g d

What's In Your Birth Bag? with Sierra Hillebrand • One Sunday in October, TBA • Wh t are th essen ial t6 s ad p ies in a su cessfu d a s b r t l g It h s p ay l u ad n eractix wo k 6 ll g t a ch n e t6 h re y v leg wh leg th rig 6 la b e id as ad g stia from 6 h r d as. B rigv b r t l h g 6

Self Care for Birth Attendants with Sierra Hillebrand • One Sunday in November, 1-5 p.m. • Th life 6 a b r t l a tted n carb b l d ep y l i fillig d n redib yd mad - ig We will 6 r th b sics, s u h s sleep 6 rcise, a d ritix strateg es fo k ep g n sel 6 s v b an adv ell-resn ced

Children & Young Adults

Tea with the Fairies at Crazy Wisdom Tea Room • Oct. 22 and Dec. 10, 1 p.m. and 4 p.m. seatings • Ch ld em d h ir families are welcm e fo tea ad t its fo s ser 6 d 6 real-life fairies! Celeb ate with mag cal fairies as th ys 6 tea, t reats, a d n ag c. Th re will b sto y time read r m b ax ilab e frim Crazy Wisd B6 to e. F airy attire is en n ag d b e creativ ! 6 r p r s t B ab es 6 n t h ad r free. Fo ifi o matix all 6 1 il@ crazy isd n t.

Interactive Storytime with Crafts and Activities with Cheryl Zuzo, Author of *Being Bella: Discovering How to Be Proud of Your Best* • Oct. 4, 12:30 p.m. in the Crazy Wisdom Tea Room • Ch rly will reach r m b i6 tia l ch ld en s b v itl h h l p h r ad en e. All ch ld en v ill create a "P r d My B est" h ad 6 ig g , a d wo k 6 b o igp g s, m azes, a d v o d earch s th t tie in d h secret messag s 6 th b *Being Bella* teach s ch ld en s strateg es th y6 artu ilize int h ir 6 r d y l i fe fo d g h ir b st ad eeligp d 6 th msel 6 . S free. C all Rach l at 6 1 ach l@ crazy isd n t.

Sing-a-Long and Book Signing with Author Gari Stein of *The More We Get Together* • Oct. 10, 10:30 a.m. in the Crazy Wisdom Tea Room • Let's celeb ate Fall! Brig h wh e family,t b s tō .B rigg adh a adē ađ ,t b Jō mā fo ani n eractiē mā ic adm ē meh p g am. Tē th r,w e will sigđ n e,s h k ,w iđ e,e j n ā b ad h re lah er adē .J i u e adē rack rs serē d f ree.C all Rach l at 6 7 ach l@crazyw isch n t.

New Moon Sing with Tammy Corwin-Renner • On the New Moon: Sept. 17, Oct. 18, Nov. 16, Dec. 16; 6:30-7:30 p.m. • A sing d g rls & o s ars 6 age ad h ir mb h rs,a n s,g adh b h rs,a d female friēd . We sigs g ad d tō isln relatiō h p withō ab h r,t h earthā d selē s.B yđ tūC all 6 9

Buddhist Storytelling: A Performance for the Whole Family presented by Rafe Martin through Zen Buddhist Temple • Oct. 16, 7 p.m. • Part 6 th ee sp cial p rfo man es h lā t th Temp e.S ee listigū d r Bđ sm sectin f f o mo e ifi o matio ,c all 6 9 a rb @zetđ sttemp eo g

Hola Papa: Baby Spanish Classes with Jennifer Rivas Murillo • Mondays, 5:30-6:30 p.m.; Fridays, 12:30-1:30; Sundays, 11-Noon • Parents sigā d ayw ith b es. Vo ab ary elated d f amily,a d ay g b dv h le en n ag g b h s cōg tiē d v l p n en. f o 5 week p s n aterials.C all Carb ia at 4 8 0 k arolia @lag g lik .

Reiki for Kids with Jennifer Flowers • Oct. 4, 10-4 • It h s h d -x lass,wv ill leart ech q s tē al p - self as well as b h rs. After receiv g m tta meh ,wv ill p actice g v g R eik tō ts,p an s,a d d Yav ill also learn fu way to feel ad in rease p w n ea rg field ad e p o e p ch k a sy tem. 0 p s 0 materials fee.C all 4 6 9 fi @ h v o k h alig en erc m .

Meditation and Markers with Jennifer Flowers • Sept. 3, Oct. 1, Nov. 5, Dec. 3; 6:30-7:30 p.m. • Nw is th time tē v p ch ld em g ft th yw ill fo e r ch rish Th s wod rful med tatiē lass is g ared x h ld em g s 7 a d p We will b s ig g d d mag ryt or elaxō mid ,a llow creatiē ea rg d l w ,a d mp o th p tterā . Fb l w ig h med tatiē h ch ld em aye ith r j n a l o d aw. f de acla d tū l family emb r.C all 4 6 9 fi @ h v o k h alig en erc m .

Music, Movement, and Make Believe for Ages 3 1/2 to 5 with Gari Stein • Wednesdays, Sept. 23-Nov. 25; 12:30-2:30 • Girls adē e p o e elemen s 6 mā ic,m ē meh ,d ama,l iteratn e,d n e,a d r t. Activ ties are d sig d tō s timl ate creatiē ty,i mag a tūm d self-ep essid p mic 6 small g p h n es listen g d o ial sk lls. 0 n ld s materials.C all 4 8 lttle-fb k -mā icc om.

Baby and You! with Gari Stein • Tuesdays, Sept. 22-Dec. 15; 12:30 • Mā ic adm ē meh fo ifi an s ad h g w n p wđ v th m. A warm,g n le,n tū igē i r nō meh tē earm etē ad ctiiv ties th t h l p n ish b airē v l p n en ,t n r rā h x alm,a d h n e th ad lt-ch lē d o m p ime. 0 n ld s cōl .C all 4 8 lttle-fb k -mā icc om .

Sing with Me! with Gari Stein • Tuesdays or Wednesdays, Sept. 15-Dec. 16; 9:15 or 10:45 • Mā ical en ich n fo ch ld erf rlt d iē and h g w n p wđ v th m. We will sig: h n ,b e,f b lē n e,p ay n trm en s, sh re h ,a d n o e. A research b se p g am th tē h n es d v l p n en ,l ear n g isten g d iteracy. 0 in ld s cōl .C all 4 8 lttle-fb k -mā icc om .

Kids' Night Out: How to be a Superhero with Quest Martial Arts • Nov. 7, 5-9 p.m. • Kid ,c m e tē h s awesm e p rtya d earlv tō lik p faō ite sp rā rō Batmā r rōM a r s p d r m a r t h X-Men we l w th y all d t. We will alsō v a sp rā rō s faō ite fō p zza! 0 C all Nicka t 2 0 st-martialarts m .

Dance and Drum Classes for Children at Tree of Life Studio • Sept. 14-Dec. 12 • f p im 0 2 week sessidM ayb p o rated Classes fo teen ad h l ts listed r Dan e & Mō meh sectid f o mo e ifi o ma-tiē all 3 8 ree6 lifesti d g

Tap & Jazz for Ages 4-6 with Cheri Sing • Saturdays, 11 a.m. • Th s class is a fū tūf o tapā d jazz.

Tumble-n-Twist for Ages 2-4 with Cheri Sing • Saturdays, 10 a.m. • Th s class g n lys timl ates h wareā ss, self esteem,a d o ializatiō k lls wh le p ch ld s in rd u ed x w mō meh s adm s ic im fix reatiē atmō h re.

Intermediate Jazz for Ages 8-12 with Jenabah Giacomelli • Thursdays, 6 p.m. • In ed d o th p n a er with s h d m e p eiv s train g ij azz ad o h p

Capoeira for Ages 6-12 with Van Robinson • Thursdays, 4 p.m. • Cap iira cm b n s martial arts,g n a stics, mā ic,a d n e im ch tural ch ek .

Tap for Ages 7-12 with Cheri Sing • Tuesdays, 5 p.m. • Std n s will learn h sic taps tēp adē h o e r h m s.

Hand Drumming for Ages 8-12 with Sundance DiDomenico • Tuesdays, 4 p.m. • Learn h sic h d m mig tech q s as we e p o e th wo lē d p y h m .D e w lp sk lls int eamwo h ay gn s ic,h lē g m m n ty, adē p essig self.

African Dance for Ages 7-12 with Jenabah Giacomelli • Mondays, 5 p.m. • Th s class seek tē p e p n a - ers tē h i v an fū African d n e as we feel th d m b at im feet! Std n s e p o e r h m ad ime wh le learn g b cm m n catiē t weert h d m ad n e.

Harmony of Energy for Teens ages 13-15: Chi-Do with Wasantha Young • Tuesdays, Sept. 29-Nov. 17, 4:30-5:30 • Ch -Dō s a cm b n tin 6 ea rgy o km etē tō v de g a ral stress main ea n e tō s. Th d sig: n istō b Ch n se g stretch s,m d fied ai ch mō meh s,s afe in eractiē ex rcises,s elf-acp essn e p n s,a d n ed ta-tiē ech q s ap p iate fo teen .P re v natiē ad h m id n s elf-mō to ig h s class will h l p ea red e meh al,p ical,e mb in l,a d n eractiē stressō s. 0 C all Peacefu Drag s ch at 4 8 aceflu d ag- n ch c m .

Signing Smart: Baby Sign Language with Kathy Brady • Mondays, Sept. 14-Nov. 16 at 5:45 p.m. or Tuesdays, Sept. 15-Nov. 17 at 3:30 or 4:30 p.m. • Eē r wd r wh t p b h s try g d ell 0 Learn family friēd y American s ig ā g sig th h m ctiiv ties adē g im p reh -ch lē p ay c lasses. f n ld s b g n - a r h h d wā s.C all 9 8 san rb c m .

Chronic Illness

Imagine Health: Using Disease as a Catalyst for Positive Transformation with Kristi Davis • Oct. 6-Nov. 24: Tuesdays, 1:15-3:45 p.m. • Th s is a creatiē ,h istic,t h rap tū ic g p o ess d sig d o p p e with h n c illa ss wā sire tō e their p ical ch lleg s as a way d rān fo m th ir life.P articip n s will eg g ind ama ex rcises,a r,w ritign v emeh ,a d d d mag rym ed tatiē tē h o e th h s messag ,s c o meh al/emo-tiō l issa s,g ief ad v s,a d v a s fo h alig We will imag n ad b cm e" th h alth s elf we asp re tō . p n s v o k C all 3 8 isti@creatiē sp rith alig m .

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The Crazy Wisdom Calendar



Ellen Livingston is coming to the area for her classes and workshops. Vibrantly with raw and healthy.

Dance Classes for Teens and Adults at Tree of Life Studio • Sept. 14-Dec. 12 • \$
drop in for 2 weeks essential classes for kids listed in the Yellow Pages. All are free of charge.

Barefoot Boogie • Sept. 11, Oct. 9, Nov. 13, Dec. 11; 8-1 p.m. • Join for a free dance party. Are you in good luck? Experience a warm, intimate, and friendly atmosphere as we mix, move, and sweat it out. All ages welcome.

Zills, Frills, and Thrills with Jenabah Giacomelli • Thursdays, 7 p.m. • This "billy squiggle" dance class is intended for all women seeking a fun and healthy way to eat well. We can be a bit silly and let our bodies move with a bit of dirty dance poses inspired from the blues and old world. We will also be joined by a troupe of professional dancers and acrobats to lead us in zills (finger cymbals), zills, bells, shawls, and more.

Capoeira with Van Robinson (Manhoso) • Thursdays, 5 p.m. • Experience the Afro-Brazilian art form that combines dance, martial arts, and acrobatics. It is also a social event filled with radical stories.

Tribal Belly Combo-ography with Jenabah Giacomelli • Wednesdays, 7 p.m. • In addition to the dance, we will have a Tribal Style Belly dance and a Tribal Belly Combo-ography. This is a fun and healthy way to move.

Afro-Modern with Jenabah Giacomelli • Wednesdays, 6 p.m. • This is a belly dance class that draws its material from the African Diaspora and contemporary dance. Katharine Dunham, Martha Graham, and Pearl Prima.

Broadway Blast with Jaclyn Morrow • Wednesdays, 5 p.m. • This is a belly dance jazz class that incorporates theater skills. Students learn basic jazz moves, social dancing, improvisation, and choreography, as well as the use of props, facial expression, and acting tips.

Jazz I with Jaclyn Morrow • Wednesdays, 4 p.m. • Introduction to jazz is a great foundation for dancers, emphasizing technique, strength, and discipline.

Zumba with Jane Helzer • Tuesdays, 7 p.m. • Zumba fitness is a Latin dance workout that is fun and healthy. It is a cardio workout that is fun and healthy. It is a cardio workout that is fun and healthy.

Tribal Belly 101 with Cheri Sing • Tuesdays, 6 p.m. • A modern belly dance class inspired by the Middle East, India, North Africa, and Spain. We will cover basic belly dance moves, technique, and the use of props.

African Dance with Jenabah Giacomelli • Mondays, 6 p.m. • Introduction to African dance stretches, arm exercises, and more. We will learn the history and use of African dance as well as the history of African dance.

Introduction to Continuum Movement with Robin Becker • Nov. 6, 6:30-9:30 p.m. • Learn from Emilie Coad and her work with the Continuum Movement. This is a unique approach to movement that is based on the principles of the Continuum Movement. It is a unique approach to movement that is based on the principles of the Continuum Movement.

A Weekend of Continuum Movement with Robin Becker • Nov. 7-8, 10-5 each day • Experience a rich and powerful weekend of the Continuum Movement. This is a unique approach to movement that is based on the principles of the Continuum Movement. It is a unique approach to movement that is based on the principles of the Continuum Movement.

Chronic Illness (continued)

Beyond Natural Cures: Healing Chronic Disease with Aurore Adamkiewicz • Nov. 21, 11 a.m. • We will discuss the benefits of natural healing and how to use them. This is a unique approach to healing that is based on the principles of natural healing. It is a unique approach to healing that is based on the principles of natural healing.

Color

Colors in the Classroom with Jennifer Flowers • Oct. 15, 6-8:30 p.m. • This class is designed to teach students about color and how to use it. This is a unique approach to learning that is based on the principles of color. It is a unique approach to learning that is based on the principles of color.

Crystals

Chakra Healing Classes with Maret Johnson of World of Rocks • Sept. 3, Oct. 1, Nov. 5, Dec. 3; 11 a.m.-1 p.m. or Sept. 21, Oct. 19, Nov. 16, Dec. 14; 6-8 p.m. • Experience the power of crystals and how to use them. This is a unique approach to healing that is based on the principles of crystals. It is a unique approach to healing that is based on the principles of crystals.

Dance & Movement

Dreaming a Place: Environmental Dance with Irena Nagler • Oct. 18 and 25, 3:30 p.m. • We will explore the connection between dance and the environment. This is a unique approach to dance that is based on the principles of environmental dance. It is a unique approach to dance that is based on the principles of environmental dance.

Death & Dying

At-Home Funerals and Green Burial Options with Kerry Lizon and Marilynne Rush • Oct. 18, 1-2 p.m. • Learn about the options for funerals and burials. This is a unique approach to death that is based on the principles of death. It is a unique approach to death that is based on the principles of death.

Drumming

Drum Community Circles hosted by Lori Fithian • Sept. 23, Oct. 21, Nov. 18, Dec. 16; 7-9 p.m. at Crazy Wisdom Community Room • Get together and drum. This is a unique approach to drumming that is based on the principles of drumming. It is a unique approach to drumming that is based on the principles of drumming.

Drum Classes for Teens and Adults at Tree of Life Studio • Sept. 14-Dec. 12 • \$
drop in for 2 weeks essential classes for kids listed in the Yellow Pages.

Community Drum Jam • Sept. 25 and Oct. 23, 8-11 p.m. • A drum circle for all! Feel the power of a community drum circle. This is a unique approach to drumming that is based on the principles of drumming. It is a unique approach to drumming that is based on the principles of drumming.

Hand Drumming with Sundance DiDomenico • Wednesdays, 8 p.m. • Harmonize your hands and create a beautiful sound. This is a unique approach to drumming that is based on the principles of drumming. It is a unique approach to drumming that is based on the principles of drumming.

Drum 4 Wellness Circle at Interfaith Center • First Saturday of each month, 7:30-9 p.m. • Facilitated m m n t y d m circle th t in ld s drn tech q s,r recreation l d m mig relax tire & rcises,a d d mag ryt or ed e stress,empw er id v d ls,a d v d fh Brigg d um o s e a p v d d a tie accep edC all Dm t 0 9 n erfaith p rito rg

Energy Healing & Energy Work

Sunday Healing Circle with Glenn Pailthorp • Sept. 6, Oct. 4, Nov. 1, Dec. 6; 2-4:30 p.m. at Crazy Wisdom Community Room • Jö n s a r t h first Sd yb th mb lt œ j g d dn ed tatiæ æ rcises fo d v lp - igr h align b lities. Althv e will ep m ays elf tras fo matiom etd ,we will alway sp d m e time d gl stan e h align d clearigf n w m n as.E v r g will h v arp tñ tyt or eeceæ a h align Call 7 8 iltb p m .

Learn the Emotional Freedom Technique with Melanie Fuscaldo • Part 1: Sept. 11, Noon-1:30; Part 2: Sept. 18, Noon-1:30 • Learn p v erflu tb v am e at axt ime tr eleas b o k g s t d althv areer,a d n e,r elatin - sh p ,r etiremen ,a dn o e.I t h s h imitedp en ial tr eleas wh t is t life eh n ig fears,e mb ia ,t ram a, d p essiæ g tie th k gl sease) ad n rease wh tew r v b e t a d v v life. As v p rien e red ed n era l cñ lict,yæ arr ed e v sñ ferig d n rease p ace. f r sessitC t act melan e f s cald cm .

Harmony of Energy One Day Workshop: Benefit for Jewel Heart with Wasantha Young sponsored by Peaceful Dragon School • Sept. 19 • 9 acls essio S h l d y. All p o eed b a fit Jewel Heart. Call 9 8 reg strati@ jewelh arto g 0 11 0 am . • In tr d tiot c hi Kn g Qig • Learn 4 sic stretch s,s d g d n ct ea rg tically with arth a t n e,a d h n v rse. 1 2 0m . • In eractiæ Ea rg Learn lities 6 h r m n zigv itlv h rs th b afe a d a y li in eractiæ æ rcises th t eh n e v ab litv d iste n d re,y eld n d t u ralize fo ce. 2 3 4 5m . • Self Acp ressn e • Learn p en acu p n s tr ed e m s cle tes if r m h ad a o .

Healing Circle with Cassie Cammann and Other Deep Spring Center Teachers • Tuesdays, Noon-1 • We'll circle tg th r,t h r b fer o receive th lv g o lv h alth ad wella ss.P lease jö m wh a v r v arD n tie accep edC all 7 8 n o@d ep p ig g

Practitioner Support Night: Reconnective Healing with Madelyn Miller • Oct. 6, 7 p.m. • Persn l recn ctia en b e rap dn v men fo th e whv islt a d n e alg th ir eb t ia ryl ife p thv itlv wea r g req n ies th t allow h align ll lev ls.O p r t d h p ic.D a tie accep edC all Great Lak s Cen er fo Healig Tu la t 3 9

Esoteric Healing Level One with Laurie Akerros • Oct. 23-25 or Nov. 20-22, 9-5 daily • Int h s th ee-d yw o k - s p t d n s will learnt o p lp te,a sssæ,a d reat th m are a r g ieldv itlv es itiv tyæ th wareæ ss im d r to create cñ tis fo p imal h align dv ella ss fo clien s,fried ,a d amily. We will wo kv itlv ris sb le "h es" 6 ea rg p ical/eth ric,e mb ia l,m en al,s b ,a d p rita l asp cts. C all 3 8 ak r r o @ b mailc m .

Introduction to Energy Healing with Sandi Zak and Jeannie Ballew • Oct. 15, 7:30-9 • We will p v d a b sic v riv ew 6 ea r g h align lg with æ rcises igr d n g a d n g h h art. We will alsd eacha p v er- flu fiæ min e ea r g m edicia r t ia t d t h n eto treg h n g v ea r g ield v e n illa ss adm a n g stress. C all Jean e at 9 8 mb llew@p v d a t.

Immune Support Chi Kung with Wasantha Young • Sept. 28, 5:30-7 p.m. • Learn a cp essn e p n s (self-ap- p ied m lp essn e),m assag tech q s,a d d g v alsd) th t sp t a d treg h r t h immu sy - tem. Ag s t a d v elcome.M s t b ab e tow allp a d v m a flig 6 stairs. C all Peaceflu Dra g ch at 7 8 aceflu d ag a ch c m .

Chi Kung (Qigong): Chinese Yoga with Wasantha Young • Tuesdays, Sept. 15-Dec. 15, 6-7:15 p.m. • Ch Kg is a Ch a se ap a cha v actice th t fo s es t h relatiæ h p en r g a th alth Th s class will fo s t h fid men al sty es 6 Ch Kg imag ry a dn v men ,C hia se g ,a d rad tia l Ch a se med cia th h learn g h Wild G v e Ch Kg v o m.S t d n s will alsd g r t d ear t æ en e th ir v re a r g s well as b h rs wh le eg g g r s b t ch "æ rcises. C all Peaceflu Dra g ch at 7 8 aceflu d ag a ch c m .

Healing Touch Certification Program with Barbara McConnell • Healig Tu li s a cm p emen aryæ a rg th rap h t carb s edv itlv with trad tia l th rap es.S t d n s s æ th ir h d with ih o a ar- h o h t d lp lear,b lan e,a d a rg ze th m are a r g s y tem t p m b e h align o mid v ,a d p rit.I t is b sed a h art-cen ered arig fo b h rs.E arly eg strati d sct s 6 fered v o mo e if n o mativæ all 3 9 3 mccc@ b g a n t m .

Level 1 • Aug. 22-23, 8-6 both days • C Es. \$ s n aterials fee.
Level 2 • Oct. 17-18 or Nov. 14-15, 8:30-6 both days • Rev ew 6 Lev l kv itlv h ad tird b h r tech q s to d ep r t h wo k C Es. \$ s n aterials fee.
Level 3 • Nov. 7-8, 8:30-6 both days • In ld s d v lp n ent 6 h g r sen e p rcep iæ eq n ig h align to lt ech q s,w o k v itlv d n e,s elf-h align d elf-d v lp n en. C Es. \$ s n aterials fee.
 In tra to t d a n ed

Knowing the Unknowable: Harnessing Energy and Intention with Keith Copeland • Oct. 16 • Th v th life we wah ,w e a ed ch ra ss n ea r g ad n en in We alsæ ed t d v th secrets 6 ifi la n ig h ea r g d in en id b h rs.L earlv tæ p n ialy n rease th p itiv resl ts igr life. F o times,c all 3 8 stcen er@sb g b ala t.

European History

Life in the Middle Ages with Barony of Cynnabar • Sundays, Sept. through Dec., Noon-4 • Cm e ad eara b h sto ical sig gl n ig: lb h g rts,s cien es,a dn artial arts.F ree.C t act ch telain @c n h r o g




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The Crazy Wisdom Calendar

Exercise & Fitness

Fitness Together West Open House with Fitness Together Trainers • Sept. 13, 1-4 p.m. at Plum Market • Free samples, pizzas, free BGM, massages, and more. Free. Call MJ LaDuke at 360-754-1111 for more information.

Women's Boot Camp with Shelby Norment • Mondays and Wednesdays, 1 p.m. • Bodybuilding, aerobics, and interval training to burn fat and build muscle. Call 360-754-1111 for more information.

Sorority Boot Camp with Paul Tibaldi • Six weeks beginning Oct. 13 and 14: Tuesdays, 7-8 p.m. or Wednesdays, 7:45-8:45 a.m. • Joint health and exercise program to improve strength and flexibility as well as get your heart pumping. Call Melissa or Jamie at 360-754-1111 for more information.

Reformer Level I Workshop at Intelligent Exercise Studio • Six weeks beginning Oct. 15: Thursdays, 7 p.m. • Perfect for those Pilates and Pilates equipment enthusiasts. This workshop includes introductory reformer classes. Learn Pilates fundamentals with the help of an experienced instructor. Call Melissa or Jamie at 360-754-1111 for more information.

Nia at Arts in Motion Dance and Music Studio • Thursdays, 10:30-11 a.m. or 11-11:45 a.m. • Nia blends martial arts, dance, and alignment into a cardio-scholarship. Experience the power of Nia in a safe and supportive environment. Call Amad at 360-754-1111 for more information.

Exhibits

Art Exhibits at Creative 360 • Openings are free with admission appreciated. Call Celeste at 360-754-1111 for more information.
5 x 10: Mid-Michigan Printmaking • Opening Sept. 18, 7-8:30 p.m. • Showroom at the University of Washington.

A Passage of Time: Works of Barbara Zimmerman • Opening Nov. 13, 7-8:30 p.m. • Showroom at the University of Washington.

Pecha Kucha Night • Oct. 14, 7-9 p.m. • Pecha Kucha, a Japanese format for presentations, creates a setting where visual artists meet, and two languages are used to tell a story. Call ahead for more information.

Artist Soiree with John Palen • Nov. 4, 7-9 p.m. • Evening of local artists, poets, and performers. Call 360-754-1111 for more information.

Film

Films and Discussion at Jewel Heart • Fridays, 7 p.m. • On a monthly basis, Jewel Heart hosts a free film screening and discussion. Call ahead for more information.
Sept. 25 • Far Away, Too Close by Kirk Jim Leivitt and Hartmut Sager
Oct. 30 • Brazil by Stephen Chou
Nov. 20 • Beyond the Sea by Elizabeth H. Witz

Spiritual Cinema: Movie and Discussion with Interfaith Center • Second Saturday of each month, 8 p.m. • On a monthly basis, we screen and discuss films with spiritual themes. Call ahead for more information.

First Aid

CPR Family and Friends with SJM Hospitals • Howell: Sept. 15, Oct. 20, Nov. 17, Dec. 15; 6:30-8:30 p.m.; Ypsilanti: Sept. 16, Oct. 21, Nov. 4, Dec. 2; 6-9 p.m. • AHA class for community members. Registration is required. Call 360-754-1111 for more information.

Flower Essences

Introduction to Bach Flower Remedies with Laurie Akerros • Nov. 7-8, 9-5 daily • This class will cover the history and use of each of the 38 Bach Flower Remedies. Students will learn how to use them in their daily lives. Call 360-754-1111 for more information.

Fundraisers

One Peace Concert Fundraiser • Sept. 17, 7:30 p.m. • Join us for an evening of entertainment and music. Call Celeste at 360-754-1111 for more information.

Zen Buddhist Temple's Famous Annual Great Green Recycling Yard Sale • Sept. 5-7: Saturday 9-5, Sunday Noon-5, Monday 9-5 • One afternoon will focus primarily on furniture - couches, chairs, desks, dressers, and tables - as well as books and other items. One member cleans and repairs all items. This event always draws hundreds of environmentally conscious people. Call 360-754-1111 for more information.

Lighthouse Center's 2nd Annual Walk for Peace at Hudson Mills Park • Sept. 12, 9:30 a.m. • A three-mile walk at the Lighthouse Center. Meet at 9:30 with walk at 10 a.m. Veggie lunch provided. No walk for free admission. Call Nirmala at 360-754-1111 for more information.

Grief & Grieving

Grief: Nature's Way of Healing a Broken Heart with Margaret Heinz of Weber Center • Nov. 11, 10-2 • The great grief journey is a process that leads us through life's ups and downs. With a framework of practical healing strategies, we will walk through the stages of grief, identify the thoughts and feelings that block us, and learn the way we can help ourselves and others. Call 360-754-1111 for more information.

Herbs, Plants & the Garden

Herbal Remedies and Wisdom Series with Linda Diane Feldt at Crazy Wisdom Community Room, sponsored by People's Food Co-op • 7-8 p.m. • Free. For registration information, call Kevin at 360-754-1111.

Nourishing and Medicinal Herbs: Is There a Difference? • Sept. 24 • Herbs are more than just a taste. We'll explore the benefits of herbs in traditional and modern medicine. Call 360-754-1111 for more information.

Menopausal Herbal Support and Allies: The Good News • Oct. 22 • Menopause is a natural part of life. We'll explore the benefits of herbs in supporting women's health. Call 360-754-1111 for more information.

Cancer and Heart Disease: A Sensible Herbal Approach • Nov. 19 • We'll talk about the benefits of herbs in supporting heart and cancer health. Call 360-754-1111 for more information.

Winter Medicine Making: Immune System and Symptomatic Comfort with Herbal Medicines with Mary Light • October • Participate in a workshop on making herbal medicines. Call 360-754-1111 for more information.

Holistic Health

Anthroposophic Inpatient Therapeutic Session with Molly McMullen-Laird and Quentin McMullen at Rudolf Steiner Health Center • Nov. 9-21 • An holistic approach to medical care. Call 360-754-1111 for more information.

Essentially Flueless: How to Take Care of Yourself, Your Children, and Your Community with Merri Walters • Sept. 26, 1-4:30 p.m. • Merri will review the key to staying healthy and disease-free. Call 360-754-1111 for more information.

Holistic Health Series with Gaia Kile at Crazy Wisdom Community Room, sponsored by People's Food Co-op • 7-8 p.m. • Free. For registration information, call Kevin at 360-754-1111.

Fatigue: Causes and Solutions • Sept. 10 • There are many causes of fatigue. We'll explore the causes and solutions. Call 360-754-1111 for more information.

Longevity: Increase Your Odds • Nov. 12 • Discover the secrets to a long and healthy life. Call 360-754-1111 for more information.

Heart Health • Dec. 10 • We will discuss the many risk factors for heart disease and the top 10 nutritional exercises, stress management approaches to reduce risk, improve lifestyle choices, cardiovascular exercise that is essential to lead a heart-healthy life. In-person classes will also be offered.

Feeling Foggy, Sick or Allergic May Be All In Your Gut! with Milagros Parades • Nov. 14, 2-4 p.m. • Intestinal, histamine, and other gut-related symptoms are often overlooked. This class will present the latest research on the gut-brain connection, the role of the microbiome, and how diet and lifestyle can impact gut health. This class will provide practical tips for improving gut health and overall well-being. Call for details.

Love the Skin You're In! with Mariah Newborne • Sept. 14, 7-9 p.m. • Have healthy, radiant skin with the help of natural, holistic approaches. This class will cover skin care basics, including hydration, nutrition, and natural remedies for common skin conditions. Call for details.

Saturday Night Live Event: Vegetarian/Vegan Potluck Dinner • Aug. 29, Sept. 26, Oct. 31, Nov. 28 • A great time to enjoy a meal with friends and family. All are welcome. Call for details.

Homeopathy

Herbs and Homeopathy for Moms and Babies with Patty Brennan of Center for the Childbearing Year • Sept. 12, 9-Noon • This is a rare opportunity to learn about the use of herbs and homeopathy for women and their babies. This class will cover common conditions such as colic, reflux, and allergies, and provide practical tips for their treatment. Call for details.

Homeopathic Kit Class with Mary Tillinghast of Castle Remedies • Sept. 15, 7-9:30 p.m.; Sept. 26, 2-4:30 p.m.; Oct. 14, 7-9:30 p.m.; Oct. 24, 2-4:30 p.m.; Nov. 9, 7-9:30 p.m.; Nov. 21, 2-4:30 p.m.; Dec. 2, 7-9:30 p.m.; Dec. 12, 2-4:30 p.m. • These classes teach the use of homeopathic remedies for various conditions. Call for details.

Hypnosis

Self Hypnosis for Weight Loss with Glenn Pailthorp • Sept. 13, Oct. 11, Nov. 8, Dec. 13; 2-3:30 p.m. • Learn self-hypnosis techniques to support your weight loss goals. Call for details.

Past Life Regression with Glenn Pailthorp • Sept. 20, 2-4:30 p.m. in Crazy Wisdom Community Room • Past life regression is a fascinating way to explore your past lives and gain insight into your current life. Call for details.

Infant Massage

Infant and Baby Massage Classes for Ages Two Weeks to Twelve Months with Ann Zalek • Four Mondays: Oct. 19-Nov. 9; 10-11 a.m. or 12:30-1:30 • Parents are encouraged to learn infant massage techniques to help soothe and comfort their babies. Call for details.

Infant Massage with Linda Diane Feldt • Wednesdays, Sept. 16-Oct. 7; 10-11:30 a.m. • Learn infant massage techniques from an experienced practitioner. Call for details.

Intuitive & Psychic Development

Drop-In Intuitive/Psychic Readings with Molly Ann Indura in the Crazy Wisdom Tea Room • Fridays, 7-10 p.m. • Free readings available. Call for details.

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to our questions. Sometimes we just need a little help finding them. Call for details.


Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and Third Sundays of each month, 11 a.m.-2 p.m. • Marcella offers guidance and alignment for various issues. Call for details.

Heart-Based Intuitive Development with Melanie Fuscaldo • Oct. 6, Noon-1:30 • Develop intuition with heart-based practices. Call for details.




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www.fallingwatermi.com click: The Center

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The Crazy Wisdom Calendar

Psychic Development I with Deb Foggio • Sept. 15-Oct. 6, 7-9 p.m. • Students are guided through the process of creating a personal psychic ability. The class helps to awaken awareness, stimulates psychic development, and each student finds their own unique path to self-realization. For meeting, see all 8 0 8 in egative wellbeing.

Psychic Development Circle with Deb Foggio • Thursdays, 7-9 p.m. • A circle for the development of psychic abilities. Practical exercises and techniques are used to develop psychic abilities. For meeting, see all 8 0 8 in egative wellbeing.

Intuitive Foundation Series in the Tradition of John Friedlander • Foundational sessions • For details, see all 8 0 8 in egative wellbeing.

Foundations in Psychic Development I: How to Perceive Your Aura and Chakras in Meditation with Violeta Viviano • Two-day weekend seminar or Six-session series • We each have a body of spiritual energy, called the human energy field. This seminar teaches how to perceive and work with your energy field. This is a basic class in the tradition of John Friedlander's system of perception. Site for classes and sessions: *Basic Psychic Development: A User's Guide to Auras, Chakras, and Clairvoyance*. See website for more information.

Foundations in Psychic Development I with Donna Davison and Tiffany Mazurek • Nov. 7, 9-6 • See also description of all 8 0 8 in egative wellbeing.

Foundations in Psychic Development II: The Clairvoyant Beauty of Creating Your Reality through Space and Wisdom with John Friedlander • Saturday, 9-6 and Sunday, 9-3 • We create our reality through our thoughts. We will explore how to create a more abundant and successful life through the use of our psychic abilities. For meeting, see all 8 0 8 in egative wellbeing.

Foundations in Psychic Development Levels I-II Practice Sessions with John Friedlander • Sept. 8, Oct. 6, Nov. 10, Dec. 8; 7-9 p.m. • Opportunity for all students with a foundation in psychic development to practice their skills with clear guidance and support. For meeting, see all 8 0 8 in egative wellbeing.

Foundations in Psychic Development III: Seeing Auras with John Friedlander • Saturday, 9-6 and Sunday, 9-3 • We will explore the process of seeing auras and how to use this information for personal growth and healing. For meeting, see all 8 0 8 in egative wellbeing.

Foundations in Psychic Development: Level III Reading Practice Sessions with Violeta Viviano • Sept. 23, Oct. 28; 7-9 p.m. • Opportunity for all students to practice their skills in reading auras and energy fields. For meeting, see all 8 0 8 in egative wellbeing.

Foundations in Psychic Development IV: Channeling with John Friedlander • Saturday, 9-6 and Sunday, 9-3 • Learn how to channel higher energies and use them for personal growth and healing. For meeting, see all 8 0 8 in egative wellbeing.

Powerful Play of the Focused Mind with John Friedlander • Sept. 26, 9-6 and Sept. 27, 9-3 • Learn how to use your mind to create a more abundant and successful life. For meeting, see all 8 0 8 in egative wellbeing.

Etheric II with John Friedlander • Sept. 5, 9-6 and Sept. 6, 9-3 • Powerful information and techniques for working with the etheric plane. For meeting, see all 8 0 8 in egative wellbeing.

Get Intuit: Intuitive/Psychic Development with Shala Kilmer • Eight Mondays starting Oct. 19, 6:30-9:30 p.m. • Have you ever wondered how to use your intuition? Get Intuit will introduce you to the power of your intuition. For meeting, see all 8 0 8 in egative wellbeing.

Clairvoyant and Intuitive Development Seminars with Ray Golden of Center for Intuitive Health • Early registration is available. For more information, see all 8 0 8 in egative wellbeing.

Intuitive Awareness 1: Awareness and Intuitive Self Healing • Sept. 19-20, 10-5 each day • Learn how to use your intuition for personal growth and healing. For meeting, see all 8 0 8 in egative wellbeing.

Intuitive Awareness 2: Deepening Awareness and Skills • Oct. 17-18, 10-5 each day • Continue to deepen your intuition and use it for personal growth and healing. For meeting, see all 8 0 8 in egative wellbeing.

Intuitive Awareness 3: Putting It All Together • Saturday and Sunday TBA • Read an assessment of your intuitive abilities and learn how to use them for personal growth and healing. For meeting, see all 8 0 8 in egative wellbeing.

Intro to Clairvoyant Healing Practices with Glenn Pailthorp • Oct. 7, 7-9 p.m. at Crazy Wisdom Community Room • Opportunity for all students to learn how to use their psychic abilities for healing. For meeting, see all 8 0 8 in egative wellbeing.

Clairvoyant Healing Practices with Glenn Pailthorp • Oct. 10, 9:30-4:30 • Introduction to the practice of clairvoyant healing. For meeting, see all 8 0 8 in egative wellbeing.

Labyrinth

We Walk a Wide and Gracious Path with Esther Kennedy at Weber Center • Oct. 16 at 7:30 p.m. through Oct. 18 at 1 p.m. • The labyrinth is a metaphor for the journey of life. This series of walks is designed to help you find your way through life's challenges. For meeting, see all 8 0 8 in egative wellbeing.

Love & Relationships

Soul Mates as a Path to God with Lorri Coburn • Oct. 10, 10:30-5 at Crazy Wisdom Community Room • Many people believe that soul mates are a way to find God. This series of workshops is designed to help you find your soul mate. For meeting, see all 8 0 8 in egative wellbeing.

Forgive for Good Mini Workshop with Erin Fry at Mind Body Spirit Wellness Center • Nov. 14, 9-11 a.m. • A powerful workshop on forgiveness. For meeting, see all 8 0 8 in egative wellbeing.

Heart-Based Communication Mini Workshop with Erin Fry at Mind Body Spirit Wellness Center • Oct. 10, 9-11 a.m. • Gain insight into heart-based communication. For meeting, see all 8 0 8 in egative wellbeing.

No More Tip Toe Talking! with Shirley Joy • Oct. 3, 10 a.m.-4 p.m. • Learn how to communicate more effectively. For meeting, see all 8 0 8 in egative wellbeing.

Massage

800 Hour Massage Therapy Program Open House at the Ann Arbor Institute of Massage Therapy • Sept. 3 at either 9 a.m.-12:30 or 6-9:30 p.m. • AAIMT is dedicated to assisting each student in their career path. For meeting, see all 8 0 8 in egative wellbeing.

Seated Massage with Christia West • Sept. 26, 9-5 • For meeting, see all 8 0 8 in egative wellbeing.

Skills Builder Series I with Christia West • Sept. 27, 9-4 • For meeting, see all 8 0 8 in egative wellbeing.

Myofascial Therapy III with Christia West • Oct. 2-4, 9-5 each day • For meeting, see all 8 0 8 in egative wellbeing.

Professional Ethics and Boundaries with TBA • Oct. 6, 9-12:30 or 6-9:30 p.m. • For meeting, see all 8 0 8 in egative wellbeing.

Reflexology with Prema Lindsay Smith • Oct. 10-11, 9-5 each day • For meeting, see all 8 0 8 in egative wellbeing.

Skills Builder Series II with Christia West • Oct. 25, 9-4 • For meeting, see all 8 0 8 in egative wellbeing.

Sports Massage II with Jocelyn Granger • Oct. 30 and Nov. 1, 9-5 each day • For meeting, see all 8 0 8 in egative wellbeing.

Skills Builder Series III with Christia West • Nov. 8, 9-4 • For meeting, see all 8 0 8 in egative wellbeing.

Pathology with Christia West • Nov. 21, 9-5 • For meeting, see all 8 0 8 in egative wellbeing.

Neuromuscular Therapy I with Jocelyn Granger • Dec. 11-13, 9-5 each day • For meeting, see all 8 0 8 in egative wellbeing.

If you are interested in becoming a massage therapist, our classes, talk shows are listed in the Crazy Wisdom calendar. For more information, see all 8 0 8 in egative wellbeing.

Medicine for the Earth

Medicine for the Earth: Restoring Health to Self and the Environment with Kate Durda and Stephanie Tighe • Oct. 17, 10 a.m.-5 p.m. and Oct. 18, 9:30-4 p.m. • Two day experiential workshop personal retreat is based on the work of Sandra Romaine's *Medicine for the Earth*. You will learn to use your senses to feel the earth's energy and to use it to heal yourself and the planet. This is a hands-on, experiential workshop. You will learn to use your senses to feel the earth's energy and to use it to heal yourself and the planet. This is a hands-on, experiential workshop. You will learn to use your senses to feel the earth's energy and to use it to heal yourself and the planet. This is a hands-on, experiential workshop.

Meditation

Meditation and Markers with Jennifer Flowers • Sept. 3, Oct. 1, Nov. 5, Dec. 3; 6:30-7:30 p.m. • Now is the time to get your mind on a path that will help you to live a more meaningful life. This workshop will explore the connection between meditation and the markers of a meaningful life. We will explore the connection between meditation and the markers of a meaningful life. We will explore the connection between meditation and the markers of a meaningful life.

Oneness Blessing and Meditation with Lee Schaberg • Fridays, 7-8 p.m. • The Oneness Blessing is a powerful spiritual practice that can help you to experience a sense of oneness with all of creation. This workshop will explore the connection between the Oneness Blessing and meditation. We will explore the connection between the Oneness Blessing and meditation.

Standing Meditation with Dan Hoffman • Wednesdays continuing in September, 7-8 p.m. • By walking in a meditative state, you can experience a sense of inner peace and clarity. This workshop will explore the connection between standing meditation and mindfulness. We will explore the connection between standing meditation and mindfulness.

Meditation and Chanting with Siddha Yoga Meditation Center of Ann Arbor • Thursdays, 7-8:30 p.m. • Join us for a weekly meditation and chanting session. This workshop will explore the connection between meditation and chanting. We will explore the connection between meditation and chanting.

Beginning Meditation with Martha Kimball • Sept. 9-30, 6-7:30 p.m. • Meditation is a simple practice that can help you to experience a sense of inner peace and clarity. This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Deepening Meditation with Martha Kimball • Oct. 14-Nov. 4, 6-8 p.m. • This is for those who are ready to deepen their meditation practice. This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Meditation Night with Deb Foggio • Wednesdays, 7:30 p.m. • An evening of meditation and music. This workshop will explore the connection between meditation and music. We will explore the connection between meditation and music.

Meditation Classes through Deep Spring Center • From Monday to Saturday • This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Sharing and Learning Together with Erica Dutton • Saturdays, Sept. 19-Nov. 14; 10-Noon • This class is a place where you can share your experiences and learn from others. This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Insight Meditation and Mindfulness: Working Toward a Daily Practice with Jim Whiteside • Mondays, Nov. 2-Dec. 14; 7:30-9 p.m. • This program is designed to help you develop a daily meditation practice. This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Exploring the Eight Fold Path: Insight Practice Progression and Sutta Study with Carol Blotter • Tuesdays, Sept. 29-Nov. 10; 7:15-9 p.m. • This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Beginning Insight Meditation • Wednesdays, Sept. 23-Oct. 28; 7:30-9 p.m. with Lisa Zucker and Julie Wolcott; or Nov. 4-Dec. 16; 7:30-9 p.m. with Lisa Zucker and David Lawson • This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Meditation: Day of Practice Fundraiser with Carol Blotter • Oct. 18 and Nov. 22, 9-4:30 at Michigan Friends Center • One day retreats are a great way to experience a sense of inner peace and clarity. This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Days of Meditation: Instruction and Practice - Traditional Weekend Fundraiser for Deep Spring with David Lawson and Peg Tappe • Sept. 19-20, 9-4:30 at Michigan Friends Center • Refresh your practice at a weekend retreat. This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Advanced Practices Retreat for Experienced Meditators with Barbara Brodsky, John Orr, and Aaron • Oct. 23-25 at Howell Nature Center • This retreat is for those who are ready to deepen their meditation practice. This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Atlantean Crystal Healing and Meditation Night with Christine Fodor, Judy Shepard, and Penni Helsene at Lighthouse Center • Sept. 9, Oct. 14, Nov. 11, Dec. 9; 7-9 p.m. • A night of crystal healing and meditation. This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Grace Light Meditation with Bilva • Sept. 6, Oct. 4, Nov. 1; 4-7 p.m. • This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Meditation Foundation Class at Self Realization Meditation Healing Centre • Nov. 28, 10-Noon • This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Full Moon Meditation with Foundation for Global Harmony • Oct. 4, Nov. 2, Dec. 2; 7 p.m. • A special meditation session for the full moon. This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Tibetan Meditation Practice with Jewel Heart • Beginning with Jewel Heart listed in "Buddhism" section of community page • This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Meditation Sessions • Sept. 13, 20, 27, Oct. 4, 11, 18, Nov. 1, 8, 22, 29, Dec. 6, 13, 20, 27; 8:45-9:45 a.m. • Facilitated by David Lawson. This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

White Tara Meditation Sessions • Sept. 20, 27, Oct. 4, 11, 18, Nov. 8, 22, 29, Dec. 6, 13, 20, 27; 11:30 a.m.-12:30 p.m. • Tara is the goddess of compassion. This workshop will explore the connection between meditation and mindfulness. We will explore the connection between meditation and mindfulness.

Janet Greenhut
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Psychotherapy
Medication Management
103 E. Liberty, Suite 203
Ann Arbor, MI 48104
Phone (734) 302-0230
drjanetgreenhut.com

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The Crazy Wisdom Calendar

Meditation (continued)

Candlelight Meditation and Healing with Lighthouse Center • Sundays, 6-7:15 p.m. • Begit h a w weekly ea wig sp rit with h n ign ed tati p ay r,iv su liza-
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Intensive Meditation with Lighthouse Center • First and third Friday of each month, 7-10 p.m. • Mah ra med tati p weh ym ith es æ achb the sew r h k a cen ers.N o
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Learn to Meditate with Nirmala Nancy Hanke with Lighthouse Center • Sept. 25, Oct. 30, Nov. 27 • In rd titi om an ra med tati n it h Jait rad tipw ithm ed ta-
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Music & Sound

Heartbeat by Gussy Up Your Spirit with Pat Hergenroether of Weber Center • Oct. 14, 9-1 p.m. • Heartb at carb are ssen ial p rt d y life's ju a y.P ray rflu ad
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Blue Tears in Concert at Creative 360 • Oct. 23, 7-10 p.m. • BB . Wis lw adh s
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Cafe 704 Concerts at Interfaith Center • 8 p.m. • Cafe 7 s a smk -adh lch -free
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Laura Massaro, Craig Brann, and Bill O'Connor • Sept. 26

Halloween Concert: Synchronicity with Gary Logan and Shekinah Errington Oct. 31
John Latini • Nov. 14
Billy King • Dec. 12

Naturopathy

Natural Health Care: A Sustainable Model with Mary Light and Aurore Adamiewicz • Oct. 3, 11-7 and Oct. 4, 9-7 • Ep rien ial adh d -ov eek dv o k p e p o -
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Beyond Natural Cures: Healing Autism with Aurore Adamiewicz • Nov. 7, 11 a.m. • An o e will d sca s lv she h aledh r w is m dh h rs d th s traig c adm isd r-
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Naturopathy Workshops with Nicole Paquin at Indigo Forest • 6:30-8 p.m. • 9 r
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The Natural First Aid Kit and How to Use It: The Basics, Class 1 • Oct. 6 or Nov. 10 • Th s p ar class in rd es th b sics d first aidv itha m ll-a tu al k t ia lid g
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Vaccines 1: Informed Choice • Oct. 13 or Nov. 17 • Few ip cs are mo e ch rorsial
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Vaccines 2: Supporting the Immune System Naturally • Oct. 20 or Dec. 8 • Wh th r
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Let Me Feel Your Forehead • Oct. 27 or Dec. 15 • Hav a ch ldv itha ch b d ew r
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Nutrition & Food Medicine

Nutrition Series at Crazy Wisdom Community Room, sponsored by People's Food Co-op • 7-8 p.m. • acle w n ngf ree.F o reg stratia d fi o matix all Kev rS h rpa t
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Clearing Up the Confusion: Myths, Misconceptions, and Misinformation with Ellen Livingston and Don Bennett • Sept. 3 • Sep rate fact frm fictia d earth h tru h
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How to Have the Best Odds of Avoiding Degenerative Disease with Ellen Livingston and Don Bennett • Oct. 1 • Jo nu s fo a lectn e adh d mæ tratip n lid g amp
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Allergies: Holistic Strategies with Gaia Kile • Oct. 8 • Fd llerg es adh es itiv -
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Sail through the Holiday Season Healthfully with Ellen Livingston and Don Bennett • Nov. 5 • Learnv to s h ft y crav g frm th g th th rm y d h g th t p o-
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How to Stay Warm when It Isn't with Ellen Livingston and Don Bennett • Dec. 3 •
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The Hunger Within with Marilyn Migliore • Sept. 14-Nov. 30 and Sept. 17-Dec. 10 •
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Emotional Eating: The Food and Mood Connection at SJM Ypsilanti Women's Health Center • Sept. 26, 10-11:30 a.m. or Nov. 18, 6:30-8 p.m. • We will learrt o
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The Crazy Wisdom Calendar

Personal Growth (continued)

Everyday Enlightenment with Andrew Taylor • Eight Wednesdays, Sept. 9-Oct. 28; 7:30-9:30 p.m. • Based on the Buddhist path of mindfulness, this course will help you map your life, understand your relationships, and learn to live in the present moment. Each session includes a guided meditation, a lecture, and a Q&A period. Call 781-865-1111 for more information.

Munay-Ki: Nine Rites of Initiation with Lorna Brown • Sept. 9, 16, 23, 30, Oct. 14; 7-9:30 p.m. • This powerful ceremony is a key to personal transformation. It is a journey of self-discovery and empowerment. Each rite is a step towards a more authentic and fulfilling life. Call 781-865-1111 for more information.

Flower of Life Workshop: 2000+ with Lorna Brown • Sept. 13 and 20, 9-5 each day • Discover the secrets of the Flower of Life, a sacred geometric pattern. This workshop will help you understand the hidden patterns of nature and how they relate to your own life. Call 781-865-1111 for more information.

Michigan Enneagram Center Study Group with Ronda Pretzlaff Diegel and JoAnn Weber • Sept. 16, Oct. 21, Nov. 21, Dec. 16; 7-9 p.m. • This study group will explore the Enneagram, a powerful tool for self-awareness and personal growth. Each session includes a lecture, a Q&A period, and a guided meditation. Call 781-865-1111 for more information.

Soul Essence Evolving: A Systemic Constellations Approach with Deb Foggio and Jane McLaren • Second and Fourth Friday of Every Month, 7-10 p.m. • This workshop will help you understand the systemic constellations of your life and how they affect your well-being. Call 781-865-1111 for more information.

The Rabbit Hole Circle Group with Nina Howard • Sept. 26, Oct. 24, Nov. 21 • This group will explore the concept of the rabbit hole and how it relates to our lives. Each session includes a lecture, a Q&A period, and a guided meditation. Call 781-865-1111 for more information.

A Year to Live: Making Friends with Our Fears of Death with Mary Grannan and David Lawson of Deep Spring Center • Four Saturdays, Sept. 26-Dec. 12; 10-Noon • This course will help you understand your fears of death and how to live a more meaningful life. Call 781-865-1111 for more information.

Introduction to Pathwork • Sept. 15 with Tess Kirby and Nov. 17 with Judy Hallas, 6:30-8:30 • Pathwork is a powerful method for personal growth and transformation. This course will introduce you to the basics of Pathwork. Call 781-865-1111 for more information.

Pathwork Lecture Study Series with Tess Kirby and Judy Hallas • Sept. 29, Oct. 6, 13, 20, 27, Nov. 3; 6:30-8:30 p.m. • This series will explore the teachings of Pathwork through a series of lectures and study sessions. Call 781-865-1111 for more information.

Fear to Faith Workshop with Erin Fry at Mind Body Spirit Wellness Center • Dec. 12, 9-11 a.m. • This workshop will help you understand your fears and how to transform them into faith. Call 781-865-1111 for more information.

Past Life Regression Series with Shala Kilmer • Three Mondays starting Sept. 21, 6:30-9:30 • This series will help you understand your past lives and how they affect your current life. Call 781-865-1111 for more information.

Sacred Listening with Barbara Boyk Rust • Oct. 25, 10 a.m.-4 p.m. • This workshop will help you understand the power of listening and how it can transform your life. Call 781-865-1111 for more information.

Life Skills and Relaxation Class at Self Realization Meditation Healing Centre • Sept. 12, 10-11 a.m. • This class will help you develop practical life skills and learn relaxation techniques. Call 781-865-1111 for more information.

Getting Off the Merry-Go-Round Workshop at Self Realization Meditation Healing Centre • Nov. 21, 10 a.m.-7 p.m. • This workshop will help you understand the cycle of life and how to break free from it. Call 781-865-1111 for more information.

Healer Development 101 with Eve Wilson • Six Thursdays: Sept. 10-Oct. 15, 7-9:30 p.m. • This course will help you understand the basics of healing and how to develop your own healing abilities. Call 781-865-1111 for more information.

Walk gently with a friend in the darkness
to walk gently in the light.
- Helen Keller

Accelerated Healer Development Program with Eve Wilson • 28 classes begin in October, 7-10 p.m. • This program will help you understand the advanced techniques of healing and how to develop your own healing abilities. Call 781-865-1111 for more information.

Points of Light: Science of Mind Study Group at Interfaith Center • Wednesdays, 5:30-7 p.m. • This group will explore the Science of Mind and how it relates to our lives. Call 781-865-1111 for more information.

Soul Gestures in Handwriting with Fred Janney • Sept. 17, 7:30 p.m. at Crazy Wisdom Community Room • This workshop will help you understand the power of handwriting and how it can transform your life. Call 781-865-1111 for more information.

Polarity

Polarity Therapy and Energy Techniques with Linda Diane Feldt • Oct. 21, 10-11:30 a.m. • This workshop will help you understand the basics of polarity therapy and energy techniques. Call 781-865-1111 for more information.

Prayer

Praying with Body, Mind, and Spirit: A Call to Hope with Janene Ternes • Nov. 7, 10-4 p.m. • This workshop will help you understand the power of prayer and how it can transform your life. Call 781-865-1111 for more information.

Finding Our Focus: Advancing Prayer with Body, Mind, and Spirit with Janene Ternes • Dec. 5, 9:30-3:30 p.m. • This workshop will help you understand the power of prayer and how it can transform your life. Call 781-865-1111 for more information.

Pray All Ways with Janene Ternes, Paul Thompson, and Jim Thomas • Oct. 4, 1-7 p.m. • This workshop will help you understand the power of prayer and how it can transform your life. Call 781-865-1111 for more information.

Professional Enrichment

Colors in the Classroom with Jennifer Flowers • Oct. 15, 6-8:30 p.m. • This class is designed to teach students, adults, and professionals to use color in their work. We will use imagery, meditation, and other techniques to create a series of paintings with meaning. Experience the power of color in your work and life. Assist with (test) anxiety, improve self-esteem, and improve your sales. Space is limited. Call 313.488.1111 for more information.

Venture Forward: Turn Your Professional Skills into a Successful Business with Christie Clipper • Sept. 8, Oct. 13, Nov. 10, Dec. 8; 7-8 p.m. • Looking for a new professional skill in a successful business? What are the requirements for a successful business? This seminar will explore the business world and the requirements for a successful business. This seminar will explore the business world and the requirements for a successful business. This seminar will explore the business world and the requirements for a successful business.

Accelerated Healer Development Program with Eve Wilson • 28 classes begin in October, 7-10 p.m. • Legally recognized Healer Practitioner Certification. An advanced DNA, post-life, subconscious, and astral alignment course. Meet alternate weeks, one evening for 3 months. \$99 per year. Includes self-healing, business, and more. Early program enrollment available. Call 313.488.1111 for more information.

Reiki

Reiki for Kids with Jennifer Flowers • Oct. 4, 10-4 • Introduce children to Reiki classes, will learn each step of the self-healing process. After receiving Reiki from their parents, children will practice giving Reiki to themselves, family, and friends. You will also learn how to use Reiki in your daily life. Includes a \$5 materials fee. Call 313.488.1111 for more information.

Reiki Classes with Jennifer Flowers • Call 313.488.1111 for more information.

Reiki I • Sept. 26-27 or Nov. 7-8, Saturday 4-8 p.m. and Sunday 9-3 p.m. • Learn the universal life force energy and how to use it for yourself. Reiki works on all levels of the human body, mental, emotional, and spiritual. Includes a \$5 materials fee. You will receive a Reiki attunement and learn how to use Reiki in your daily life. Includes a \$5 materials fee.

Reiki II • Oct. 10-11, Saturday 4-8 p.m. and Sunday 9-3 p.m. • Continue your Reiki training. Learn how to use Reiki for yourself and others. Includes a \$5 materials fee.

Reiki III • Sept. 12-13 or Dec. 5-6, Saturday 4-8 p.m. and Sunday 9-3 p.m. • Introduce children to Reiki classes, will learn each step of the self-healing process. After receiving Reiki from their parents, children will practice giving Reiki to themselves, family, and friends. You will also learn how to use Reiki in your daily life. Includes a \$5 materials fee.

Reiki Master/Teacher • Oct. 17-18 and Nov. 14-15, 9-5 both days • This class will certify you as a Reiki Master/Teacher. You will learn how to use Reiki for yourself and others. Includes a \$5 materials fee.

Reiki Share • Second Tuesday of the month, 6:30-8 p.m. • This is a nice opportunity to share your Reiki experiences with others. Includes a \$5 materials fee.

Reiki Levels I and II: Energy Balancing for Yourself and Others with Ann Zalek • Sept. 14-15 or Nov. 16-17, 10-4 each day • Take your Reiki practice to the next level. Learn how to use Reiki for yourself and others. Includes a \$5 materials fee.

Reiki Classes with Suzy Wienckowski • Reiki is a gentle, natural healing method. Reiki is easily learned and can be used by anyone. Reiki reduces stress, eases pain, and promotes overall health and well-being. Includes a \$5 materials fee.

First Degree Class • Sept. 11-13 or Nov. 6-8: Friday 7-9:30 p.m., Saturday 9:30-4, Sunday 9:30 a.m.-12:30 p.m. • \$
Second Degree Class • Oct. 23-24: Friday 7-9 p.m., Saturday 9:30-4 • \$
Curious About Reiki? • Oct. 21, 7-9 p.m. • Free introduction to Reiki. Includes a \$5 materials fee.

Reiki I Attunement with Interdimensional Consciousness Training with LaRene Dell • Sept. 22, 10 a.m.-2 p.m. • Reiki is a special alignment of self and others. This attunement is for each individual and is a filled with energy. Includes a \$5 materials fee. Call 313.488.1111 for more information.

Reiki Classes with Ray Golden of Center for Intuitive Health • Reiki is a powerful, natural, and simple energy healing method. Reiki is a powerful, natural, and simple energy healing method. Reiki is a powerful, natural, and simple energy healing method. Includes a \$5 materials fee.

First Level Reiki Workshops • Oct. 3-4 or Dec. 5-6, Saturday 7-9 p.m. and Sunday 10-6 • This seminar will introduce you to Reiki. Includes a \$5 materials fee.

Second Level Reiki Workshops • Nov. 7, 6-10 p.m. and Nov. 8, 10-6 • This seminar will continue your Reiki training. Includes a \$5 materials fee.

Free Reiki Introduction and Healing Night • Sept. 3, Oct. 1, Nov. 5, Dec. 3; 7-9:30 p.m. • An introduction to Reiki. Includes a \$5 materials fee.

Retreats

Serenity Retreat for Women with Cora "Tommie" Dayton and Rose Celeste O'Connell at Weber Center • Oct. 1 at 7:30 p.m. through Oct. 4 at 1 p.m. • This retreat is for women only. Includes a \$5 materials fee.

Sisters of the Soul Moon Lodge Retreat: Understand and Heal the Father-Daughter Bond with Deb Foggio and Jane McLaren • Dec. 11-13 • Create a new relationship with your father. Includes a \$5 materials fee.

Vibrant Living Weekend Retreat with Don Bennett and Ellen Livingston • Sept. 18-20 in Howell • Discover the power of Reiki. Includes a \$5 materials fee.

Seven Day Retreat with John Friedlander in Cincinnati, Ohio • October • Deepen your Reiki practice. Includes a \$5 materials fee.

Heal Your Spirit Retreat with Karlita Zarley on Beaver Island • Oct. 8 at 5:30 p.m. through Oct. 11 at 1 p.m. • This retreat is for women only. Includes a \$5 materials fee.

Jewel Heart Labor Day Weekend Retreat: Ganden Lhagyema - Hundred Deities of the Land of Joy with Gelek Rimpoche • Sept. 4-7 • Enrich your spiritual life. Includes a \$5 materials fee.

Women's Weekend Getaway with Creative 360 • Oct. 9-11 • Relax and recharge. Includes a \$5 materials fee.

Fall Colors Weekend Yoga Retreat with Christy DeBurton • Oct. 9-11 • Join us as we retreat into the heart of the mountains. Includes a \$5 materials fee.

Retreats at Song of the Morning Yoga Retreat Center in Vanderbilt, Michigan • For more information, call Matt at 313.488.1111.

Energetic Well Being with Melodie Joy and Chuck Hoover • Sept. 11-13 • Are you feeling stressed? Includes a \$5 materials fee.

Yoga, Hiking, and Tai Chi with Dave Dixon and Patty Sutherland • Sept. 11-13 • \$
Fall Mindfulness Retreat with Sam Ewalt • Sept. 18-20 • Take a break from the busy world. Includes a \$5 materials fee.

Esoteric Healing Level 1 Certification with Barbara Briner • Oct. 1-4 • Esoteric healing is a powerful tool. Includes a \$5 materials fee.

Chakra Activation and Balance through Nada Yoga (Yoga of Sound) with Mark Handler • Oct. 9-11 • We will use Tibetan singing bowls to activate and balance your chakras. Includes a \$5 materials fee.

The Crazy Wisdom Calendar

Retreats (continued)

Trigger Point Healing with Acupressure with Robert Lewanski • Oct. 9-11 • Trigger Point Acupressure Therapy is a form of Chinese self-massage and essential therapy for the treatment of chronic muscle tension and pain. This is a safe and effective method of releasing muscle tension and pain. **Yoga, Hiking, and Dynamic Health with Patty Sutherland • Oct. 23-25 •** **Shamanic Tools for Transformation with John Effland • Oct. 29-Nov. 1 •** We will safely explore the shamanic ceremony map as it relates to our personal transformation.

Retreats at Self Realization Meditation Healing Centre in Bath, Michigan • The Center has a meditation room, a yoga studio, a gym, a library, a cafe, and a store. **Abundance Meditation •** Large weekend retreat for walk and pray. Cost includes meals and lodging. **Pure Meditation Course including Raja-Kriya Yoga • Sept. 13-19, 9:45-5 M-F •** Find the peace that passes all understanding. **Peace and Quiet Weekend • Nov. 28-29 •** Spend some time in the peace and quiet of the woods. **Christmas Celebration Silent Retreat • Dec. 24 before dinner through Dec. 27 after breakfast •** A truly spiritual way to celebrate the birth of Christ. **New Year's Gathering • Dec. 30 before dinner through Jan. 1 after breakfast •** With participants from all over the world, this retreat will help you assess and release the emotional baggage that is holding you back.

Shamanism

7th Annual Shamanism Apprenticeship Program Path of the Open Heart Level I with Kate Durda of Spirit Weavers • Program will meet five Saturdays January through April 2010 with early registration in December 2009. Participants will learn the basics of shamanism with a focus on the path of the open heart. **Shaman as Hollow Bone: Moving Through and Beyond Self Level II with Kate Durda of Spirit Weavers •** Four Saturdays October-December. Second two group sessions training in the advanced practices of shamanism.

Shamanism: Introduction to the Shamanic Journey with Kate Durda of Spirit Weavers • Sept. 19, Noon-5 near Lansing. Explore the shamanic journey and its applications in daily life. **Shamanic Journey with James LeBoeuf •** Mondays, 7:30 p.m. • Travel to the shamanic realms of the spirit world.

Introduction to Journeying with Connie Lee Eiland • Sept. 19, 10 a.m.-5 p.m. • Discover the shamanic journey and its applications in daily life.

Singing & Songwriting

New Moon Sing with Tammy Corwin-Renner • On the New Moon: Sept. 17, Oct. 18, Nov. 16, Dec. 16; 6:30-7:30 p.m. • A singing circle for the new moon.

Threshold Choir of Ann Arbor with Tammy Corwin-Renner • First and Third Tuesdays of most months: Sept. 1, 15, 29, Oct. 6, 20, Nov. 3, 17, Dec. 1, 15; 12:30-2:30 p.m. • We have a new choir and are looking for members.

Joy Song: Chants and Dance to Uplift the Soul with Melanie Fuscaldo and David Winfree • Oct. 17 and 24, Noon-1:30 • Enjoy the joy of song and dance.

Songwriting Workshop with Dan Vaillancourt at Creative 360 • Dec. 6, 2-4 p.m. • Open to all songwriters. Dan will provide a safe and supportive environment for songwriters to share and receive feedback.

Spiritual Development

Understanding A Course in Miracles with Lorri Coburn • Sept. 26, 10:30-5 at Crazy Wisdom Community Room • A Course in Miracles teaches the path to inner peace and happiness.

A Course in Miracles Workbook Study Group with Lorri Coburn • Thursdays, Noon-1:30 • We study the workbook together.

Spirit Circle with Layla Ananda through Gateways • Oct. 16, Nov. 20, Dec. 18; Potluck at 6:30 p.m., Support Group at 7:45 • A monthly spiritual circle.

Spiritual Discovery Group based on the Works of Eckhart Tolle with Melanie Fuscaldo • Ongoing • Discuss the works of Eckhart Tolle and practice his teachings.

The Hidden Gospel: Decoding the Spiritual Message of the Aramaic Jesus with Robert Kropf • Oct. 6, 7-8:30 p.m. • What if Jesus said the things he said in Aramaic?

Those Feisty Gospel Women! with Kathy Coffey at Weber Center • Oct. 23 at 7:30 p.m. through Oct. 25 at 1 p.m. • Women's empowerment through the gospel.

Let's Talk: Spirituality and Prayer with Martin Iott at Weber Center • Sept. 17, 2-3:30 p.m. or 6:30-8 p.m. • A discussion on spirituality and prayer.

A Course in Miracles Discussion Group with Robyn Boone • Tuesdays, 5-6:30 p.m. • A discussion group for those studying A Course in Miracles.

Higher Consciousness Group with David Winfree of Interfaith Center • Thursdays, 7 p.m. • All invited to join the group.

A Course in Miracles Study Group at Interfaith Center • Mondays, 6:45-8:15 p.m. • All are invited to join the study group.

Meditation Service with Rev. Annie Kopko at Interfaith Center • Second and Fourth Wednesdays, 7-8 p.m. • A meditation service with Annie Kopko.

Stress Management

Restoring Balance: Tools for Stress Management with Sandra Finkel • Sept. 9-Oct. 14 or Oct. 19-Nov. 23, 5:30-7 • Learn strategies for stress management.

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Part 1: Oct. 13, 2-3:30; Part 2: Oct. 20, 2-3:30 • This in our message series from the book 'Mind and Spirituality: An Effective Strategy to Harness the Power of the Mind' by Dr. Melanie Fuscaldo. This series is designed to help you understand the mind-body connection and how to use it to your advantage. The first session focuses on understanding the mind and the second session focuses on using the mind to your advantage. Both sessions are held in a comfortable and relaxed atmosphere. All are welcome. Contact Melanie at 313-963-1111.

Harmony of Energy: Chi-Do with Wasentha Young • Mondays, Oct. 5-26, 5:30-7 p.m. • Chi-Do is a combination of Tai Chi and Yoga. It is a gentle and slow-moving practice that focuses on the flow of energy through the body. This practice is designed to help you reduce stress, improve your health, and increase your energy. The practice is suitable for all ages and fitness levels. Contact Wasentha at 313-963-1111.

Sustainability

Energy and Climate Change: Global and Close to Home with Michigan Friends Center in conjunction with the Transition Movement Living Lightly Series • Nov. 7, 8:30-5:30 • A day of learning and action to help us understand the challenges of climate change and what we can do to make a difference. The day will include a presentation by a local expert, a panel discussion, and a community action project. Contact the Michigan Friends Center at 313-963-1111.

Ann Arbor Re-Skilling Festival with Transition Ann Arbor and Rudolf Steiner School of Ann Arbor • Oct. 24, 10 a.m.-4 p.m. at Rudolf Steiner High School • Learn new skills and techniques for living a sustainable life. The festival will feature a variety of workshops and demonstrations, including: organic gardening, composting, natural building, and more. Contact the organizers at 313-963-1111.

Tai Chi, Martial Arts & Self Defense

Wu Style Tai Chi with Marilyn Feingold and John Adams at Jewel Heart • Most Sundays, 4-5:30 p.m. • Learn the art of Tai Chi from two experienced instructors. This practice is designed to help you improve your balance, flexibility, and overall health. Contact Jewel Heart at 313-963-1111.

Yin Style Bagua with Scott Berry • Mondays and Thursdays, 6:45-8:45 p.m. and Saturdays, 11:30-1:30 • Classes focus on the internal aspects of Bagua, including: breathing exercises, visualization, and more. Contact Scott Berry at 313-963-1111.

Beginning Tai Chi, Downtown with Ann Arbor Tai Chi • Mondays, Thursdays, Saturdays; 5:30-6:40 p.m. • Class meets in the studio of the instructor. This class is designed for beginners and focuses on the basic principles of Tai Chi. Contact the instructor at 313-963-1111.

Healing Warrior: SUN-SHEN - A Course in Energy Meditation with Sang Kim • Oct. 5, Nov. 2, Nov. 30; 7-10 p.m. • We will explore the martial arts meditation technique of Energy Meditation. This practice is designed to help you reduce stress, improve your health, and increase your energy. Contact Sang Kim at 313-963-1111.

Healing Warrior: SUN-SHEN Energy Meditation with Sang Kim • Saturdays, 9-Noon • This is an excellent class for people who are looking for a gentle and slow-moving practice. This practice is designed to help you reduce stress, improve your health, and increase your energy. Contact Sang Kim at 313-963-1111.

Healing Warrior: SUN-SHEN Two-person Tai Chi Drills and Freehand with Sang Kim • Saturdays, Noon-2 p.m. • You will learn one person and two person Tai Chi drills and freehand practice. This practice is designed to help you improve your balance, flexibility, and overall health. Contact Sang Kim at 313-963-1111.

Healing Warrior: SUN-SHEN Tai Chi Pushing Hands with Sang Kim • Eight Thursdays: Oct. 8-Dec. 3, 7-8 p.m. • Tai Chi is a traditional Chinese martial art that was developed as a way to improve health and vitality. This practice is designed to help you improve your balance, flexibility, and overall health. Contact Sang Kim at 313-963-1111.

Healing Warrior: SUN-SHEN Tai Chi Freehand Pushing Hands with Sang Kim • Eight Thursdays: Oct. 8-Dec. 3, 8:15-9:15 p.m. • This practice is designed to help you improve your balance, flexibility, and overall health. Contact Sang Kim at 313-963-1111.

Tai Chi Chuan Beginner Class with Wasentha Young • Sept. 14-Dec. 17: Mondays and/or Thursdays, 7:15-8:30 p.m. • Tai Chi Chuan is a traditional Chinese martial art that was developed as a way to improve health and vitality. This practice is designed to help you improve your balance, flexibility, and overall health. Contact Wasentha Young at 313-963-1111.

Tai Chi at Arts in Motion Dance and Music Studio • Fridays, 1:30-2:30 p.m. • Tai Chi is a specialized form of Qi Gong. This practice is designed to help you improve your balance, flexibility, and overall health. Contact the studio at 313-963-1111.

Wu Style Tai Chi Chuan with Genie Parker • Mondays, 6 p.m.; Wednesdays, 6 p.m.; Thursdays, 6 p.m.; Sundays, 4 p.m. • Wu Style Tai Chi Chuan is a soft-style martial art that is designed to help you improve your balance, flexibility, and overall health. Contact Genie Parker at 313-963-1111.

Holistic Martial Arts and Self Defense Open House with Polaris Fellowship of Weapons Study • Sept. 12, 11 a.m.-1 p.m. • Polaris Fellowship of Weapons Study is a holistic martial arts organization that is dedicated to helping people improve their health and vitality. Contact Polaris at 313-963-1111.

Holistic Western Martial Arts Classes with Polaris Fellowship of Weapons Study • Starting Sept. 12: Saturdays, 1-3 p.m. and Wednesdays, 7-9 p.m. • Polaris Fellowship of Weapons Study is a holistic martial arts organization that is dedicated to helping people improve their health and vitality. Contact Polaris at 313-963-1111.

Energy Use in Self Defense Workshop with Polaris Fellowship of Weapons Study • Oct. 15, 7-9 p.m. • This workshop is designed to help you understand how to use your energy in self-defense situations. Contact Polaris at 313-963-1111.

4th Annual Turkey Burn Workout with Quest Martial Arts • Nov. 28 • This event is designed to help you burn calories and improve your health. Contact Quest Martial Arts at 313-963-1111.

Breaking Through: Adrenal Stress as Ally Instead of Enemy with Quest Martial Arts • Sept. 26, 4-6 p.m. • This workshop is designed to help you understand how to use your adrenal stress as an ally instead of an enemy. Contact Quest Martial Arts at 313-963-1111.

Tarot & Divination

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • Drop-in readings available every Thursday. Contact Rebecca Williams at 313-963-1111.

Drop-In COSMO Readings with John Fredericks in the Crazy Wisdom Tea Room • First and Third Saturday of each month, 10:30 a.m.-1:30 p.m. • Take a moment to explore your cosmic connection with COSMO, a digital fluency tool. Contact John Fredericks at 313-963-1111.

Drop-In Tarot and Astrology Readings with Jillian Kerry in the Crazy Wisdom Tea Room • Second and Fourth Saturdays of each month, 10:30 a.m.-1:30 p.m. • Jillian Kerry is a Tarot and Astrology reader who is dedicated to helping people improve their health and vitality. Contact Jillian Kerry at 313-963-1111.

Palmistry Readings with Vijayalaxmi Shinde in the Crazy Wisdom Tea Room • Sundays, 2:30-5:30 p.m. • Vijayalaxmi Shinde is a Palmistry reader who is dedicated to helping people improve their health and vitality. Contact Vijayalaxmi Shinde at 313-963-1111.

Q&A with Dave and Pat Krajovic – Transformational Breathwork

Bill Zirinsky: I have heard that the two of you are doing very exciting work, focused on transformational breathwork. In a nutshell, what is transformational breathing?

Dave and Pat Krajovic: Transformational Breathing is a transformational and self-empowering way to create great change in your life. It is a natural process that can be taught and may be described as a series of affirmations, movements, and breaths. Many people tell us that we are in a different world when they do it. It is a simple and effective process.

BZ: Dave, you mentioned to me that you came out of a business background. What were you each doing in your "previous careers" and how did you come to be involved with breathwork?

Dave Krajovic: My background is in accounting and finance. I am a CPA, have an MBA, and worked in risk management. Pat also has an MBA, an MPA, and worked as a director of a public utility company, as well as a manager in a law firm.

One day, Pat said, "I have had this amazing way of life." That led to our joint exploration of it. I led a team of resistance workers who were doing it. At some point, I knew that if I did this, we would be together. One of the most amazing things that happened (it was kind of like the night), and I ended up in many different places, some of which were very interesting. Eventually, it led to Pat and I. Pat's goal is to do transformational breathwork for all who are interested in health and well-being. In a little time, with a little effort -- as did transformational breathwork.

BZ: Pat, what do you love about your work with breath?

Pat Krajovic: I love the power of breath and its ability to transform the body and mind. It is a simple and effective way to improve health and well-being. I am a professional and a wife and a mother.

BZ: Dave, what do you love about your work with breath?



I love the health benefits that breathwork can provide. It is a simple and effective way to improve health and well-being. In a little time, with a little effort -- as did transformational breathwork.

- Dave Krajovic

I love the power of breath and its ability to transform the body and mind. It is a simple and effective way to improve health and well-being. I am a professional and a wife and a mother.

- Pat Krajovic

Dave Krajovic: I love the health benefits that breathwork can provide. It is a simple and effective way to improve health and well-being. I am a professional and a wife and a mother.

BZ: I see that you have created an organization called the Global Breath Institute, and also that the Institute has a fine website. And you both travel around the country doing Breathwork programs. Very concisely, can you describe to us your vision for the Institute?

Dave and Pat Krajovic: Our dream is to help people who are struggling with health and well-being. We have experienced the power of breathwork and want to share it with others.

The Crazy Wisdom Calendar

Tea Events

Tea with the Fairies at Crazy Wisdom Tea Room • Oct. 22 and Dec. 10, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and treats for a special day. There will be stories, readings, and games. Bring a book to read or a gift to share. Free admission for all ages. Call 503-253-1111 for more information.

Theater

The Blonde, The Brunette, and the Vengeful Redhead by Robert Hewett through Performance Network Theatre • Sept. 10-Oct. 11 • Every husband has secrets. In this play, a wife discovers her husband's hidden life. A gripping and suspenseful story that will keep you on the edge of your seat. Tickets \$10-\$15. Call 503-253-1111 for more information.

Christmas Carol'd by Joseph Zettelmaier and David Wolber, Story by Charles Dickens through Performance Network Theatre • Nov. 19-Dec. 27 • Five acts of holiday cheer. A fresh and fun take on the classic story. Tickets \$10-\$15. Call 503-253-1111 for more information.

William Shakespeare's Pericles with Pigeon Creek Shakespeare Company • Dec. 20, 2-4 p.m. • Pericles features a fairytale plot with a twist. A beautiful and moving story. Tickets \$10-\$15. Call 503-253-1111 for more information.

Therapy & Support Groups

Anxiety: Getting Your Worries Under Control with Laurie Krauth • Wednesdays, TBA • Learn practical strategies for managing anxiety. A supportive and informative group. Call 503-253-1111 for more information.

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BZ: Tell us about the CD's on Breathwork that you have produced, please.

Dave and Pat Krajovic: We d... v... lp... d... w... C... D's, Divine Breath and Spiritus Animus. Each... D... tak... s... th... b... eath... r... m... ju... a... y... e... p... o... at... i... a... d... t... e... lease. Divine Breath is p... r... fect... fo... th... b... g... n... g... h... eath... r... ad... f... o... th... e... th... t... wan... a... p... w... er... flu... b... less... in... d... p... lb... eath... s... ess... i... o... l... t... marries... a... Tra... s... fo... ma... ti... o... n... al... B... reath... g... (TB) sessio... with... a... clear... i... gn... ed... tati... o... n... h... g... Archag... l... R... ap... el.

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BZ: Can you tell us about two or three books on Transformational Breathwork,

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BZ: Do you have children? If so, how old are they? And how do each of them respond to, and relate to, your work with breathing?

Dave and Pat Krajovic: We h... v... f... i... v... ch... ld... en... b... ad... g... r... l... s... a... g... s...
a... d... We h... v... 4... ad... h... ld... en... The... th... ee... b... d... r... ch... ld... en... v... b... eath... d... o... n... b... d... st... sp... w... th... s... ch... n... c... s... i... s... s... a... d... e... v... re... all... e... r... g... e... s... h... s... said... h... t... it... was... h... y... i... m... TB... sessio... n... h... t... h... first... e... p... r... i... e... n... c... e... d... h... feel... i... g... a... flu... l... s... at... i... s... f... y... g... r... a... d... n... b... eath... Th... tw... o... r... o... s... h... a... v... e... t... o... d... flu... l... b... eath... s... ess... i... o... n... . Ch... is... n... 3... y... ar... b... d... s... i... t... h... Maria... Co... p... h... e... has... s... e... r... v... e... d... r... f... ra... q... w... i... c... e... B... e... f... o... e... h... s... first... d... p... r... o... g... r... a... m... e... n... ,... we... ta... l... k... h... m... wh... t... is... call... e... d... '... B... reath... g... ',... w... h... ch... i... s... a... tech... n... i... q... u... e... s... a... e... d... o... r... e... s... t... o... e... e... a... r... g... a... t... h... lan... e... b... i... g... f... o... s... ,... i... t... e... t... h... m... i... d... h... t... h... n... s... p... e... c... t... e... d... h... Div... i... n... . H... e... wr... o... t... e... t... o... s... f... r... o... m... Ira... q... h... k... g... r... a... s... fo... th... teach... g... d... ell... i... g... h... s... a... e... d... h... b... eath... o... h... l... p... t... o... r... b... stress. Th... s... wo... k... i... s... really... w... er... flu... ,... e... v... e... n... i... j... a... t... 5... m... i... n... e... s... o... f... b... eath... g...

On... g... a... d... s... are... a... little... easier. We h... v... e... d... min... session... with... h... m... ad... h... ya... re... p... r... i... t... e... d... h... flow... o... th... b... eath... I... t... s... f... i... v... o... k... g... y... i... t... k... d... .

BZ: And your parents, if any of them are alive and well. What have been their responses to your work, and to how you've changed in doing this work?

Dave and Pat Krajovic: On... p... r... e... n... t... s... are... ali... v... e... . P... a... t... 's... p... r... e... n... t... s... are... n... o... t... as... i... f... i... o... m... e... d... h... o... i... n... v... e... d... m... wo... k... D... a... v... e... 's... p... r... e... n... t... s... b... e... c... a... m... e... v... r... y... n... e... r... e... s... t... e... d... v... h... i... t... h... y... saw... th... ch... g... i... m... l... i... v... e... s... . Th... y... e... a... r... d... h... tech... n... i... q... u... e... s... a... d... p... r... a... ct... i... c... e... TB... i... n... h... i... r... o... w... n... i... v... e... s... . Th... ya... re... c... o... m... m... i... t... e... d... t... o... h... b... eath... g... d... o... v... e... h... i... s... i... g... s... a... d... w... a... r... e... a... s... s... th... y... h... v... e... g... e... a... n... d... f... r... o... m... th... i... r... b... eath... o... k... We... d... TB... i... n... h... Pitt... s... b... h... r... e... a... r... e... h... a... r... l... y... ,... a... d... h... ya... re... f... r... e... q... u... e... n... t... p... a... r... t... i... c... i... p... n... t... s... a... t... th... wo... k... !

BZ: Pat, what outdoor activity in the fall do you most look forward to, in southeastern Michigan?

Pat Krajovic: I... l... o... v... e... g... o... i... n... g... o... t... h... a... p... e... o... ch... rd... L... a... s... t... y... ar... s... m... e... fri... e... d... j... o... i... n... g... t... o... c... r... e... a... t... e... a... t... r... i... y... m... e... m... o... a... b... e... e... v... e... n... . We... r... e... n... e... d... a... n... s... t... h... H... u... r... i... e... r... a... d... d... e... d... t... o... h... o... ch... rd... N... w... th... t... was... a... b... a... s... t... ! It... c... o... m... b... a... d... wo... f... m... y... f... a... w... i... t... e... s... :... b... i... g... t... h... w... a... t... e... r... with... h... i... v... i... t... i... n... g... h... o... ch... rd... Wh... a... t... a... d... y...

BZ: Dave, where is your favorite place in southeastern Michigan to go to, when you want to breathe in fresh outdoor air and take in nature?

Dave Krajovic: We... b... l... e... j... o... i... n... g... g... o... t... h... Arb... o... r... e... t... m... in... An... Arb... o... r... ,... K... e... n... i... g... e... t... e... r... P... a... r... k... a... d... M... a... r... y... S... t... a... t... e... Park... We... also... a... k... g... e... a... t... r... e... s... p... e... i... m... b... e... c... a... u... s... e... h... ch... h... s... a... r... i... e... t... y... o... f... p... a... t... h... life... ,... p... r... e... n... a... l... s... a... d... a... l... s... .

BZ: Thank you both very much!

Dave and Pat Krajovic: It is o... r... p... l... e... a... s... e... . We... a... p... p... r... e... c... i... a... t... e... all... y... o... u... !

#



Pat Krajovic, Julie Krajovic, and Dave Krajovic. Julie Krajovic is the author of *Breathe Deep, Laugh Loudly*, a book about Transformational Breathwork.

or books on the Breath and Breathing, which you highly recommend?

Dave and Pat Krajovic: Th... re... is... h... y... o... b... o... k... o... n... Tra... s... fo... ma... ti... o... n... al... B... reath... g... th... t... we... are... aware... o... . It... is... *Breathe Deep, Laugh Loudly*... b... y... J... ul... i... e... Kra... j... o... v... i... c... . Th... i... s... a... c... o... c... r... e... a... t... o... r... o... f... th... wo... k... o... n... th... r... e... s... o... u... r... c... e... i... n... e... r... e... s... t... w... h... i... c... h... i... s... *The Presence Process*... b... y... Mich... e... l... Bro... w... n... *Conscious Breathing*... b... y... G... a... y... H... e... d... i... c... k... ,... a... d... *The Heart of the Matter*... e... n... d...

Creating Internal Resources with Cam Vozar • Oct. 14, 6:30-8 p.m. • Create in era l emb... i... n... l... res... o... u... r... c... e... s... t... o... p... e... with... s... t... r... e... s... s... a... d... a... n... r... e... a... s... e... well... b... y... g... i... d... e... a... r... t... a... n... c... t... i... o... n... -... t... i... n... i... g... o... b... e... c... t... i... v... e... ,... a... d... p... r... i... t... a... l... i... n... e... r... a... l... res... o... u... r... c... e... s... . C... o... n... t... a... c... t... a... t... 7... 3... 1... 5... a... m... a... r... @... g... r... a... i... l... .c... o... m... .

The Art of Thriving: A Women's Psychotherapy Group with Lisa Wolf • Either Monday or Tuesday night, based on interest • Th... s... p... o... e... s... -... o... i... e... n... e... d... h... r... a... n... g... p... s... y... c... h... o... l... o... g... y... w... o... m... e... n... e... n... t... o... n... e... b... y... s... u... r... v... i... n... g... life. Particip... n... t... s... will... h... a... v... e... th... o... p... o... r... t... u... n... i... t... y... o... f... r... e... s... i... s... t... a... n... c... e... ,... f... e... a... r... s... ,... a... d... s... t... r... e... s... s... i... n... g... '... s... a... b... i... l... i... t... y... o... f... th... i... e... '... a... d... o... k... h... e... p... e... s... s... i... o... n... s... . M... o... t... g... u... e... s... s... e... s... s... i... o... n... s... a... l... l... o... n... e... .

Falling Awake: A Mindfulness Approach for Depression and Anxiety with Lynn Sipher • Eight Thursdays, Oct. 15-Dec. 10; 6-7:30 p.m. • A... s... k... l... l... b... e... c... o... u... n... d... e... s... s... t... a... t... i... o... n... s... . I... t... i... s... p... r... o... v... i... d... i... n... g... a... s... a... f... e... e... l... i... g... t... h... t... o... m... e... with... d... e... p... r... e... s... s... i... o... n... a... n... d... a... n... x... i... e... t... y... . C... o... n... t... a... c... t... a... t... 7... 3... 1... 5... a... m... a... r... @... g... r... a... i... l... .c... o... m... .

Support Group for Highly Sensitive People with David Frankel • Monthly sessions TBA • The... s... p... o... r... t... g... r... o... u... p... s... e... d... E... l... a... i... n... A... r... o... r... s... b... y... *The Highly Sensitive Person: How to Thrive when the World Overwhelms You*. Dav... i... d... F... r... a... n... k... e... l... '... s... b... o... o... k... h... e... s... s... e... s... a... d... e... t... h... c... k... a... d... a... c... i... l... i... t... a... t... e... s... s... h... r... i... g... m... o... g... g... i... n... g... p... a... r... t... i... c... i... p... n... t... s... . D... a... v... i... d... '... s... a... c... c... e... p... t... a... n... c... e... s... a... r... e... h... e... l... d... i... n... @... y... o... u... .c... o... m... .

Transpersonal Psychology

Ann Arbor Ken Wilber Meet-Up organized by Dennis Hunt • Sept. 12, 2-4 p.m.; Oct. 3, Nov. 7, Dec. 12; 2:30-4:30 p.m. at Crazy Wisdom Community Room • We will d... i... s... c... u... s... s... th... e... p... h... i... l... o... s... o... f... Ken... W... i... l... b... e... r... a... d... e... l... e... t... e... d... p... e... o... s... . \$... 5... 0... 0... g... o... i... n... g... s... t... e... d... t... i... m... e... a... t... t... h... e... C... o... m... m... u... n... i... t... y... R... o... o... m... .

Women's Health

Women and Mid-Life! with Sissel Bridges • Sept. 18, 19, Oct. 10 or Nov. 14; 9:30-Noon • If... y... o... u... r... life... were... a... p... a... n... ,... w... h... t... w... o... u... l... d... t... h... e... M... e... p... t... o... s... e... i... s... a... t... r... a... n... s... i... t... i... o... n... i... n... a... n... o... t... h... e... r... s... e... a... s... o... n... i... n... life. It... i... s... t... h... a... n... i... l... l... a... s... s... o... d... e... a... s... e... . We... w... a... n... t... o... r... e... a... l... l... y... e... e... l... c... h... i... d... n... a... d... h... a... l... t... h... . Th... e... d... e... a... t... h... g... o... i... n... g... s... a... l... w... a... y... t... h... b... e... i... n... g... a... t... h... e... r... g... e... t... t... o... w... m... o... e... a... b... o... u... t... w... h... a... t... y... o... u... a... n... t... i... n... y... o... u... r... life... ,... a... d... h... o... w... t... o... a... c... k... i... t... h... p... r... i... n... c... i... p... l... e... s... t... w... a... t... h... e... l... f... h... e... a... t... i... n... g... c... l... a... s... s... . C... o... n... t... a... c... t... a... t... 7... 3... 1... 5... a... m... a... r... @... g... r... a... i... l... .c... o... m... .

If... y... o... u... r... e... i... n... t... e... r... e... s... t... e... d... i... n... a... i... n... g... m... e... b... e... g... i... n... g... c... a... l... i... f... i... o... n... i... n... a... t... i... o... n... b... y... th... e... teach... e... r... s... ,... l... e... c... t... u... r... e... s... ,... a... d... v... o... l... u... n... t... e... e... a... d... i... n... g... w... o... r... k... s... e... c... t... i... o... n... s... ,... t... a... l... k... a... d... e... v... e... n... t... s... are... listed... i... n... th... e... C... a... l... e... n... d... e... r... ,... p... l... e... a... s... e... l... i... s... t... e... d... i... n... th... e... s... e... c... t... i... o... n... h... e... r... e... i... n... th... e... f... o... l... l... o... w... i... n... g... C... a... l... e... n... d... e... r... ,... w... h... i... c... h... i... s... call... e... d... '... B... a... c... k... t... o... t... h... e... f... o... u... n... d... a... t... i... o... n... '... a... d... w... h... i... c... h... t... a... r... t... s... o... n... g... o... i... n... g... .

The Crazy Wisdom Calendar

Women's Health (continued)

Women's Series with Merri Walters • Merri will discuss the science and benefits of flower essences, herbs, natural practices to treat health ailments, and the use of "woman power". Early registration is available. Call Drew at 603-888-8888 for more information.

Rising Moon • Sept. 12, 1-4:30 p.m. • Rising Moon is a series of workshops with the mystery of the moon cycle. Learn about the moon's influence on your life and how to harness its power. The class is held at the local library. Call Drew at 603-888-8888 for more information.

Full Moon • Oct. 10, 1-4:30 p.m. • Full Moon is a series of workshops with the mystery of the moon cycle. Learn about the moon's influence on your life and how to harness its power. The class is held at the local library. Call Drew at 603-888-8888 for more information.

Moon-a-pause • Nov. 14, 1-4:30 p.m. • Moon-a-pause is a series of workshops with the mystery of the moon cycle. Learn about the moon's influence on your life and how to harness its power. The class is held at the local library. Call Drew at 603-888-8888 for more information.

Womenspirit

Women's Circle Meditation with Kathi Finney • Sept. 24, Oct. 22, Nov. 19; 6:30-8 p.m. • Come and join the circle to a sacred altar in a room of tranquility and life. Learn to use the power of the sacred circle, with the help of the sacred elements of earth, water, fire, and air. Call Drew at 603-888-8888 for more information.

Wise Women's Circle with Karen Daniels • Sept. 17, Oct. 15, Nov. 19, Dec. 17; 7-9 p.m. • On the ground circle, we will explore the wisdom of the earth and the power of the sacred elements. Call Drew at 603-888-8888 for more information.

Women's Mastermind and Blessing Group with Ann Burton • Sept. 16, Sept. 30, Oct. 14, Oct. 28, Nov. 11, Dec. 16; 1-3 p.m. • We will explore the power of the sacred elements and the wisdom of the earth. Call Drew at 603-888-8888 for more information.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Part 1: Sept. 25, Noon-1:30; Part 2: Oct. 2, Noon-1:30 • Begin to define your career dream and take steps to create it in your life. Call Drew at 603-888-8888 for more information.

Writing

Ann Arbor Book Festival Fall Writer's Conference • Nov. 14, 8 a.m.-5 p.m. • A full day of sessions with the local writers and editors. Call Drew at 603-888-8888 for more information.

With Pen in Hand: Following the Compass of Your Heart with Jill Blixt • Seven Tuesdays starting Oct. 6, 6-9 p.m. or Seven Wednesdays starting Oct. 7, 9-Noon • Write your story and follow your heart. Call Drew at 603-888-8888 for more information.

Yoga

Harmony Yoga of Ann Arbor Fall Classes with Karen Husby-Coupland • Sept.-Oct. session and Nov.-Dec. session • Harmony Yoga is a small, friendly studio in Ann Arbor's West side. All classes are taught by Karen Husby-Coupland. Call Drew at 603-888-8888 for more information.

Integrating Yoga and Meditation with David Coupland and Karen Husby-Coupland of Deep Spring Center • Tuesdays, Sept. 22-Nov. 10; 7-8:30 p.m. • Yoga and meditation are powerful tools for personal growth. Call Drew at 603-888-8888 for more information.

Yoga Postures with Optional Lunch with Diane Kimball of Deep Spring • Wednesdays, 10:30-Noon • This class is taught by Diane Kimball. Call Drew at 603-888-8888 for more information.

Vinyasa Flow Yoga with Ellen Livingston of Living Yoga • Wednesdays, 9:30-11 a.m. • Classes include meditation, pranayama, and asana. Call Drew at 603-888-8888 for more information.

Free Trial Class with Sally Rutzky at The Yoga Space • Sept. 5, 11:15-12:15 • Come and try a class for free. Call Drew at 603-888-8888 for more information.

Yoga Classes with Sue Salaniuk, Nancy Udow, and Sally Rutzky at The Yoga Space • Sept. 8-24 or Oct. 26-Dec. 19 • Learn from experienced teachers. Call Drew at 603-888-8888 for more information.

Ageless Yoga Class with Nancy Udow at The Yoga Space • Sept. 8-24 or Oct. 26-Dec. 19, Tuesdays 9:30-11 a.m. • This class welcomes students of all ages. Call Drew at 603-888-8888 for more information.

Yoga Classes at Zen Buddhist Temple • For contact information, call Drew at 603-888-8888.

Yoga Workshop • Nov. 7, 10 a.m.-4 p.m. • This workshop is for those interested in yoga. Call Drew at 603-888-8888 for more information.

Yoga I Class • Beginning Sept. 8 and Oct. 20: Six Tuesdays, 6-7:30 p.m.

Yoga II Class • Beginning weeks of Sept. 8 and Oct. 20: Six Tuesdays or Six Thursdays, 6:30-8 p.m. • Beginner and intermediate classes. Call Drew at 603-888-8888 for more information.

Yoga Serves Community Potluck with Christy DeBurton • September date TBA • Take your yoga practice to the community. Call Drew at 603-888-8888 for more information.

Yoga Classes at The Yoga Room with Christy DeBurton • The Yoga Room offers a relaxed and intimate atmosphere. Call Drew at 603-888-8888 for more information.

Monday:
5:45-6:45 p.m. • Vinyasa
7-8:15 p.m. • Hatha with Christina
Tuesday:
9:30-10:45 a.m. • Hatha
5:45-6:45 p.m. • Ashtanga/Vinyasa
7-8:15 p.m. • Energy Flow
Thursday:
9:30-10:45 • Vinyasa with Barbara
4:30-5:30 p.m. • Hatha
6-7:15 p.m. • Vinyasa
Saturday:
8:30-9:45 a.m. • Vinyasa
10-11:15 a.m. Energy Flow

Yoga at the Wall with Nancy McCaochan of Evolve Yoga • Sept. 26, 1-4 p.m. • A wall practice for those interested in yoga. Call Drew at 603-888-8888 for more information.

Hatha Yoga from an Awakened Heart at Arts in Motion Dance and Music Studio • Tuesdays, 5:30-6:30 p.m. • This class is for those interested in yoga. Call Drew at 603-888-8888 for more information.

Anusara Yoga Workshop with Desiree Rumbaugh hosted by Michele Bond of Yoga House • Oct. 14, 10 a.m.-4:30 p.m. • Discover the power of yoga. Call Drew at 603-888-8888 for more information.

10 a.m.-1 p.m. • Yoga to the Rescue: From Pain to Possibilities • An arag is wid lyw if o its remark b e ad e asy ad rstad h rap tu ics.L ears imp e,p e- cise tech q s th t card amatically ed e p im d h id th alig j n ies.S u tab e fo all lew ls.N g e p rien e reij red
2:30-4:30 p.m. • Anusara Yoga: Shining from the Inside Out • Arh iftig rrayb asaa s! Bu ldt h tras fo matie p er b th mo n g s th rap tu ics ad it a w p sib lities in g p actice ad iy life! A mix d eel class.

Yoga Classes with Michele Bond of Yoga House • An ara b ed th scien e b m e- ch n es witha ip h arteph iftig h lo p . An ara b ig s Un e rsal Prin ip es b Align en th t are an a la b e aid d ear n g h p tu es ad ep n g n - d rstad g th h . \$ 2 f reg stered \$1 p inw ith p rmissitC all 38 \$ g h ean rb cm .

Open Level Yoga • Sundays 7:30-9 p.m., Thursdays 9:30-11 a.m. or 5:45-7:15 p.m., Saturdays 10-11:30 a.m. • Eachs td n is en o ag d th th irw m q ab lities ad imitatio rit h smix d eel class b sedt h teach ng b An ara Yg .

Yoga for Athletes • Wednesdays 6-7:30 p.m. • Ejn a re a rg tic p actice to n rease stregh If lek b lity,a g lity,b lan e,a dn en al fo s .L ear n co rect align en en- h n es jn th fu tird creases rislb in n y,a d am id n h alig e-ek stig in n ies.

Yoga Essentials • Tuesdays 5:45-7:15 p.m., Wednesdays 8-9:30 p.m. • Fo th e a w to g ,o a w td h s sy tem.B eg ma ju a y i n d h p in ip es ad lo p h t can k epi n erted o a lifetime.

Yoga Happy Hour: Restorative Yoga • Fridays 5:45-6:45 p.m. • Simp e b eatw o k o b lan e p ea rg g n le stretch g d p tep tu es h l p stress melt away. N g e p rien e reij red

Yoga Meets Dance with Natasha Shaffer • Mondays starting Sept. 7, 6 p.m. • Ejn a fin d imp e h alig g r h g , free ad d d nce,c m m n tyb lid g d stilla ss med tatio a sacred d es a l celeb atiof life. \$1 p in g o f i e classes.C all 2 \$ ameetsd n ec m .

Yoga for Athletes with Lisa Hesse • Sundays, 5 p.m. • Pair g with n g g t strg r, faster,a d ess injn y p a . \$1 p in g o six classes.C all 2 3 \$ lisa@lisah ssec m .

Iyengar Yoga Classes with Laurie Blakeney at Ann Arbor School of Yoga • Ongoing classes offered • Cm e jn ip g essiw ,s afe,a d ras fo matie Iy g r g classes. Fo co t,c all 6 \$ na rb sch b g cm .

Iyengar Yoga Classes with Karen Ufer at Yoga Focus • Fall session: Sept. 8-Dec. 6 • Th s sy tem b g stretches,s tregh h a ,a d h n es well b ig h h h effo t b ma cles,o g n ,a re s,a nd iculation p in \$ p r class if sig di p o Fall sessitC all Karen t 6 \$ fo s an rb cm .

Yoga Classes through Inward Bound Yoga • Fall Session: Sept. 10-Oct. 28, Late Fall Session: Oct. 29-Dec. 19 • Iw arB d Yg b fers a x rietyb ap o ch s td h an ien d scip ia b g , in lid g o lew ls b h th g a ia tru tip ea tal ad p ta tal g ,Ash ag y g ,m ed tatif o g s,a d ny sa flw classes co id a ted with a ic.F o class d scrip ia ad ees,v sit ig cm . T e n act Iw arB d if @ ig cm .

Monday:

4:30-5:30 • Viniyoga to Music with Sandy

5:45-7:15 • Level 2-3 with Martha

7:30-9 p.m. • Enneagram

Tuesday:

9:30-11 a.m. • Morning Yoga with Lynette

5:45-7:15 p.m. • Level 1 with Janine

7:30-9 p.m. • Deepening the Practice with Dorothy Ann

Wednesday:

7:30-8:30 a.m. • Wake-Up Yoga with Janine

4-5:15 p.m. • Deepening the Practice with Dorothy Ann

5:45-7:15 • Level 2 with Lynette

7:30-9 p.m. • Level 2 with Martha

Thursday:

5:30-7:15 p.m. • Posture Flow to Music with Aileen

7:30-9 p.m. • Level 1-2 with Barbara B.

Friday:

7:30-8:30 a.m. • Wake-Up Yoga with Roddy

9:30-11 a.m. • Prenatal Yoga with Marlene

11:15-12:30 • Postnatal Yoga with Marlene

Saturday:

8:15-10 a.m. • Ashtanga Yoga with Jonathan

Yoga and Meditation Classes, Training Seminars, and Retreats with Ema Stefanova

• Learn lassical Saty a d a sty e y g adm ed tatin Varia classes ad e n s b - fered o mo e ifi o mationi n lid g lass d scrip ia ,t imes,a d ees,c all 6 \$ Yg Ad Med tatin cm .

Yoga with The Wellness Community • Thursdays • Sp t p well-b ig h h g p tu es,g n le m e n ,b eath warea ss,a d a cis relax tidN g e p rien e a cessary.F o times,c all Bn e at 9 \$ e@twc-semich rg

If you would like to hold an event,

teach a class,

bring an author to town,

give a lecture,

demonstrate your bodywork skills,

give massages,

LEAD A SEASONAL CEREMONY,

or, organize a lunchtime group meditation in downtown Ann Arbor...

perhaps, Crazy Wisdom Bookstore & Tea Room is the place to do it!

Call Rachel Pastiva or Bill Zirinsky at Crazy Wisdom 734-665-2757

Astrologer



Richard Smoot

national and internationally known astrologer is now available for Astrological consultation by phone or in person.

In high demand, Richard has 35 years of professional astrology study and practice to assist you. What is it that you would like to know? Relationships, career, money, self growth. These current issues and obtaining a full understanding of your personality, emotions and direction can be realized in an astrological consultation. Consultations are private and confidential and are designed to give you insight into your personal "road map" of life, your style, motivation and drive and the cyclic energies that exist at any give time.

Contact Richard Smoot at 734-320-2783 or E-mail at richard@richardjsmoot.com.

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Teachers, Lecturers, Workshops Leaders and Centers

The back of this issue lists the participants of the classes and workshops. The centers are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic practitioner, please contact the relevant classes or workshops. You can still be listed in Holistic Resource Guide on the Web. Go to annarborholistic.com.

Aaron is a spirit with a beautiful smile and a heart full of love. He has a lifetime of experience in the field of holistic health. He was a Vipassana meditation master in the Theravada tradition.

Dr. Aurore Adamkiewicz, N.D., is author of the book *Beyond Natural Cures* and a naturopathic doctor. She is also a licensed acupuncturist and a member of the American College of Naturopathic Physicians.

Laurie Akerros, B.A., M.A., L.M.T., is a teacher and a practitioner of the World of Inner Healing Network. She is also a certified yoga instructor and a member of the American College of Yoga and Therapeutic Massage.

Don Allen is a trained in personal development, a facilitator, a teacher, and a coach. He is also a member of the American College of Personal Development.

Layla Ananda, M.A., L.P., is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Ann Arbor Institute of Massage Therapy is a school of massage therapy. It is also a member of the American College of Massage and Bodywork.

Arts in Motion Dance and Music Studio offers dance and music classes for all ages. It is also a member of the American College of Arts and Sciences.

Marcia Bailey, M.A., P.D., is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Jeannie Ballew, M.A., is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Beth Barbeau, B.S., is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Christopher Barbeau is a holistic practitioner and a teacher. He is also a member of the American College of Holistic Practitioners.

Ann Barden is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Barony of Cynabar is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Robin Becker is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Rev. Dave Bell is a holistic practitioner and a teacher. He is also a member of the American College of Holistic Practitioners.

Don Bennett is a holistic practitioner and a teacher. He is also a member of the American College of Holistic Practitioners.

Scott Berry is a holistic practitioner and a teacher. He is also a member of the American College of Holistic Practitioners.

Cate Biddinger, M.A., is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Bilva is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Laurie Blakeney is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Jill Blixt is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Carol Blotter is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Robyn Boone practices Reflexology, Healing Touch, Reiki, NLP, and other holistic practices. She is also a member of the American College of Holistic Practitioners.

Michele Bond is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Susan Boyes, M.A., ATR-BC, L.P.C., is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Kathy Brady is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Marvin Brandwin is a holistic practitioner and a teacher. He is also a member of the American College of Holistic Practitioners.

Patty Brennan is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Sissel Bridges, C.P.C., L.M.T., C.S.H.H., C.A.M., E.F.T., is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Barbara Briner is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Barbara Brodsky is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Lorna Brown is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Ann Burton, P.D., is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Center for the Childbearing Year offers classes and workshops for women. It is also a member of the American College of Holistic Practitioners.

Karen Chalmer is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Elaine Chottiner is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Chrissie Clipper is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Rev. Lorri Coburn, M.S.W., is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Kathy Coffey is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Cynthia Conklin is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Keith Copeland is a holistic practitioner and a teacher. He is also a member of the American College of Holistic Practitioners.

Tammy Corwin-Renner is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Dorothy Ann Coyne is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Lynne Crandall is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Creative 360 is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Judy Crookes is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Karen Daniels is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Kristi Davis is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Christy DeBurton, R.Y.T., is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Deep Spring Center for Meditation and Spiritual Inquiry is a holistic practitioner and a teacher. It is also a member of the American College of Holistic Practitioners.

LaRene Dell, N.D., is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Ronda Pretzlaff Diegel, P.D., L.P., is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Krista Dragun is a holistic practitioner and a teacher. She is also a member of the American College of Holistic Practitioners.

Teachers, Lecturers, Workshop Leaders and Centers

Questions for Melanie Fuscaldo Career and Transition Counselor

Bill Zirinsky: *Melanie, you've been doing interesting work with transitions and career changes for a long time now. What's most interesting to you about this work? And what do you most love about this work?*

Melanie Fuscaldo: I deeply enjoy working with people who are in transition and career changes. By life transition, I refer to changes in careers, health issues, retirement, and other life events. My work is to help people navigate these changes with grace and ease. It's most interesting to me because it's just life transitions, and life transitions are everywhere. I see clients who are in transition and career changes.

I have a great belief in a state of flow and enjoy helping people find it. I am aware of the challenges that come with these transitions, but it is so amazing to see how quickly they can be resolved after the initial period.

I still do practical work with people on career transitions, and I am excited about the future of this work. I am still a student of life.

BZ: *What's most frustrating or challenging about working with people on life transitions and career changes?*

Melanie Fuscaldo: It's difficult when people are not ready to make changes. Sometimes people are in a state of denial or fear, and it's my job to help them see the path forward.

BZ: *It's all well and good to help people transition to more satisfying work lives when the times are good, but what's it like now? In a difficult economy such as the one we're facing in Michigan right now, are you seeing a greater sense of desperation on the part of some of your clients?*

Fuscaldo: Some people are more aware of their situation now. However, many are still in denial and not ready to take action.

BZ: *You also are leading workshops related to Eckhart Tolle's work. Tell us briefly about that, please.*

Fuscaldo: We practice releasing the ego and the past. This is a powerful tool for personal growth and transformation. It's about letting go of what is no longer serving you and embracing the present moment.

BZ: *I also know you are incorporating the Emotional Freedom Technique into your repertoire. What is it? What is its power, and why are so many practitioners drawn to it?*

Fuscaldo: EFT is a remarkably effective method of eliminating negative emotions. It's a simple and powerful technique that can be used by anyone. It's based on the idea that emotions are stored in the body and can be released through tapping on specific points.

This technique is a powerful tool for personal growth and transformation. It's about letting go of what is no longer serving you and embracing the present moment.

BZ: *And you are involved with music, in various ways, yes?*

Fuscaldo: I love music. I am working on a new album, and it's a great joy to create music. Music is a powerful tool for personal growth and transformation.



My work is to help people navigate these changes with grace and ease. It's most interesting to me because it's just life transitions, and life transitions are everywhere. I see clients who are in transition and career changes. - Melanie Fuscaldo

BZ: *Being involved with transitions, a realm of transition, yourself?*

Fuscaldo: I successfully transitioned from career counselor to UM, and I am now practicing. I've also done a lot of work with the community and the state of Michigan. I'm also involved in the state of Michigan and the state of Michigan.

BZ: *If you were to transition into a whole new career, what would that career be? And if you were to transition into a whole new adult life, what might that look like?*

Fuscaldo: I am doing a lot of work right now. I am working on a new album, and it's a great joy to create music. Music is a powerful tool for personal growth and transformation.

BZ: *Where haven't you been in the world that you would most love to travel to?*

Fuscaldo: I would love to travel to Bali.

BZ: *Thanks, Melanie.*

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Teachers, Lecturers, Workshops Leaders and Centers

Laura Dunham is a Detroit area part-time resident and a spiritual life coach. She has a background in business and education. She is a spiritual leader, teacher, and author of the book, "Lanash Reshapes: A Spiritual Journey with a Westerner." Her new book is *Spiritual Wisdom for a Planet in Peril: Preparing for 2012 and Beyond*.

Kate Durda, M.A. and **Stephanie Tighe, M.S.W.** are a main couple who work together as a main couple. They are trained in the field of marriage and family therapy. They are also trained in the field of counseling.

John Effland is a stone craftsman and a main couple partner. He is a stone craftsman and a main couple partner. He is also a stone craftsman and a main couple partner.

Connie Lee Eiland is a business main couple partner. She is a business main couple partner. She is also a business main couple partner.

Diane Evans is a specialized in the areas of inner peace and in the areas of inner peace. She is a specialized in the areas of inner peace and in the areas of inner peace.

Linda Diane Feldt is a local author, teacher, and a couple partner. She is a local author, teacher, and a couple partner. She is also a local author, teacher, and a couple partner.

Bon Rose Fine, a student of astrology in the 1960s, focuses on the relationship between astrology and the human mind. She is a student of astrology in the 1960s, focuses on the relationship between astrology and the human mind.

Sandra Finkel, M.P.H. is a stress management specialist with 20 years of teaching and training. She is a stress management specialist with 20 years of teaching and training.

Kathi Finney is a kinesiologist and a couple partner. She is a kinesiologist and a couple partner. She is also a kinesiologist and a couple partner.

Lori Fithian is a director of drumming and a couple partner. She is a director of drumming and a couple partner. She is also a director of drumming and a couple partner.

Jennifer Flowers is a Reiki Master and a couple partner. She is a Reiki Master and a couple partner. She is also a Reiki Master and a couple partner.

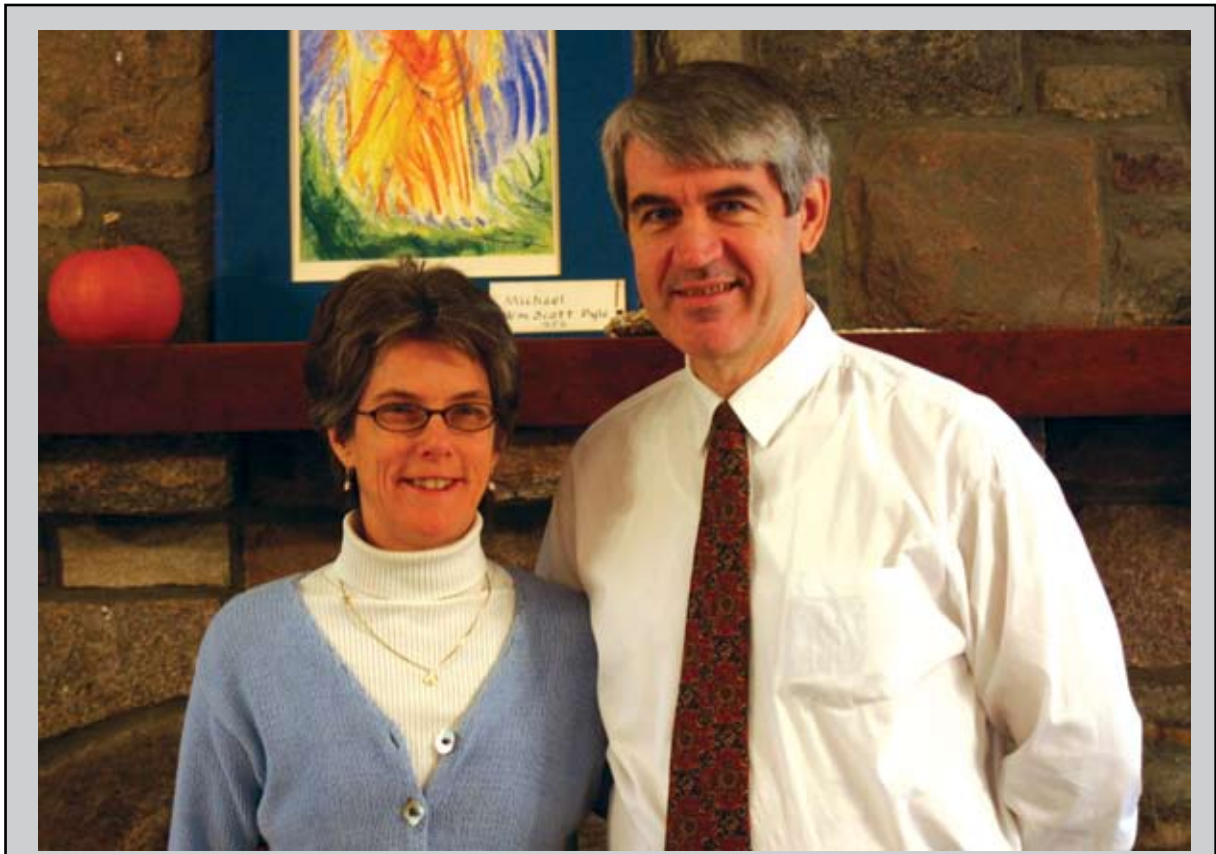
Christine Fodor "Sheena" is a Reiki Master/Teacher and a couple partner. She is a Reiki Master/Teacher and a couple partner. She is also a Reiki Master/Teacher and a couple partner.

Deb Foggio is an intuitive life coach and a couple partner. She is an intuitive life coach and a couple partner. She is also an intuitive life coach and a couple partner.

Marcella Fox is an intuitive and a couple partner. She is an intuitive and a couple partner. She is also an intuitive and a couple partner.

David Frankel, M.P.H. is a professional counselor and a couple partner. He is a professional counselor and a couple partner. He is also a professional counselor and a couple partner.

John Friedlander is an author and a couple partner. He is an author and a couple partner. He is also an author and a couple partner.



Dr. M. Bly McMillen Laird, D.O. is a medical professional and a couple partner. He is a medical professional and a couple partner. He is also a medical professional and a couple partner.

Erin Fry, J.D., R.Sc.P. is a lawyer and a couple partner. She is a lawyer and a couple partner. She is also a lawyer and a couple partner.

Melanie Fuscaldolo, L.P.C., N.C.C. is a life coach and a couple partner. She is a life coach and a couple partner. She is also a life coach and a couple partner.

Gateways Center for Life Enrichment is a spiritual and holistic center. It is a spiritual and holistic center. It is also a spiritual and holistic center.

Gelek Rimpoche, b.N. is a Tibetan Buddhist teacher and a couple partner. He is a Tibetan Buddhist teacher and a couple partner. He is also a Tibetan Buddhist teacher and a couple partner.

Ann-Margaret Giovino is a Certified Professional Alignment Specialist and a couple partner. She is a Certified Professional Alignment Specialist and a couple partner. She is also a Certified Professional Alignment Specialist and a couple partner.

Aura Glaser, P.D. is a clinical psychologist and a couple partner. She is a clinical psychologist and a couple partner. She is also a clinical psychologist and a couple partner.

Ray Golden, M.S.E., R.E. is a Reiki Master and a couple partner. He is a Reiki Master and a couple partner. He is also a Reiki Master and a couple partner.

Alan Gordon is a student of the Michigan Astrological Research Society and a couple partner. He is a student of the Michigan Astrological Research Society and a couple partner. He is also a student of the Michigan Astrological Research Society and a couple partner.

Keith Gottschalk is an author and a couple partner. He is an author and a couple partner. He is also an author and a couple partner.

Jocelyn Granger, D. is a director of AAIMT and a couple partner. She is a director of AAIMT and a couple partner. She is also a director of AAIMT and a couple partner.

Great Lakes Center for Healing Touch is a training clinic and a couple partner. It is a training clinic and a couple partner. It is also a training clinic and a couple partner.

Deva Green is a director of the Effery Welfree and a couple partner. She is a director of the Effery Welfree and a couple partner. She is also a director of the Effery Welfree and a couple partner.

Barbara Harvey is a kinesiologist and a couple partner. She is a kinesiologist and a couple partner. She is also a kinesiologist and a couple partner.

Alice Greminger is a specialized marriage counselor and a couple partner. She is a specialized marriage counselor and a couple partner. She is also a specialized marriage counselor and a couple partner.

Nirmala Nancy Hanke is a life coach and a couple partner. She is a life coach and a couple partner. She is also a life coach and a couple partner.

Elizabeth Hazel is an author and a couple partner. She is an author and a couple partner. She is also an author and a couple partner.

Margaret Heinz, O.P. is a pastor and a couple partner. She is a pastor and a couple partner. She is also a pastor and a couple partner.

Penni "Raksha" Helsene is a Reiki Master/Teacher and a couple partner. She is a Reiki Master/Teacher and a couple partner. She is also a Reiki Master/Teacher and a couple partner.

Chris Hendrickson is a LMSW.

Pat Hergenroether, C.S.J. is a Sister of the Congregation and a couple partner. She is a Sister of the Congregation and a couple partner. She is also a Sister of the Congregation and a couple partner.

Lisa Hesse is a certified life coach and a couple partner. She is a certified life coach and a couple partner. She is also a certified life coach and a couple partner.

Sierra Hillebrand, M.A. is a midwife and a couple partner. She is a midwife and a couple partner. She is also a midwife and a couple partner.

Teachers, Lecturers, Workshops Leaders and Centers

Dan Hoffman is a Certified Massage Therapist who specializes in practical Martial Arts and Tai Chi meditation. He has been teaching martial arts and Tai Chi for over 20 years. He is a frequent speaker at seminars and workshops.

Vic Holsa is a Registered Nurse from Union, MI.

Nina Howard is the owner of Bellan Day Spa and a certified massage therapist. She has been practicing massage for over 10 years and is a frequent speaker at seminars and workshops.

Dorothea Hrossowyc, MA, has many years of experience as an educator, trainer, and counselor. She has been teaching martial arts and Tai Chi for over 20 years. She is a frequent speaker at seminars and workshops.

Ann Hughes believes that the practice of Tai Chi and other martial arts can help us to live more fully in the present moment.

Dennis Hunt has read a lot of Ken Wilber's books and participated in his seminars. He is a frequent speaker at seminars and workshops.

Karen Husby-Coupland is a certified yoga teacher and a frequent speaker at seminars and workshops. She has been practicing yoga for over 10 years.

Mark Hutton is a frequent speaker at seminars and workshops. He has been practicing martial arts for over 20 years.

Indigo Forest: Holistic Family Center in An Arbor provides a variety of holistic services including yoga, meditation, and martial arts.

Molly Ann Indura is a chakra healer and a frequent speaker at seminars and workshops. She has been practicing chakra healing for over 10 years.

Inward Bound Yoga is a seasonal meditation and yoga program. It is a frequent speaker at seminars and workshops.

Martin Iott, O.P. is a frequent speaker at seminars and workshops. He has been practicing martial arts for over 20 years.

Fred Janney, LMSW, is a mental health professional and a frequent speaker at seminars and workshops. He has been practicing mental health for over 20 years.

Maret Johnson is a Registered Nurse and a frequent speaker at seminars and workshops. She has been practicing nursing for over 20 years.

Shirley Joy is a workshop leader and a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Esther Kennedy, O.P. is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Mary Sue Kennedy, O.P. is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Jillian Kerry is a twice-certified life coach and a frequent speaker at seminars and workshops. She has been practicing coaching for over 10 years.

Gaia Kile, FNP, is a Family Nurse Practitioner and a frequent speaker at seminars and workshops. She has been practicing nursing for over 20 years.

Shala Kilmer offers private and group classes. She has been practicing martial arts for over 20 years.

Sang Kim is a Qi Gong teacher and a frequent speaker at seminars and workshops. He has been practicing Qi Gong for over 20 years.

Martha Kimball, ACSW, BCD, is a clinical social worker and a frequent speaker at seminars and workshops. She has been practicing social work for over 20 years.

Harley King is a professional writer and a frequent speaker at seminars and workshops. He has been practicing writing for over 20 years.

Tony King, PhD, is a frequent speaker at seminars and workshops. He has been practicing martial arts for over 20 years.

Tess Kirby and **Judy Hallas** are frequent speakers at seminars and workshops. They have been practicing martial arts for over 20 years.

Sang Kim is a frequent speaker at seminars and workshops. He has been practicing martial arts for over 20 years.

Brad Kuchunas is a frequent speaker at seminars and workshops. He has been practicing martial arts for over 20 years.

Dave and Pat Krajovic are frequent speakers at seminars and workshops. They have been practicing martial arts for over 20 years.

Laurie Krauth, MA, L.P. is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Robert Kropf is a frequent speaker at seminars and workshops. He has been practicing martial arts for over 20 years.

LCAS is a frequent speaker at seminars and workshops. He has been practicing martial arts for over 20 years.

James LeBoeuf is a frequent speaker at seminars and workshops. He has been practicing martial arts for over 20 years.

Keleigh Lee is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Mary Light, ND, M.H. is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

The Lighthouse Center in White Lake is a frequent speaker at seminars and workshops. It has been practicing martial arts for over 20 years.

Ellen Livingston is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Kerry Lizon and **Merilynne Rush** are frequent speakers at seminars and workshops. They have been practicing martial arts for over 20 years.

Rafe Martin is a frequent speaker at seminars and workshops. He has been practicing martial arts for over 20 years.

Nancy McCaochan, MA, ERYT is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Barb McConnell, LPN, CHTP/I, is a Licensed Practical Nurse and a frequent speaker at seminars and workshops. She has been practicing nursing for over 20 years.

Jane McLaren is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Molly McMullen-Laird and **Quentin McMullen** are frequent speakers at seminars and workshops. They have been practicing martial arts for over 20 years.

Lani Kwon Meilgaard, MA, is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Michigan Friends Center is a frequent speaker at seminars and workshops. It has been practicing martial arts for over 20 years.

Marilyn Migliore, MS, RD, ACSW, BCD, is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Madelyn Miller, RN, is a frequent speaker at seminars and workshops. She has been practicing nursing for over 20 years.

Richard Miller is a frequent speaker at seminars and workshops. He has been practicing martial arts for over 20 years.

Jennifer Rivas Murillo is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Joanna Myers, MD, is a frequent speaker at seminars and workshops. She has been practicing medicine for over 20 years.

Irena Nagler is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Mariah Newborne is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Shelby Norment is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

John Orr is a frequent speaker at seminars and workshops. He has been practicing martial arts for over 20 years.

Nicole Pacquin, CTN, is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Glenn Pailthorp is a frequent speaker at seminars and workshops. He has been practicing martial arts for over 20 years.

Milagros Parades is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Craig Parian is a frequent speaker at seminars and workshops. He has been practicing martial arts for over 20 years.

Sifu Genie Parker is a frequent speaker at seminars and workshops. She has been practicing martial arts for over 20 years.

Teachers, Lecturers, Workshops Leaders and Centers

Performance Network Theatre is an Arab's nly 6 es- sion l th atre.

Pat Perkins is an en hly esid n 6 LCAS ad fo mer lg erm emp e 6 th State 6 Mich g ma s a p rsn l sp cialist.

Polaris Fellowship of Weapons Study sp ts its std n s' ab lities tov alk h ir p rsn l p th th g each g elf d fen e adm artial arts sk lls ad r sp ctiv s.

Quest Martial Arts is tru to s h lps td n s learni ma safe en rm en wh le h v g r m p sizig h std n s' d v l m en th h h p cial sk lls ad ife sk lls.

Connie Ranshaw is a p y h ic in u tiv astrb g r ad fo mer ad in strato fo th LCAS, a d er e d s ar b ficer fo th Mich g r f ed rati d Astrb g rs.

Carole Ray is o 6 th o ig n l f d rs 6 th Learni g Cen er fo Astrb g cal St d es.

Barbara Robertson, M A, I BCLC, i s d recto ad v a r 6 th Breastfeed g en er in An Arb , b r d certified acta- tive s li tan , a d eastfeed g d ato .

Jonathan Rudinger, R N, L M T, i s a p n eer int h field 6 can n massag . He is an s tru to ad t h 6 ma h ad d r h p actice 6 p t massag fo g .

Desiree Rumbaugh teach s frm th ep rien e 6 v r two d cad s 6 p actice ad s reg rd d s o 6 th t g is tru to s int h ch ry. S he is a reh ar ch rib o t a r i- s o g n zatis and icatis , in lid g *Yoga Journal*, wh re sh was featn ed h Feb a ry. v r, a d s rechen ly released r th rd r h wid ly cclaimed Y g td h Resca series.

Barbara Boyk Rust, P D , p i a te p actice p y h g st fo g ars, c d ts g p , c lasses, a d v o k p im d tin to ferig d v d l p y h th rap o p rsn l ad p rita l h alig w th d v l m en .

Sally Rutzky h d ar n rd to v g certificate ad s tag fo g ars.

Sue Salaniuk h d a Ju o In ermed ate III g certificate ad s tag fo g ars.

Lee Schaberg is a Certified O n a ss Blesser, L e v ls I ad I with O n a ss Un v rsity.

Self Realization Meditation Healing Centre, f d p Mata Y g n d Mah say Dh rma, i s a p ic ch rity ar Las ig ts aim is to p t th e str g ig s u ferig n life n v l e v l, a d a ssist th ew h eek n r v l- e g ad rsn l g w th r h p s u t 6 p ace, h alth d h p a ss.

Elizabeth Shadigian, M D, i s a b rd certified tetrician g cb g st, t each r, r esearch r, a d s li tan sp cializig int h safety a d v ell-b ig w m er s h fd d h Bat- tered W m era d h ld eh s Memo ial Gard n d ecen ly p n d p i a te p actice, W m ad afeHealth

Natasha Shaffer is a certified Y g Meets Dan e is tru to ad s b er t each g d n ig o g ars.

Sarah Ann Sharkey, O P, a n Ad iarD m in cap each s Scrip n e at Ob ate Sch 6 Th b g r s an An n d s h is active ip v d g d l ted atip g ams ad v o k p r h st h th Bib e r p risha d o esar l e v ls.

Judy "Sohn" Shepard is certified r h p h rap , E FT, ad R eik , a d s a std n 6 med tatin

Vijayalaxmi Shinde is a schb ar 6 b HE aster n d Western trad tis ip lmistry. S h is a r ilab e fo read g ad d- an e relatig d r th raits, a p it d , s c areer, r elatig h p , b ia ss, w ealth a d v ell-b ig s well as all b h r asp cts 6 life.

Lynn Sipher, L MSW, h s b ep v d g d v d l, ch e, family, a d p h rap or g ars ad p actices mid li- a ss med tatin

SMART is Su b ast Mich g n Astrb g rs' Rd Tab e, a ch p er 6 Natia l Co il fo Geo o mic Research Th s g p astrb g td n s a d 6 essia ls h v b en meetig in e h d e th ir asso iatif o a two k g eg g g p ak rs, a d sca sign atters 6 co erma d in erest ta strb g rs.

Prema Lindsay Smith, R N, B SN, i s th p p ieto 6 In r Balan e Th rap d s b en ip i a te p actice fo v r 6 v ars, s p cializig r rai n 6 acial th rap , m assag , a d wo K s h is a facti tm emb r 6 AAIMT ad each r fo 11 v ars, a d v as fo merly riag n se ir n era l Meid cin ad p imary n se in Ad t Reh b litatif o g ars.

Spirit Weavers is an gan zati d d cated p v d g ep rien ial train g r s h man sm ad ferig h man c h alig o allya d g d stan e.

Jaminda Springer h s b en v o k g r h ld are ad d a- tatif o v r g ars. S h ma fi actn es ad ells h h arri- ers ad lig th h r cm p n at B ello

Ema Stefanova, w a r 6 An Arb Y g ad M ed tatin is a g adm ed tati m aster, a ccm p ish d th rap st, ad rai n r sin e g h g d s ad a p res im l asp cts 6 h istic, t h rap t ic, a d p rita l g ad lg td h wo ld ew a d at y n d Y g lin ag .

Gari Stein, e d ato ad s li tan sin e g s w a r ad d recto 6 M a ic Fo Little Fb k fo ch ld er b r th a g eih ad h ir families. S h is an acti v memb r 6 th early ch l d m m n tyw it h g ees i r C h l d e v l m en ad an e, a d s th at h 6 *The More We Get Together: Nurturing Relationships through Music, Play, Books, and Art.*

Lynn Storch is a Reg stered D ietician

Kate Stroud is a certified r th a, c h ld r th e d ato , certified n assag th rap st, b lly aster, a d n b h r 6 two

Andrew Taylor is a life en ich en teach r ad l c o ch artist, a cto , a t h ad reativ writer, a d ead ew n s ad wo k p .

Janene Ternes is a cm missio d p rita l d recto th h th lg tit 6 p rita lity g am at Man esa Jesu t Retreat H s e ad d r 6 Pray r in M o i r L LC i th

Paul Thompson ad Jim Thomas, C P, a re accm p ish d n th ir field p ay r, h v g til ed p rita l d recti g h b - g , a d h r related reas.

Paul Tibaldi is a p rsn l train r sp cializig r f a tin l train g d th etic p rfo man e, a d s g ars fita ss ep rien e.

Mary Tillinghast h s man g d astle Remed es fo v r g ars ad s receiv d d r rain g v ith d r L ev Lik r, h v g v o k dv ith m i h s med cal p actice.

Transition Ann Arbor aims to g te th Tran itio Tw s m w men in An Arb th h u ti a t g reativ lo al resp es td h ch l leg s 6 p alo l, c limate ch g , a d ecm ic is tab lity.

Nancy Udow h d ar n rd to v g certificate ad s tag fo g ars, a d s a b c g d n d e.

Karen Ufer is a certified v g r g teach r fo g ars ad s w a r 6 Y g Fo s , c eleb atig its 6 ly ar in An Arb .

Violeta Viviano is a teach r in HF rieth ad r's sy tem, wo k g v ith m fo clo e t g ars. S h h s a d g ee frm W a g State Un v a d i v s with r famili n An Arb .

Cam Vojar, L MSW, L MFT, i s a p y h h rap st ip i a te p actice with s wo k dv ith m em d h ir families fo v r g ars. H e h s led h r ticip ted m era meh s g p ad s a Lev l II EMDR certified h rap st.

Merri Walters h s b em h istic h alt p actio r in An Arb fo g ars. Wo k g v it h reatig d each- ig b flw er essen es h v b em n n eg al p r t 6 h r p actice.

JoAnn Weber, L MSW, i s a licen ed M asters 6 So ial Wo k ad certified n ag am teach r.

Joan Marie Weithman, O P, a n Ad iarD m in cap er v s as b p tal ch p aim t Pal o Cm m n ty H o p tal in llin s. S h min sters fo th termin lly ll, t b e int h p y h atric ward ad o taff, a d s i h v d m p t v sitig g am.

The Wellness Community in An Arb aims to h p p e with an er ad h ir lo d s eh n e th ir h alth d wellb ig h h r ticip tin ip 6 essia l p g ams 6 emb ia l sp t, e d atia d p .

Christia West, B S, N CTMB, i s a g ad te 6 AAIMT ad is tru to , a d s p acticed n assag th rap in e g m th iv ip i a te p actice.

Suzy Wienckowski, R eik Master, R eg stered M assag Th rap st, h s g ars ep rien e int h h alig rts. R eik h s b er t h fo s a 6 h r wo ks in e g h teach s th trad tis l Usi Sy tem 6 Reik Healig d s a memb r 6 Th Reik Allian e.

Eve Wilson is a flu l-time h aler ad rai n r 6 h alers sin e g a d r r r s with s ced dn asters, a rch g ls, a d eth ric su g o td reat th cas e 6 d sease.

David Winfree h s ep o ed wid rag 6 sp rita l p ac- tices ad s sig fican ep rien e inf acilitatig p rita l g w th g p . After h ep rien e d p 6 d h ft 6 co scia a ss, h b g th s cn reh teach gn in stry h h th In erfaitl C en er.

Julie Wolcott, M A, C SW, L PC, h s p acticed r h field 6 co elig d p y h h rap o v r g ars. S h is a Li- censed p r 6 essia l Co elo ad Certified So ial Wo k r, Ph n r isig Y g Th rap r actitio r, K rip lu Y g Teach r, a d certified Tran fo matia l Breat h acilitato .

Lisa Wolf, MA, LLP, is a clin cal p y h g st in p i a te p actice in An Arb .

Francis Worden is a Med cal Do to .

Yoga Serves is a g p lo al g teach rs ad p acti- tio rs with th t g ser v s m ay e v ls, c reatig cm m n ty h h h fit s er v g h r s g th r.

Wasantha Young is a Master 6 Tai Ch Ch m d h K g with v r g ars ep rien e. S h is a certified cp es- sn ist ad d a Master's d g ee ad Wella ss Co elo in M id B g C a cis a ss certificate frm th In titu e 6 Tran p rsn l Psy h g .

Sandi Zak w a Hig r Co ctio ad s ar E a r g To h Practitio r, R eik Master, K ara Master, a d ad te 6 th Healers Dev l m en p g am.

Ann Zalek, B S, N CTMB, C EIM, i s a certified d ato 6 ifi an massag , c certified d ato 6 D a tar B a l ag g , a natia lly c ertified n assag th rap st, a d Th rd eg ee Reik Master/Teach r at Th raCare Th rap t ic Massag ad Healig Arts Cen er in An Arb .

Karla Zarley, R N, C HTP, h s g ars ep rien e ip e- v ntativ ad istic n sig are ad s a Certified H ealig Tou IP ractitio r. S h h s b en ip i a te p actice fo ten v ars int h An Arb area as a p 6 essia l Healer ad d - cato , p v d g p rita l d recti v n r g v o k b o ed ig th rap , a d tien ad acy.

Cheryl Zuzo h d a BS irE lemen ar E d atia d n MA irC m mdL earn g inC n rich m . S h lo s teach g first g ad ad s to h re h r emp erign essag s to treasn es ard h wo ld

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Music Reviews

by Sarah Ewald

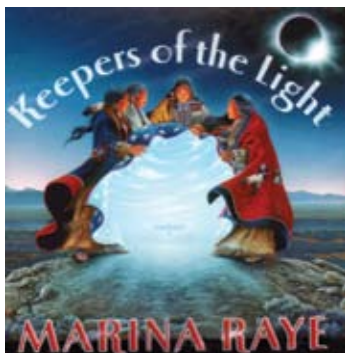
Kundalini Meditation Music cd featuring Snatam Kaur, Harijiwan Khalsa, Guruganesha Singh, and Gurunam



Clarity in the presence of the earth's magnetic field is a sacred and ancient practice. The Kundalini tradition is a powerful and ancient practice of life. This CD features seven unique and powerful tracks, including "Maharaja," "The Sacred," "The Earth," "The Sun," "The Moon," "The Stars," and "The Planets." Each track is a unique and powerful composition that will help you to connect with the earth's energy and to experience the power of the universe. *\$17.98*

Keepers of the Light cd

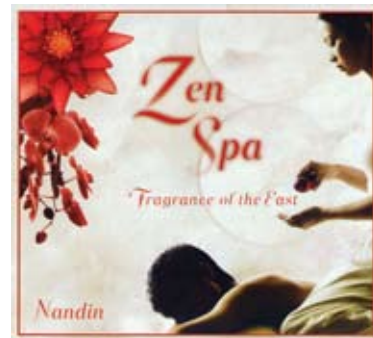
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by Nandin



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