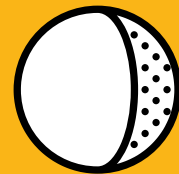


January 20, 2023

THE CRAZY WISDOM BIWEEKLY

#104



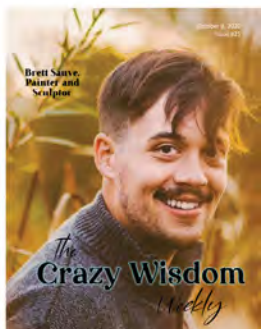
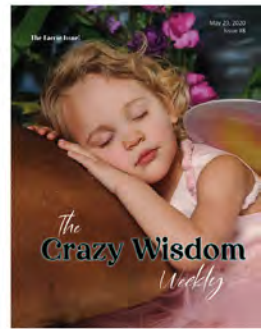
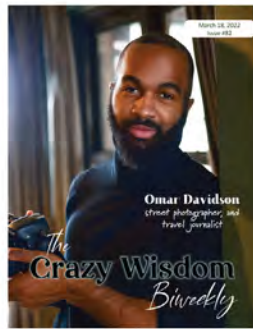
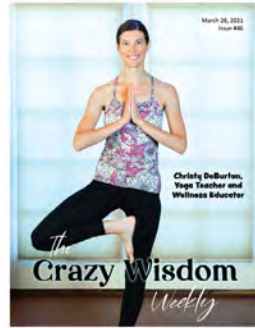
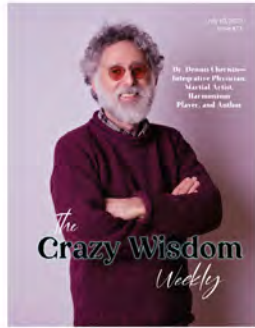
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Waning Crescent

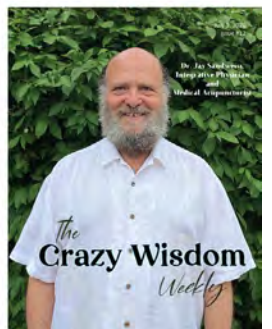
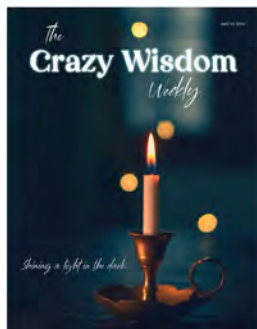
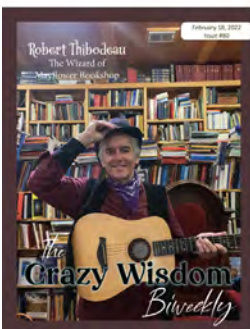
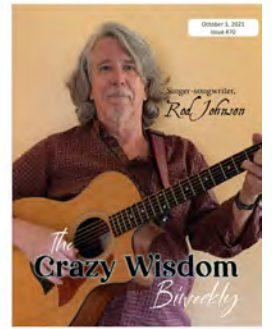
The Crazy Wisdom Interview
with Dr. Amy Saunders on
Integrative Medicine

PAGE 12

CELEBRATING 100 ISSUES



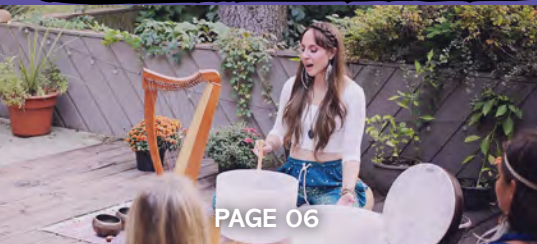
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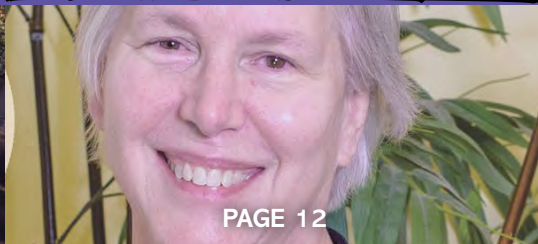


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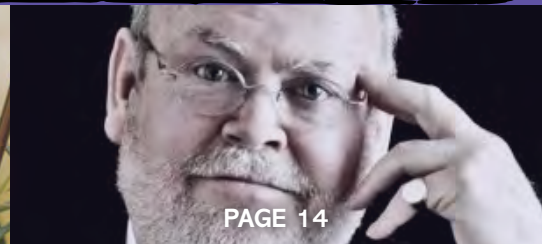
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PAGE 06



PAGE 12



PAGE 14

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

Thank you to our contributors for this issue:

Amy Saunders
Kimberly Harrison-Rieli
Amanda Marcella Boyers
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Rosa Embery
Mary Bortmas
Brittney Lee Schering
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Contents

Issue #104

06

Healing Through Sensuality and Song: Tasting the Forbidden Fruits

BY KIMBERLY HARRISON-RIELI
PHOTOS BY AMANDA MARCELLA BOYERS

12

The Crazy Wisdom Interview with Dr. Amy Saunders on Integrative Medicine and Her Life's Journey

BY BILL ZIRINSKY
PHOTOS BY MARY BORTMAS

20

GreenStone offering up to \$60,000 in scholarships

What's Happening Around Us

22

The Biweekly Community Calendar

SPRING EVENTS
HAPPENING IN OUR AREA

Biweekly Divination

41

What Do the Next Two Weeks Hold For Us?

BY ROSA EMBERY

On the Cover

On the cover is Dr. Amy Saunders, the featured story beginning on page 12 of this issue. Photo by Mary Bortmas.

"I feel in a way that my whole raison d'être in medicine has been to try to help people by listening to their stories and honoring their own path in seeking to achieve the best health possible for them."

-- Amy Saunders

13

Healing Through Sensuality and Song: Tasting the Forbidden Fruits

By Kimberly Harrison-Rieli
Photos by Amanda Marcella Boyers

Setting The Stage

I've always loved singing and music and sensed there's so much more to our voices than whether we "sound good." Similarly, I've felt this way around sensuality. Our voices and bodies seemed to be portals to mystical, healing states. Of course, when I was younger, I couldn't articulate this and had little "proof," other than personal experience.

Further complicating matters, and contrary to everything that felt innately true, I was taught to fear my body, voice, and sexuality. I developed a deep sense of shame and experienced emotional and sexual abuse and crippling anxiety as I pursued a career in singing.

Despite this, it still felt profoundly true that sound, voice, and sensuality could be utilized for healing and transcendence.

Little did I know at the time that this would become my life's work.

The Three V's: The Voice, Vagina/Vajra, and Vagus Nerve

It turns out I wasn't crazy. The voice, vagina/vajra, and vagus nerve are profoundly interconnected and supportive of our well-being (or lack thereof). Science is bringing forth compelling findings to this end. (For clarification, *vajra* is Sanskrit for *thunderbolt*, and is used in reference to the penis/male sexual anatomy).

Let's briefly expound upon each of the Three V's...

The Voice

First of all, our voices are traumatized. We've been distracted by a tidal wave of untruths and silencing tactics, including that a voice needs to "sound good" to have worth.

In twenty-some years of voice-healing work with thousands of people, I've discovered that most of us

literally go into fight, flight, or freeze when it comes to public speaking or singing. And I find this unacceptable. It's time to rewrite this story.

We can be freaked out by our voices, or we can use them to help us heal. A simple shift of attention enables us to consciously use our voices to entrain our nervous systems into healing states. And ANYONE can do this.

Additionally, our voices *affect the structure of energy and matter*. Both quantum physics and cymatics (the science of making sound visible) repeatedly demonstrate this. Intention and sound create chaos, disintegration, or beauty and harmony in our cells and energy fields.

Though I'm a singer and sound healer, and I've worked my entire life to hone my voice, I passionately advocate that we all learn to use our voices for our well-being. *We don't need to be skilled singers to do this.* We merely need simple guidance and practices that most people have never been exposed to. They feel truly amazing.

This all ties in with the vagus nerve (and vagina/vajra), so let's get to our next V!

The Vagus Nerve

The vagus nerve is the longest nerve in the rest-and-digest nervous system. It's involved in many aspects of physiology, including heart rate, blood pressure, sweating, digestion, sexual response, and even breath and voice.

Many people's nervous systems are entrained into compromised patterns—shallow breath, racing heart, high blood pressure, poor digestion, etc. Fight, flight, or freeze becomes our set point. Over time, this takes a major toll on our health and snowballs into bigger issues.

CONTINUED ON PAGE 09




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CONTINUED FROM PAGE 06

Have you noticed how your breath, voice, digestion, and heart rate all reflect your emotions? This happens automatically because the vagus nerve sends emotional impulses from the brain through the body, and from the body back to the brain.

Conscious sounding practices encourage deeper breathing and create vibrations that massage the vagus nerve and all of the body's organs, bones, and tissues. This increases oxygen and blood flow, and simultaneously calms and energizes. It's so good for us!

Research shows practices like yoga, meditation, and chanting tone the vagus nerve. This results in a greater sense of peace and better health physically, mentally, and spiritually.

The Vagina/Vajra

With our final V, we'll see that the voice, vagina/vajra, and vagus nerve are intimately interconnected (pun intended)!

Just as our voices and nervous systems are societally traumatized, so is our sensuality.

The vagus nerve runs through the throat and the body, *including the genitals*. Therefore, as with conscious-sounding practices, long, slow, luxurious sex (by yourself or with a partner) is incredibly healing for the vagus nerve. These somatic practices go far beyond traditional talk therapy, and right to the storehouse of difficult emotions—the body and energy fields—where emotions are released and the nervous system reprogrammed for pleasure and peace.

It's a two-way street between voice and vagina/vajra. Sounding practices increase sensual pleasure, and sensual practices increase vocal pleasure. Together they unleash our freedom and well-being on many levels.

Healing Through Sensuality and Song

I've been on quite a healing journey with my own voice and sensuality. Sonic and sensual healing practices have blown me away. I'm called to share the goodness and have created a variety of offerings...

[Singing From Your Soul](#) online course for voice, nervous system, and sensuality healing.

[Singing For Your Wild Soul](#) sacred sisterhood of voice healing and rewilding. This offering includes a sonic healing certification and we have sisters worldwide joining!

[Embody](#) - An 8 week yoga, energy, and voice series at One Tribe Yoga in Brooklyn, MI. 6-7:15 pm Wednesdays starting 1/18/22.

[Ash To Flame Sound Healings](#) - my husband and I offer yoga and sound healing workshops throughout Michigan and online with our band Ash To Flame.

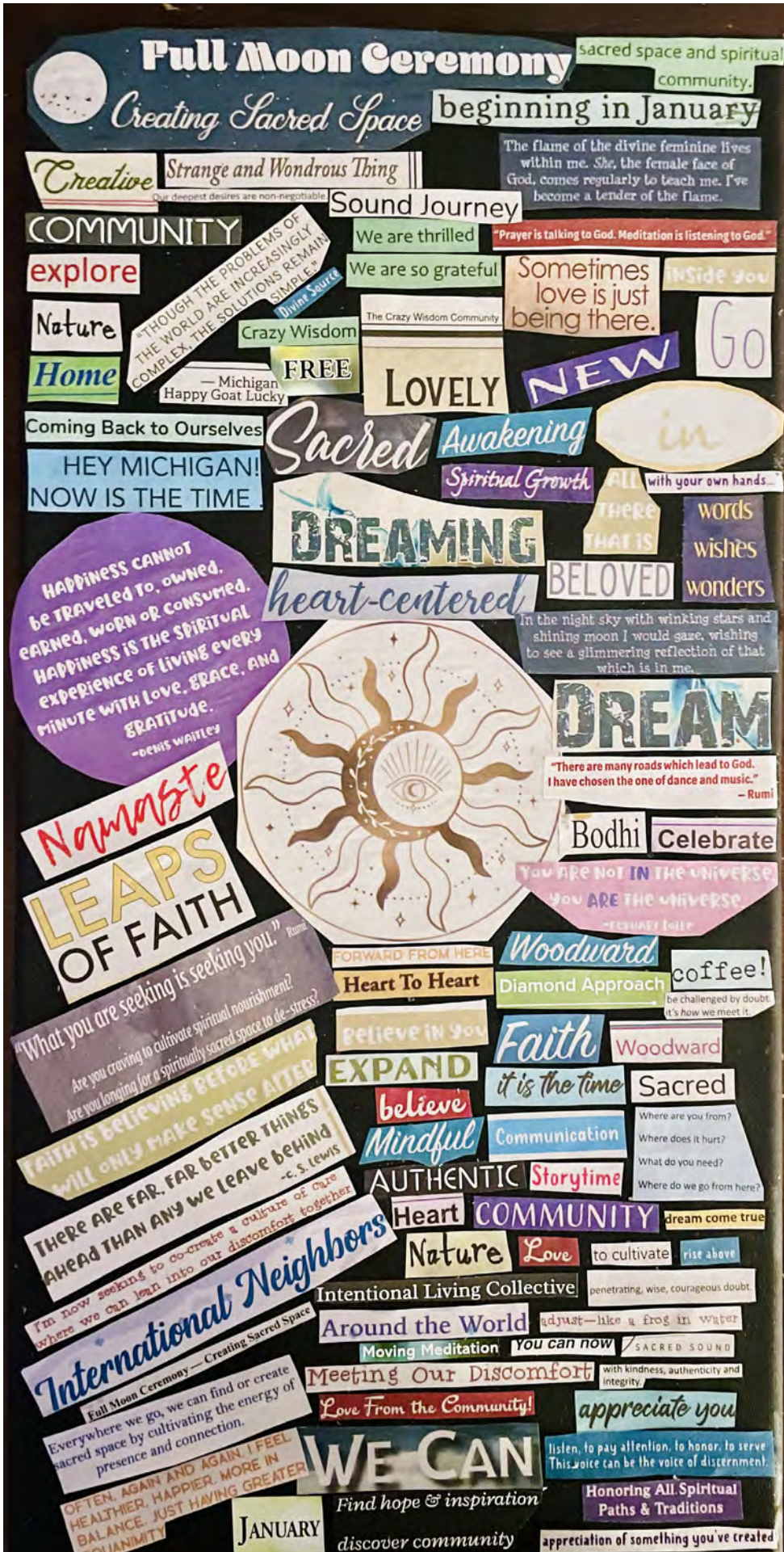
I'll finish by asking if your voice or sensuality feel silenced, weak, brittle, rigid, or repressed? Or if you've noticed the connection (or disconnection) between your voice, body, and sensuality? We can remedy this. Each of us can reclaim an ancient, languid, and sensuous way of being ~ an ocean of bliss that is wild, transcendent, and deeply healing.

We're being called to re-awaken our voices, bodies, and souls. And you know what? We're allowed.

BlesSings!

Kimberly Harrison Rieli, founder of Singing For Your Soul, is a sonic alchemist, vocal healer, and multidimensional alignment guide. She has been 5x Winner of Best Performing Arts Business & Best Voice Lessons in Santa Monica, CA, featured in collaboration with Yoga Journal, and #1 internationally on Google for holistic and spiritual voice lessons. Kimberly has worked with clients in over 15 countries offering sonic, spiritual, and holistic voice guidance. Her latest offering is sonic healing certification through the Singing For Your Wild Soul sacred sisterhood of voice healing. For more information, visit singingforyoursoul.com, or follow her on Facebook and Instagram @SinginForYourSoul.





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



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JANUARY THROUGH APRIL 2023 - ISSUE 82



The CW Interview with Dr. Amy Saunders
on Integrative Medicine and Her Life's Journey
Barb Scholz, Advanced Energy Medicine Practitioner
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Pickleball in Life • Cow Cuddling • Rage Rooms • Keith Weiden-Rood Dances with a Bear • Artist Juliet Selgious •
Create a Cozy Winter • Feeding the American Dream • Marie Duquette at the Neurofitness Center •
Social Worker Will Sherry • Unschooling • Yoga Column • Events Calendar • And More

The Crazy Wisdom Community Journal

issue 82

Features

Argus Farm Stop Staff

Unschooling

Rage Rooms

Interviews

Dr. Amy Saunders

Marie Duquette at the
Neurofitness Center

Social Worker Will Sherry

...and more!

Look for it around town or
have it mailed directly to you.

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Dr. Amy Saunders is one of the leading integrative medicine doctors in the area. We had profiled her ten years ago, and we wanted to check back in with her, and see how she had viewed Covid, and hear her current points of view on her medical practice and providing integrative care. We also were hoping to talk with her about the influences which shaped her becoming the attuned, committed and deeply caring physician that she is known to be.

Dr. Saunders was born and raised in Findlay, Ohio, and lived there through high school. She went to Kenyon College for 2 years, and completed her BS and MD at Ohio State, and she also completed her Internal Medicine residency there. Additionally, she has a master's degree in Public Health from the University of North Carolina.

**Bill
Zirinsky**

What is incorporated into your sense of integrative medicine and integrative health care?

There are so many modalities and approaches to care that can be beneficial!

My first experience with realizing how effective nonallopathic modalities can be in treating health problems was through my work with physical therapists taking care of mutual patients with chest pain, back

pain, and headaches. Many PTs in Ann Arbor do a great deal of manual therapy—realigning vertebrae, ribs and pelvis and other musculoskeletal regions that can cause extreme discomfort when out of balance. I think malalignment is a cause of a great deal of pain and disability that is underrecognized by most allopathic providers.

**Bill
Zirinsky**

Can you tell us about the other practitioners in your clinic?

At Integrative Health Care Providers (IHCP), each of the practitioners has her/his own panel of patients and integrative care approach and that is one of the greatest strengths of our clinic, I think. I am an internist and see only people older than 15.

Drs. Amanda Dakroub and Sean Zager are Family practitioners and are both Board-Certified in Integrative Medicine. Dr. Dakroub has a large primary care practice with a very broad range of knowledge about integrative modalities. She also has a substantial number of transgender patients.

**Bill
Zirinsky**

Dr. Saunders, please tell us how your clinic has fared with Covid over this time? It will soon be three years since the pandemic began?

When the pandemic first started, and schools and businesses shut down we had no idea how long this would last. It seemed like emergency management decisions were needed for what we thought would be a short-term problem. It was an easy business choice to convert our clinic into a remote telemedicine design. My staff and colleagues were very dedicated, and care from home was surprisingly manageable.

But then... Covid dragged on and on, with new variants occurring and neither vaccines nor prior illness providing persistent immunity from getting Covid in the future. We have had only a modest number of patients who have rebelled against the CDC guidelines for mask wearing but many people have become frustrated that the measures taken have not successfully ended the pandemic.

The Crazy Wisdom Interview on Integrative Medicine

By Bill Z
Photography by



**Bill
Zirinsky**

Would you share with us about your own journey to Integrative Medicine and how your life experiences brought you there?

I feel in a way that my whole raison d’etre in medicine has been to try to help people by listening to their stories and honoring their own path in seeking to achieve the best health possible for them. My childhood and family trauma history paved the way for that, no doubt. I was left with an early recognition that terrible things happen sometimes and often nobody can say why, and nobody can fix them. But we still must find the best most healthy path through that. In that sense I feel that facing health problems or social problems is our best practice for facing the ultimate “unfixable” issue of our mortality –

how do we find our best path when we know that we cannot change that?

My Public Health education gave me a perspective that kept me from getting the myopia that so many doctors have, that the physician is the central character in a person’s healthcare. My interest in integrative medicine truly was initially fueled by my recognition that there were so many medical problems that my patients had that we in allopathic medicine were not doing a good enough job providing care for.

**Bill
Zirinsky**

I know that your father was a physician. What influence did he have on you?

I admired my father immensely. He was gentle, smart, and seemed to really enjoy practicing medicine. I would sometimes go with him on rounds at the nursing home or at the clinic. I saw the kindness, warmth, and respect he showed to the staff and to the patients and I saw how they felt the same toward him. Though I never was in an exam room during one of his patient visits, I could tell when they spoke with him in the hallway or when we met them on the street that they felt well cared for. One of the few things that irritated him was when he felt

someone was not being treated with respect. A friend and classmate of mine who is Black (an uncommon thing in my hometown, especially in the 60’s) said my dad was the only doctor in town who would make house calls to their house, and that her mother thought highly of him. It is important to me to show the same kind of warmth and respect to patients, staff, and colleagues as he did. He also exuded a sense of calmness as well as a caring demeanor and I aspire to have that calming effect, too, with my patients, though I don’t always achieve it.

CONTINUED ONLINE AT [THE CRAZY WISDOM JOURNAL](https://www.thecrazywisdomjournal.com)

Interview with Dr. Amy Saunders and Her Life’s Journey

Bill Zirinsky
Interviewed by Mary Bortmas

The Reading Series of **The Crazy Wisdom** **Poetry Circle**



January 25, 2023



Featured Reader: Thomas Lynch

January 25 – Thomas Lynch's most recent of twelve books are *The Depositions—New & Selected Essays* (W.W.Norton, 2020) and *Bone Rosary—New & Selected Poems* (David R. Godine, 2021). He is finishing a novel which he fears might finish him. He keeps homes in Michigan and West Clare, Ireland.

7:00 PM - 8:45 PM •
Wednesday, January 25, 2023

*All sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for Zoom link.*

Featured reader is followed by Open Mic reading. FREE. All writers are welcome. Read your own or other favorite poetry. Sign up begins 6:45 p.m. Poetry Series readings are every fourth Wednesday, hosted by Edward Morin, David Jibson and Lissa Perrin. See our blog [here](#) and the Crazy Wisdom website [here](#).



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hosted by Edward Morin, David Gibson, and Lissa Perrin

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

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Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

*All sessions are virtual and accessible through Zoom.
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Crazy Wisdom Poetry Series Featured Readers



February 22 – Linda K. Sienkiewicz is the author of an award-winning novel, *In the Context of Love*, a children's picture book, and five poetry chapbooks—the latest being *Sleepwalker*. Her poems have appeared in *Prairie Schooner*, *Rattle*, and *The McGuffin*. She holds an MFA from The University of Southern Maine. LindaKSienkiewicz.com.



March 22 – Linda Nemeč Foster is author of twelve poetry collections including *The Blue Divide* and *The Lake Michigan Mermaid* (a Michigan Notable Book). *Bone Country* is her forthcoming collection of prose poems and flash fiction. Linda was the first Poet Laureate of Grand Rapids and founder of the Contemporary Writers Series at Aquinas College.



February 22 – Hiram Larew is an accomplished food scientist whose poems find in twigs, leaves, seeds, and the night sky surprising wisdom and cause for gratitude. His poems have appeared in *Rhino*, *Ars Poetica*, *Innisfree*, and six collections including the forthcoming *Patchy Way* from CyberWit Press. www.HiramLarewPoetry.com and www.PoetryXHunger.com.



April 26 – Dan Bellm (Berkeley, CA) has published five books of poems, including *Counting* (2023), *Deep Well* (2017), and *Practice* (2008). His recent translations include *Central American Book of the Dead*, by Balam Rodrigo (2023), *Speaking in Song*, by Pura López Colomé (2017), and *The Song of the Dead*, by Pierre Reverdy (2016).

Crazy Wisdom Poetry Circle
<https://cwcircle.poetry.blog/>
734.665.2757 crazywisdom.net

CONSCIOUSLY EMBRACING ELDERHOOD

Now forming— a one day
workshop for men 65 and over. This could be a
precursor to an on-going monthly group.

LEADERS: Michael Andes, 80, MSW and Jim Wilton, 84, MSW.

DATE: Saturday, Feb 25, in Ann Arbor, 10 a.m. to 6 p.m.

COST: \$95.

PURPOSE: For men dealing with issues around aging, we will co-create a safe experience of support for one another, connecting with one another, and learning from one another.

PROCESS: The session will include personal sharing, interpersonal exchange, brief guided meditation, and presentation of cognitive tools from different sources, such as Native American Medicine Wheel teachings, Humanistic Psychology, and "spiritual" traditions. This is not to be a 'therapy' group, though helpful and healing experiences may occur.

SOME ISSUES and IDEAS FOR EXPLORATION:

- o Identifying different purposes—immediate, underlying, and ultimate.
- o Plans, visions, and possibilities for the later stage of life.
- o Attitudes and expectations re: decline, disability, and mortality.
- o Commonly held images and limiting beliefs around 'old age'.
- o Acknowledging our successes and disappointments— "prouds and sorries".
- o "Warriors' Task Assignments"—commitment to taking challenging steps.

An on-going group, if one emerges from this event, will focus on deepening and expanding our self-awareness and enjoyment of our continuing lives. Such a group may also include a weekend retreat for further intensifying our understandings and growth.

ABOUT THE LEADERS: Michael and Jim are retired clinical social workers who have been friends since 1970. For over 35 years they participated in a men's group for gay and straight men. They have co-led weekend residential retreats for men of varying ages.

FOR MORE INFORMATION AND/OR TO REGISTER:

email Michael at mduncanandes@gmail.com

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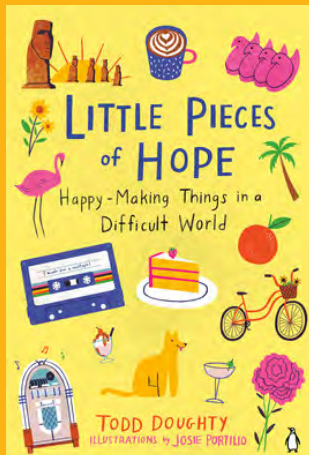
The books in this series draw from various writers in the fields of cosmology, science, theology, spirituality, ecology and poetry.

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Book of the Week:



Little Pieces of Hope: Happy-Making Things in a Difficult World

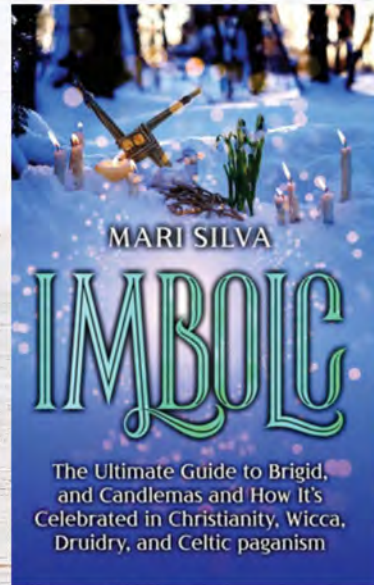
By Todd Doughty, Josie Portillo (Illustrator)

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You can purchase *Little Pieces of Hope: Happy-Making Things in a Difficult World* at shopcrazywisdom.com

Imbolc Wed, Feb 1, 2023 – Thu, Feb 2, 2023



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Crystal OF THE WEEK

*Courtesy of Susan Ulrich, owner and proprietor of
Bright Earth Minerals and Crystals*

Vanadinite



Vanadinite is a lead chlorovanadate in the apatite group. It forms lustrous red, orange-red, brownish-red or yellow hexagonal crystals and is found primarily in Morocco and Mexico. Vanadinite activates the solar plexus, sexual and root chakras and provides one with added endurance, vitality and power. It's a great stone for help in getting that big project done.

By linking the mind to the lower chakras, it can keep one focused, clear-headed and goal-oriented. For empaths and those working with the subtle energies, it can aid with grounding and can increase sensitivity to the elemental forces. Vanadinite is a fire element stone, molding our will with determination, removing stagnation and creating flow. The pretty vanadinite crystal cluster shown here is from Mibladen, Morocco and is available from my [Ebay store](#). Also check out my Bright Earth Crystals Facebook page.

(References: mindat.org and *The Book of Stones* by R. Simmons and N. Ahsian.)

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

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Twisted Things
Unity Vibration Kombucha
Ypsilanti Food Co-op

Plymouth, Livonia & Canton

Earth Lore
Yoga Practice Center
Zerbos

Saline:

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

Chelsea and Dexter:

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

Jackson & Lenawee County:

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

GreenStone offering up to \$60,000 in scholarships

GreenStone announces new scholarship honoring former CEO Dave Armstrong; Now offering up to \$60,000 in scholarships for incoming and upper-class college students

EAST LANSING, MICH. (January 5, 2023) – GreenStone Farm Credit Services proudly invests in the future of agriculture. Each year, the cooperative offers thousands of dollars in college scholarships, and this year they are upping the ante with an additional \$20,000 through a new scholarship program.

Since 2010, GreenStone has awarded more than \$375,000 in scholarships to undergraduate students.

This year, GreenStone is pleased to add an additional scholarship honoring the cooperative's former CEO, Dave Armstrong. Dave retired from GreenStone in August after serving the company and the agricultural community for 41 years.

The Dave Armstrong Scholarship will award up to \$20,000 in scholarships to current college students in the amount of \$5,000 each. Applicants will be required to submit an application with an essay and reference check, and provide a transcript and one-page resume.

Additionally, the long-standing GreenStone scholarship program will continue for incoming freshmen. This program awards up to \$40,000 in scholarships in the amount of \$2,000 each for incoming students in a four-year college program and \$1,000 each for incoming students in a two-year college program.

Scholarship applicants must reside within GreenStone's territory, which includes Michigan and select counties in northeastern Wisconsin; plan to study an agriculture-related field, and achieve the required academic success. In addition, applicants should demonstrate participation and leadership in school, community, and agricultural activities.

The deadline to apply for these scholarship opportunities is February 28, 2023. Applications and more information can be found at www.GreenStoneFCS.com/scholarships.

If you would like to interview a GreenStone representative regarding these scholarships, please contact Markie Heideman at 517-332-9539 or by emailing Markie.Heideman@greenstonefcs.com.



GreenStone Farm Credit Services, based in East Lansing, Michigan, is Michigan and northeast Wisconsin's largest agricultural lender and one of the country's largest associations in the Farm Credit System. A member-owned cooperative, GreenStone owns and manages over \$12 billion in assets and serves 28,000 members with 35 locations in Michigan and northeast Wisconsin. More information about GreenStone can be found at www.greenstonefcs.com.

LEAN INTO YOUR LIFE: LIFE COACHING

MOST OF US HAVE A VISION FOR OUR LIVES. MANY OF US ARE CHALLENGED TO MAKE THAT VISION A REALITY.



Gary's approach to Life Coaching utilizes various coaching modalities. He will help you to ignite your innate wisdom enabling you to see a clear path for your life. Where appropriate the use of psychedelic medicine could be incorporated in the process of exploring your life's options.

Call Gary at 734-249-9948 to schedule your
FREE 45-minute discovery call.
For more information, please visit leanintoyourlife.net



Writers Wanted

Fun ways to be visible and connected in the community.

Kids Columnist

We're looking for a new columnist for our ongoing CW Kids Column. Each issue, the columnist writes a feature article which includes 3 or 4 profiles of interest to parents and their kids. We focus on people, organizations, and businesses offering cool, fun, meaningful, and sometimes therapeutic activities, programs, events, and classes for kids. Great opportunity for a writer who is also a parent.

We are always looking for good articles about the holistic scene...
reportage, personal journaling and essays,
profiles, interviews, journalistic explorations,
and other feature writing.

Modest but respectable pay. If you might be interested, please write to crazywisdomjournal@crazywisdom.net.

Word of the week:

Moither

[moider]

verb

1. (tr; usually passive) to bother or bewilder
2. (intransitive) to talk in a rambling or confused manner

THE BIWEEKLY COMMUNITY CALENDAR

A COURSE IN MIRACLES

A Course in Miracles Study Group on Zoom with Rev. David Bell • Mondays, January 2 through April 24 • 6:45 p.m. - 9:30 p.m. • Exploration of A Course in Miracles. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

A Course in Miracles Study Group on Zoom with Randall Counts • January 5 through April 27 • 12 - 1:30 p.m. • Exploration of A Course in Miracles. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

27th Annual Exhibition of Artists in Michigan Prisons with The Prison Creative Arts Project (PCAP) • Tuesday, March 21 through Tuesday, April 4 • Gallery and sales open on March 21 at 5:00 p.m., Celebration Program from 6:30 to 7:30 p.m. Free and open to the public. For more information call (734) 647-6771, email pcapinfo@umich.edu, or visit prisonarts.org.

ADDICTION AND RECOVERY

Recovery Dharma with various leaders • Sundays • 12 - 1:30 p.m. • Recovery Dharma welcomes all who are on the path to recovery from addiction of any type. By Donation. Zen Buddhist Temple is located at 1214 Packard Street. Call 734-761-6520 or email annarborzentemple@gmail.com.

12 Step Self-Help Group: Growing Through Life's Changes and Challenges with Facilitator Larry Gazda • Tuesdays, 7:30 to 8:30 p.m. • A weekly spiritual help and support group at the Lighthouse Center based on the traditional 12 Step Programs applied to spiritual growth and expansion of consciousness. For more information call (734) 808-1335 or email, lhci.financials@gmail.com.

ANIMALS AND PETS

Canine Massage with Irene's Myomassology Institute • January 8 and March 12 • 9 a.m. to 1 p.m. • Bring a friendly dog and blanket or mat. Whether your pet is suffering from arthritis, recovering from surgery, or experiencing anxiety, this class will teach you techniques to help quiet your pet's problems. You will thoroughly learn dog anatomy and how it relates and differs from the human body. A basic complete massage sequence will be taught with special emphasis on the hips. Behavioral control, acupressure points, and common trigger points will also be covered. \$88. For more information call (248) 350-1400, email contact@irenes.edu, or visit irenes.edu.

AROMATHERAPY AND ESSENTIAL OILS

Aromatherapy with Irene's Myomassology Institute • January 14 and 15 and April 1 and 2 • 9:30 a.m. to 5:30 p.m. • This class will explore the different aromas and therapeutic properties of essential oils. We will additionally discuss how oils are processed and how to ensure the oil quality. You will learn a variety of methods to use essential oils in your practice including mixing essential oils with massage lubricant, diffusers, steam showers, bath salts, and space clearing. Students will create an aromatherapy blend

to use in class and take home. Bring a notebook, washcloth, and hand towel for class. \$352 (\$22 per hour). For more information call (248) 350-1400, email contact@irenes.edu, or visit irenes.edu.

ART AND CRAFT

Textile Artist Carole Harris at the INAI Gallery • February 1 to May 21 • 9 a.m. to 6:00 p.m. • Enjoy textile artworks by artist Carole Harris, a Detroit based artist, who draws inspiration for her work from walls and aging structures that remind us of the impermanence and the beauty of that which has lived for a long time. FREE. For more information contact the Weber Center at (517) 266-4000.

Lunch and Learn with Janet Wright, OP, Nancyann Turner, OP, Kathleen Voss, OP and Barb Cervenka, OP • April 11 • 12:15 to 1:00 p.m. • Four of our artists, each working in a different medium, share what's at the heart of creating art. Where do ideas come from? What are the challenges? What are their favorite creations? And other questions we may have. Event is free (lunch is available for \$5.00). For more information contact the Weber Center at (517) 266-4000.

Sunday Spoon Carving with Deanne Bednar • February 26 • 10 a.m. to 5:00 p.m. • Enjoy a day of hands-on learning at Strawbale Studio, on beautiful, wooded land. We will be using several tools (Sloyd and hook knives, hatchet, shaving horse, and draw shave) and safe techniques to make a wooden spreader knife or chopsticks, and a spoon to take home. For beginners and intermediate learners. A skill for a lifetime! \$50 if paid one month in advance or \$60 thereafter. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

Wreath-Making and The Craft of Cording with Deanne Bednar • Saturday, February 18 • 1 to 5:00 p.m. • Enjoy a hands-on day in the Strawbale Studio by the woodstove, creating wreaths from foraged vines, seed pods, and such! Also learn the skill of cording ... making a twine also from locally foraged plants! We will forage outside for things to add. Take your creations home to enjoy. Ah, connection to nature and relaxing renewal-time. \$25 if paid one month in advance, \$35 thereafter. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

BODYWORK AND BODYMIND THERAPIES

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg • Fridays, January 13, 20, 27 OR February 3, 10, 24 OR March 3, 10, 17 OR April 14, 21, 28 • 10:30 a.m. to 2:30 p.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, and instituting new behaviors. Through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting

with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. \$777 (for any group of three dates listed) + materials fee. For more information call Karen Greenberg at (734) 417-9511, email krngnrbg@gmail.com or visit clair-ascension.com.

ReBoot Yourself with Master Wasantha Young • Thursdays, February 2 through February 16 • 11:30 a.m. to 12:30 p.m.
• Feeling like you could use some self-care? Learn energy cleansing, basic stretches, relaxing mindful meditation and self-acupressure techniques that will revitalize and improve your sense of well-being. \$60 class fee. For more information contact Peaceful Dragon School at info@peacefuldragonschool.com, call (734) 741-0695 or visit peacefuldragonschool.com.

BOOK DISCUSSION GROUPS

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

Jewel Heart Readers with various Jewel Heart Instructors • Mondays, February 13, March 13, April 10 • 7 to 8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. FREE but donations welcome. For the month's book selection and participation information, send an email message to programs@jewelheart.org or call Jewel Heart at (734) 994-3387. For more information, visit the Jewel Heart website at jewelheart.org.

BUDDHISM

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

Jewel Heart Virtual Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche • Sundays, January 1 to April 30 with no discussion on February 26 • 11:00 a.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. Talk from 11 a.m. to 12 p.m. Moderated discussion of the presenter's talk: starting at 12:15 p.m. FREE but donations welcome. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Practical Buddhism by Gelek Rinpoche • Tuesdays, January 10 to April 25 • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. FREE but donations welcome. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Living Enlightenment: Guidelines from Five of the Greatest Dalai Lamas with Glenn Mullin • Wednesdays, January 11 to February 8 • 7 to 8:30 p.m. • In this series of talks, Glenn Mullin will offer important highlights from the lives and teachings of five of the greatest of the early Dalai Lamas, drawing from the life stories and mystical songs and poems of the 1st, 2nd, 3rd, 5th and 7th Dalai Lamas. \$100 Jewel Heart Members/\$125 Non-Members. Pay What You Can - No one is turned away. To register, go to the Jewel Heart website at jewelheart.org. For more information, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

The Bodhisattva's Way of Life with Demo Rinpoche • Thursdays, January 19 to April 13 • 7 to 8:00 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. In it, Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. Members \$95 / \$120 Non-Members. Pay what you can - no one is turned away. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

The Longevity Practice of White Tara with Demo Rinpoche • January 21 • 10 a.m. to 1:00 p.m. • Join Demo Rinpoche for this workshop that will focus on the longevity qualities of White Tara, which aims to remove obstacles to our life and to extend it. Healing is also an important quality of White Tara. Through her color, White Tara signals the qualities of purity, absence of obstacles, and the activities of pacifying. During the Covid pandemic, many in Jewel Heart used the White Tara practice for healing and preventing illness. Members \$60 / \$75 Non-Members. Pay what you can - no one is turned away. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Four Noble Truths with Joe Palms and Figen Lacin • Mondays, January 23, 30, February 6, 13, 27, March 6, 13, 20 • 7 to 8:30 p.m. • This course introduces Buddha's revolutionary message that suffering can come to an end through one's own efforts. Following Gelek Rinpoche's transcript Four Noble Truths, participants rely on readings, discussion and meditation. \$60 Jewel Heart non-members / Free for Jewel Heart members. Pay what you can - no one is turned away. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

THE BIWEEKLY COMMUNITY CALENDAR

CONTINUED FROM PAGE 23

World Peace Chanting Service with Zen Buddhist Temple • Monday January 23 through Sunday, January 30 • 6:30 a.m. every day, 7 p.m. on Monday, Tuesday, Wednesday, and Friday • A week-long kido chanting and purification service for repentance, peace of the world and happiness for all beings. FREE. For more information email annarborzentemple@gmail.com or call (734) 761-6520.

Ryaku Fusatsu—Full Moon Ceremony with Rev. Marta Dabis • Sundays, February 5, March 5, and April 2 • 11 a.m. to 12:30 p.m. • Traditional Japanese Soto Zen Full Moon Ceremonies in the tradition of the San Francisco Zen Center, in English. The program starts with 40 minutes of silent meditation and concludes with informal conversation. FREE, but donations are appreciated. Everyone is welcome. You can come for any portion of the program. For more information contact Marta at (248) 202-3102, email jissojizen@gmail.com, visit jissojizen.org, or find us on MeetUp!

The Buddhist Scientific Centrist View: According to Nagarjuna's, Buddhapalita, and Je Tsongkhapa with Robert A. F. Thurman • Saturday, March 11 • 10 a.m. to 1:00 p.m. • The Buddhist Inner Science Centrist View of Nagarjuna, as interpreted by Buddhapalita and further clarified by Je Tsongkhapa, states that the ultimate truth, emptiness, is totally compatible with conventional reality: nothing exists intrinsically from its own side, yet is in perfect harmony with the conventional truth, that everything is dependently originated. This undermines the root of all suffering, the fundamental ignorance that grasps at an intrinsically existing self, while at the same time allowing for the infallible unfolding of cause and effect. Meditation on this Middle Way—between nihilism and eternalism—overcomes all forms of ego-grasping and opens the door to liberation and enlightenment. Members \$75 / \$90 Non-Members. Pay what you can - no is one turned away. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Foundation of All Perfections: Guru Devotion (Applied Meditation Technology Series) • Saturday, April 1 • 9 a.m. to 12:00 p.m. • The Foundation of All Perfections introduces the stages of the spiritual path, from the role of the guru to a practical introduction to Vajrayana, offering an introduction to Tibetan Buddhist principles and practices through instruction, guided meditation, and discussion. \$30 Jewel Heart member / \$45 Non-member. Pay what you can - no is one turned away. To register, visit jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Searching for Self with Venerable Thubten Chodron • Wednesdays, April 5, 12, 19, and 26 • 7 to 8:30 p.m. • In this series of talks, Venerable Chodron will explore emptiness, one of the most central teachings in Buddhism, drawing from the seventh and newest volume of her Library of Wisdom and Compassion series with the Dalai Lama. "Searching for the Self" leads us to delve deeply into the topic of the ultimate nature of reality, presenting it from a variety

of approaches while focusing on identifying our erroneous views and directing us to the actual mode of existence of all persons and phenomena. Engaging in this investigation will challenge our deepest-held beliefs and uproot false ways of viewing ourselves and the world that are so habitual we don't even notice them. Members \$65 / \$80 Non-Members. Pay what you can - no is one turned away. To register, visit jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Meditation and Discussion with Lama Nancy Burks • Wednesdays • 7 to 8 p.m. • The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. Join in person or on zoom. Enter through back door, 614 Miner Street, annarborktc.org. FREE. For more information contact Pat at (734) 678-7549, email aaktc@yahoo.com or visit annarborktc.org.

Sitting Meditation Lama Nancy Burks • Saturdays • 10:30 to 11:20 a.m. • Every Saturday morning, please join us for silent sitting meditation. We start with a few brief instructions, then do two 20-minute sessions of sitting with 10 minutes of walking meditation in between. Sit on a cushion or in a chair and stay awhile afterward for informal discussion if you wish. Held at Bethlehem United Church of Christ. karunabuddhistcenter.org. FREE. For more information contact Caitlyn at (708) 307-5169, email Cdbuchanan325@gmail.com or visit <https://karunabuddhistcenter.org>.

CEREMONIES, CELEBRATIONS, AND RITUALS

New Moon Gathering with Yoga Nidra and Sacred Sound • January 21, February 20, and April 20 • 7 to 8:30 p.m. • Join Victoria and Courtney for a unique offering to celebrate and gather under the New Moon. Courtney will offer her original Yoga Nidra meditation while Victoria offers waves of sacred sound and silence. \$40. For more information visit victoriaschon.com.

Vernal Equinox Celebration with Victoria Schon • Tuesday, March 21 • 6:30 to 8:30 p.m. • Join in for the celebration of the Vernal Equinox and welcome Spring! Courtney and Victoria will be offering a celebration to honor the re-awakening of our hemisphere as many generations before us, recognizing the orderly intelligence of nature. We'll focus on rebirth after the dark winter, new beginnings, fertility, green, growth and light using the natural world as our guide and honing into the astute observation skills of our ancestors. Our celebration will include a Vernal Equinox Ceremony, a warming spring tea, gentle movement, and Sacred Sound. \$59. For more information visit victoriaschon.com.

CHANNELING

Remembering Wholeness—Darshan with The Mother Channeled by Barbara Brodsky • *February 5, March 5, April 2, May 14* • 2 to 4:00 p.m. • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. Zoom allows everyone to hear my words. I speak to individuals, often what I say is applicable to many in the group. I will be offering from my own understanding the personal and the group messages that can most support the program participants. Suggested donation. For more information email om@deepspring.org, call (724) 477-5848, or visit deepspring.org.

Evenings with Aaron Channeled by Barbara Brodsky • *February 8, March 8, April 19* • 7 to 9 p.m. • Evenings with Aaron meets once a month. All are welcome. Aaron will often address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. He reminds us that whatever appears in our lives comes as a teacher. We are here to learn and practice dynamic compassion, that is, to actively live in the world while always connected to our spiritual centers. Suggested donation. For more information email om@deepspring.org, call (724) 477-5848, or visit deepspring.org.

CHILDBIRTH

One-Day Intensive Childbirth Preparation Class with Toni Auker and Cynthia Gabriel • *Saturdays, January 21, February 25, April 1* • 9 a.m. to 5:00 p.m. • This class aims to prepare you for your best birth. We will cover topics including stages of labor, positive team-building communication with providers, informed decision making, coping techniques, and postpartum. \$250. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Prenatal Chestfeeding/Breastfeeding Class with Erica Macleod, IBCLC • *Sunday, January 22, Saturday, February 18, Sunday, March 19* • 2 to 4:00 p.m. • This 2-hour comprehensive class enables us to take time to answer all of your feeding questions, and concerns. We will cover information beginning with the prenatal period to feeding in the early weeks. ASL and Queer affirming. \$100 per family. For more information email EricaMcleod@gmail.com or visit nestandnurture.org.

Postpartum Wellness with Mary Clipner of Copper Bear Shire • *Sunday, February 5* • 1 to 2:30 p.m. • Whether you're expecting your first child or your fifth, are carrying multiples, or are pregnant after experiencing a loss, the postpartum time is a moment to pause. Learn to honor the cycle and transition of your body during this time of growth. In this online class, you will learn strategies to help you feel nourished, supported and ready for your new adventure. \$25. Visit washtenaw.augusoft.net and search "Postpartum" to register. For more information contact Mary at info@copperbearshire.com.

Newborn Care Class with Toni Auker • *Saturday, February 18* • 10 a.m. to 1:00 p.m. • In this class we will answer all of your questions about bringing home a newborn. We will talk about how to sooth a crying newborn, bathing, different diapering choices, babywearing, car seat safety, safe sleep, and much more. We will give you several different tools and techniques for

each topic and discuss the wide range in normal when it comes to newborns. This class is ideal for expectant parents as well as adoptive and fostering parents. \$100. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Birth Options Discovery Night with Cynthia Gabriel and Toni Auker • *February 21* • 5:30 to 7:30 p.m. • Come have some veggies and dip while discovering what your birth options are in Washtenaw County and beyond. There's no one "right way" to give birth! Understanding what your options are helps you make the choices that are right for you. What's the difference between a hospital midwife and an obstetrician? How do I know if my birth preferences line up with my provider? Can I have a water birth at our local hospital? Do doulas take over the role of partners? And SOOO much more! \$25 per family. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Ask-A-Doula Drop-In with Erica Businski, Toni Auker, and Cynthia Gabriel • *Wednesdays* • 1 to 2:30 p.m. • Stop by on Wednesdays from 1-2:30 to chat with a local doula. They are happy to answer questions about what a doula does, help you explore your local resources, assist you with baby carriers, and more. There is no need to register for this, but you are welcome to contact us through the website with questions about it. It is always possible that Ask a Doula will have to be cancelled due to our doulas being at a birth. We will do our best to update on our Facebook page if we are going to cancel. FREE. For more information email hello@nestandnurture.org or visit nestandnurture.org.

CHILDREN AND YOUNG ADULTS

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade and up) • *Sundays, January 22, February 26, March 19, April 23* • 1 to 3:00 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (not reinforce feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves' genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the "1000 Years of Peace" prophecy. \$50/session for 2-hour class, meets one time/month for about a year. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Bingo Night and Soup Potluck at the Rudolf Steiner School of Ann Arbor • *Tuesday, February 7* • 5:30 to 7:30 p.m. • Join us for a fun, family-friendly evening of bingo and share some warm soup and warmhearted community! Soup not required to join. FREE. For more information email kbrown@steinerschool.org.

DEATH AND DYING

Death Cafe on Zoom with Rev Annie Kopko • *Tuesdays, January 3, February 7, March 7, April 4* • 6:30 to 8:00 p.m. • Join us for a discussion of Death and Dying. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

Ann Arbor Death Café via Zoom with Rachel Briggs • *Saturdays, January 21, February 18, March 18, and April 15* • 10:30 a.m. to Noon • Please join us for a frank discussion on all things life and death. We meet via zoom the third Saturday of each month. Everyone is welcome. Learn more about worldwide Death Cafes at deathcafe.com. FREE. For more information email rachelabriggs@gmail.com

CONTINUED ON PAGE 26

THE BIWEEKLY COMMUNITY CALENDAR

CONTINUED FROM PAGE 25

End-of-Life Doula Training Course with The Dying Year • *Fridays, January 27 to February 24* • 12 to 3:30 p.m. • Our online zoom training is dynamic, personal, deeply moving, and comprehensive, and meets the National End-of-life Doula Alliance (NEDA) Core Competencies. Through class time and the prep work, you will be prepared to earn your Proficiency Badge through NEDA. A 90-page Study Guide accompanies the class. \$725. For more information email thedyingyear@gmail.com.

End-of-Life Doula Training - LIVE via zoom for 5 weeks • *January 27* • 12 p.m. • Our End-of-Life Doula Training is designed to prepare people to serve those in their community who are at the end of their life. End-of-Life Doulas are non-medical, holistic support for the dying and their support system. Our training is special in that it is a small class taught by diverse teachers. It takes place over 5 weeks with an opportunity for certification at the end. In each 3.5-hour class we discuss the physical, emotional, spiritual, cognitive, and social/cultural needs of the dying individual and their family, caregiver(s), and community, as well as the doula's role and non-medical, hands-on comfort measures. The class is divided into five sections. The 90-page Study Guide provides preparatory reading, viewing, and journaling for each class (minimum 5 hours/week). For more information visit <https://www.thedyingyear.org/> or email thedyingyear@gmail.com.

ENERGY AND HEALING

Sound Bath Meditation with Rob Meyer-Kukan • *Friday, February 3* • 7 to 8:30 p.m. • A winter sound bath meditation. Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort. We also have 7 zero gravity chairs available to the first 7 participants who request them at the event. Register by completing this form - <https://forms.gle/th36TBAtFhDiUve27>. \$40. For more information call (248) 962-5475 or visit facebook.com/events/657562139277601.

Cacao and Sound with Rob Meyer-Kukan and Alicia Clark-Teper • *Tuesday, February 14* • 7 to 9:00 p.m. • Join Rob Meyer-Kukan of 7 Notes Natural Health and Alicia Clark-Teper of Sacred Lotus Experience for a special Valentine's Day themed, heart opening cacao ceremony supported by sacred sound. Using ceremonial grade cacao, pure intention, over 40 different instruments (singing bowls, gongs, therapeutic harp, shruti box, and more), Alicia and Rob will create an experience that will immerse you in peace and tranquility. Please bring a mat and any additional supports you would like for your comfort. A limited supply of yoga blankets will be provided. Current public health safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the

event. Visit <https://forms.gle/28A7CjajFTT97ryk6> to register. \$50. Rob Meyer-Kukan, (248) 962-5475, or visit facebook.com/events/1098077247400429.

Heightening Your Vibration: Alchemy (2-day class) with Karen Greenberg • *Sundays, March 12 and March 19* • 8:45 a.m. to 12:45 p.m. • Some people have become depressed with the Covid-19 isolation, variants, and aftermath. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, Archangels, and Angels. \$200 total for both days. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Sound Bath and Gallery Reading with Rob Meyer-Kukan and Rev. Dr. Ryan Mehmandoost-Gauthier • *Friday, April 7* • 7 to 8:30 p.m. • Join Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandoost-Gauthier for this time of sound bath meditation including a gallery reading. In addition to the soothing sounds of singing bowls, gongs and more, played by Rob, Ryan will share messages from loved ones, Higher Selves, Spirit Guides, Master Teachers, Angels, and more. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort. We also have 7 zero gravity chairs available to the first 7 participants who request them at the event. Register by completing this form - <https://forms.gle/UbBX6hBtf15Piivr9>. \$50. For more information call (248) 962-5475 or visit facebook.com/events/935501740744849.

Teacher Appreciation Day with Rob Meyer-Kukan and Alicia Clark-Teper • *Sunday, April 30* • 9 a.m. to 4:00 p.m. • In celebration of Teacher Appreciation Week and National Teacher Day, we invite you to join us for a day to rejuvenate, relax, and restore. Open to all Teachers and others working in education, this offering is brought to you FREE of charge to give back to the community. Please complete the form found here - <https://forms.gle/XXYcTN4ah6edZrpy5>. FREE. For more information call (248) 962-5475 or visit facebook.com/events/1330459981058821.

The Powers Of... Unified with The Field with Shellie Powers • **First Thursday of the month** • 8 to 10 p.m. • **Third Tuesdays** • 9 to 11 a.m. • Unified with The Field' explores various ways to connect to the field. For more details visit <http://powers365.com/events>. \$99.00/session. For more information email info@thepowersof.com.

Universal Sphere (R) Practitioner Certification with Shellie Powers • *February 25 and 26 OR March 28 and 29* • Gain immediate access to the unified field and increase your frequency/vibration so to attract higher vibrational solutions into your reality. See website for more details powers365.com/events. \$397.00. For more information email info@thepowersof.com.

EXERCISE AND FITNESS

Five Animal Frolics with Master Wasentha Young • Mondays, January 9 through 23 • 5:30 to 6:30 p.m. • As observed in nature the Five Animal Frolics cultivates the strength, flexibility, balance, and stamina of five animals. They are the Monkey, Tiger, Bear, Deer, and Crane. Join Master Wasentha Young and explore the playful and beneficial movements, imagery, and stretching of these five animals. In-person only, limited to ten students. \$60. For more information or to register, contact Peaceful Dragon School at info@peacefuldragonschool.com, call (734) 741-0695, or visit peacefuldragonschool.com.

GYROKINESIS® Method (Online) with Angela Hawkins • Mondays, January 9 through March 27, No class January 16 • 4 to 5 p.m. • The GYROKINESIS® Method focuses on increasing range of motion and strength in a fluid, circular way. Our bodies are not linear and should move in all of the ways they can to maintain mobility. This method was inspired by whole body, efficient and graceful movements like yoga, dance, swimming and tai chi. Gyrokinesis® exercise is done using a stool or a chair and a mat for floor work. It is adaptable for all skill and comfort levels and includes rhythmic, flowing movement sequences. \$99 or FREE for ages 65+ with WCC Emeritus Scholarship. Visit wccnet.edu and search "Emeritus" to learn more. Visit washtenaw.augusoft.net and search "Gyrokinesis" to register. Contact reachrootmovement@gmail.com with questions.

GARDENING AND ECOSYSTEMS

Mushroom Growing Workshop with Deanne Bednar • Saturday, April 8 • 1 to 5 p.m. • Enjoy a fun(gi) day of hands-on learning at Strawbale Studio! We will tour the various mushroom gardens (shiitake, wine cap, lions mane and oyster) then harvest an oak tree and inoculate shiitake logs. Take home a 12" inoculated log at the end of the day to explore the fruiting process. Online handouts included. Growing our own food medicine! \$40 if paid one month in advance or \$50 thereafter. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

HEALTH AND WELLNESS

Introduction to Journeying • April 23 • 20 a.m. • 6 hr. class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. For more information contact Connie Lee Eiland at clshebear7@gmail.com.

Drum and Dance Jam • April 1 • 7:30 p.m. • "Drum and Dance Jam at Interfaith Center for Spiritual Growth On The First Saturday Of Each Month from April 2023 to August 2023! *No experience necessary *Bring a drum of your own or use one provided at the center *\$5 sliding donation at the front door *6 feet between drummers and masks requested Address: Interfaith Center for Spiritual Growth at 704 Airport Blvd, Ann Arbor, MI 48108 Phone: (734) 327-0270. For more information contact Curtis Glatter at cgindetmi@gmail.com.

FLYING AVOCADO! Zoom Group Workshop • March 1 • 7 p.m. • "The FLYING AVOCADO! Zoom Group Workshops are a series of 4 weekly, virtual sessions starting on Wednesday, March 1st

plus March 8, March 15, March 22) from 7-8:30pm with simple to understand, life changing, science based information about how to live a healthy lifestyle, and how to choose foods that support health instead of disease. Participants will also learn which ingredients in foods are dangerously toxic and have been linked to disease, disability and shortened lifespan. Many people aren't aware of the disease producing effects of the foods they enjoy daily and will be quite surprised. My FLYING AVOCADO! Workshops are based on the world renowned work of Dr. William Sears and his Prime Time Health program. I will be presenting a unique, engaging series of 4 Power Point presentations each week with group discussions I am a Certified Health Coach by the Dr. Sears Wellness Institute. There is much more information on my website, sweetalternatives.webs.com Please visit sweetalternatives.webs.com for more information, or email me at debmetler@gmail.com.

Chakras 1-2-3 for Writing Ease: 4th Irish Hills Writers' Retreat • March 4 • 10 a.m. • Chakras 1-2-3 for Writing Ease: Explore how the first three chakras may be impacting your personal creativity and accomplishments (or lack thereof). Psychology and Energy Healing writing options will guide exploration of potential compromising belief patterns in your life and help you gain insight for use with character development and understanding others. Come one or both days. Join peer writers for craft discussion, writing time, feedback, food/drink, and time for whatever your creative spirit needs to be inspired and supported while composing. Assistance available in poetry, memoirs, and other genres as desired. Instructor is a practicing energy therapist, Psychology and Writing teacher, and freelance writer. \$125 total includes 2 full day workshops, meals & snacks). Stay overnight Friday and/or Saturday night for an additional \$50 a night or hotels are available within a 15 minute drive. One workshop day only costs \$75 for activities and food. Retreat capped at 8 participants. Register by February 24, 2023 at the latest to secure your spot. For more information, contact Michelle McLemore, energy@michellemclmore.com, 517-270-0986 or visit www.michellemclmore.com.

HEALING

Navigating Loss with Grace with Barbara Hutton • Sundays TBA • Creative exploration and support to gracefully, consciously, and deeply navigate the experience of loss, in a sacred and confidential space. By donation. For more information contact Barbara Hutton at 734-223-3485 or bdhutton@sbcglobal.net.

Astrology for Healing Webinar Series with Sy Ali • Saturday, January 21, and 28 • 11 a.m. to Noon • There are many ways to approach health and healing using astrology. In this introductory online class, you will learn the basics of astrology and how to use it for self-reflection and healing purposes. \$49 or FREE for ages 65+ with WCC Emeritus Scholarship—visit wccnet.edu and search "Emeritus" to learn more. Visit washtenaw.augusoft.net and search "Astrology" to register. Contact Sy at aali5@wccnet.edu with questions.

Creation Through Synchronicity Healing Workshop with Anthony Two Feathers • February 2 and 16, March 2, 16, and 30 • 6 to 9 p.m. • Workshop will include an explanation of chakras and the four "clairs," guided meditation, unlocking your "super powers" (spiritual gifts), tuning forks on heart, third eye and crown chakras Reiki to each person's crown chakra, extraction healing, introspective work through oracle

CONTINUED ON PAGE 28

THE BIWEEKLY COMMUNITY CALENDAR

CONTINUED FROM PAGE 27

card deck, Native American Flute Ceremony, heart, third-eye, and crown chakra sound bowls. For more information contact Angela Christensen at (419) 824-4079, or email angelasangels4@aol.com.

Healing Through the Akashic Records Practitioner Certification with Shellie Powers • January 28 and 29 OR April 5, 12, 19, 26 • Transform your relationship with wounding life experiences to experience the perfection of your soul. Practitioner certification with Linda Howe's Center for Akashic Studies. 12-hour class, see website for various times offered. \$500. For more information email info@thepowersof.com or visit powers365.com/events.

INTUITIVE AND PSYCHIC DEVELOPMENT

Focused Mind Meditation with John Friedlander • Sundays, February 12, March 5, April 2 • 9 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. \$15. For more information contact Violeta Viviano by email at mvaviviano@gmail.com, call (734) 476-1513, or visit psychicpsychology.com.

Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher Choudury • Tuesdays, February 7, March 7, April 4 • 7 to 8 p.m. • For Women Only: Meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$10. For more information contact Violeta Viviano by email at mvaviviano@gmail.com, call (734) 476-1513, or visit psychicpsychology.com.

Winter Intensive 2023 Webinar/Teleconference with John Friedlander • Thursday, February 2 through Sunday, February 5 • Thursday and Friday 7 to 9 p.m. • Saturday and Sunday 10 a.m. to Noon and 2 to 4 p.m. • New material introduced with continued development of advanced and core techniques seeking a natural sense of skills in practical everyday life. Prerequisite Level 1 Psychic Development class, CD set, or permission of instructor. \$275. For more information contact Violeta Viviano by email at mvaviviano@gmail.com, call (734) 476-1513, or visit psychicpsychology.com.

Spring Intensive 2023 Webinar/Teleconference • April dates TBD • New material introduced with continued development of advanced and core techniques seeking a natural sense of skills in a practical everyday life. Prerequisite Level 1 Psychic Development class, CD set of permission or instructor. \$275. For more information contact Gilbert Choudury at gchoud@yahoo.com or visit psychicpsychology.org.

KABBALAH

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • January 25, February 15, March 22, April 19 • 9:15 to 11:15 a.m. OR 7 to 9:00 p.m. • This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing so much energy RESISTING (exercise, meditation, sleep, eating and/or drinking healthily), we utilize that liberated energy for CREATING, which puts us on a similar vibration as our Creator. We become empowered to join with G-D and become co-creative, proactive manifesters of our dreams, desires, and goals, open to MIRACLES, and fulfilling our destinies. Monthly Course Rate - \$150/person; Monthly Semi-Private (2 people) Rate - \$180/person; Monthly Private (1 person) Rate - \$150/hour (based on time utilized) For more information contact Karen Greenberg at (734) 417-9511, email krngnbg@gmail.com, or visit clair-ascension.com.

Kabbalah for Couples with Karen Greenberg • Sundays, January 22, February 26, March 19, April 23 • 3 to 5 p.m. • Has social distancing amplified distance between you and your partner? K4C is for good relationships that both parties are willing to work on to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. This two-hour session (not one hour), once a month, for about a year, is not couples therapy; it can help you get your relationship to the place that you always wanted it to be but did not know how. \$274 for 2-hour session. For more information contact Karen Greenberg at (734) 417-9511, email krngnbg@gmail.com, or visit clair-ascension.com.

LIFE TRANSITIONS

Transform Your Personal Life—Master Class with Susan McGraw • 2-part program • January 24 and 31 • 7 to 9 p.m. • In this 2-part virtual Master Class on zoom, you will learn techniques to access your own connection to Divine Inspiration. Through this connection, you will gain insights into your true life purpose and mission, clarify your lifestyle goals, and unlock barriers to living the life you have always wanted. By listening for the clues from Spirit, you will be free to experience a more fulfilling, rewarding, and joy-filled life. \$39. For more information contact Susan McGraw at (734)415-4006, Susan@DivineInspirationAtWork.com, or visit DivineInspirationAtWork.com/classes.

MASSAGE

Free Massage Class with Irene's Myomassology Institute • Friday March 31 • 7 to 9 p.m. • You can relax and have some fun at Irene's free massage class! This is an excellent opportunity for those interested in massage as a hobby or an introduction to massage as a career possibility. During this free two-hour class, you will have the opportunity to learn basic techniques while both giving and receiving massage. We invite you to bring a friend to exchange massage or come alone and we will pair you up with a friendly partner! FREE. For more information call (248) 350-1400, email contact@irenes.edu, or visit irenes.edu.



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MEN'S HEALTH WORKSHOPS

A one-day workshop for men 65 and older. Led by Michael Andes, MSW, 80, and Jim Wilton, MSW, 84. • \$95. Could be a precursor to an on-going group. To register or for more information email mduncanandes@gmail.com.

MOVEMENT AND DANCE

Dances of Universal Peace on Zoom with Judy Lee Nur-un-nisa Trautman • *Fridays, February 3, March 3, April 7* • 7 to 8:30 p.m. • Meditation and dance leadership for at home dancing or meditation. Inspiration is from diverse faith traditions. FREE, donations accepted. For more information call Judy Lee Nur-un-nisa Trautman at (419) 283-5937, email jltrautman@sbcglobal.net, or visit <https://sites.google.com/view/a2-toledodup/home>.

Aristotle's Categories: Contraction and Expansion with Claudia Fontana • *Wednesdays, January 25, and February 1* • 5:30 to 6:45 p.m. • In the realm of language Aristotle brought focus, structure, and logic into a sentence - a process of contraction which is an intellectual capacity. Let us explore a path out of intellectual confinement to an experience of expansion supported by the practice of Eurythmy. Eurythmy is an art of movement which brings life to the very sounds of language through gesture - also called visible speech. \$100 fee. For more information contact Claudia Fontana at fontaneum@gmail.com.

MUSIC, SOUND, AND VOICE

Singing for Comfort on Zoom with Interfaith Center for Spiritual Growth • *Thursdays, February 9, March 9, and April 13* • 7 to 8:30 p.m. • Singing for comfort. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Sacred Sound Journey with Victoria Schon • *January 26, February 12 or 26, March 17 and 26, April 7 and 23* • 4 to 6:30 p.m. OR 6 to 7:30 p.m. • Victoria offers a deeply restorative Sacred Sound Journey of crystal singing bowls, Tibetan singing bowls, gongs, drumming and other sacred sound instruments as she begins with guided meditation and relaxation techniques to expand your ability to find equilibrium and harmony, thus opening a portal of creativity and connection during her sacred sound journey. \$40. For more information visit victoriaschon.com.

Sound Bath: Crystal Bowls Concert with John Steinbauer and Julia Taylor • *Friday, January 20, February 17, March 17* • 7 to 8:30 p.m. • Crystal Bowls concert with music and Reiki Healing Energies \$20. For more info call (734) 808-1335 or email lhci.financials@gmail.com.

Singing From Your Soul • For information, go to <https://www.singingforyoursoul.com/singing-from-your-soul-course/> or email freeyourvoice@singingforyoursoul.com

Singing For Your Wild Soul sacred sisterhood of voice healing • For information, go to <https://mailchi.mp/singingforyoursoul.com/wildsoul> or email freeyourvoice@singingforyoursoul.com.

THE BIWEEKLY COMMUNITY CALENDAR

PARENTING

Parenting Arts Support Group with Cynthia Gabriel, Ph.D. and Toni Auker • *Thursdays beginning January 12 • 1 to 2:30 p.m.* • This is a group to nurture and support parents who are primary caregivers of infants during the early days! You are not alone! We hope to create community connections, explore the world of parenting philosophies (What is Attachment Parenting? What is Helicopter Parenting? What kind of parent am I?), talk about how life events intersect with caring for a small human, get support for infant feeding challenges, and so much more! We will have rotating topics each week with plenty of time for sharing and getting to know each other and our babes. Open to new parents with babies up to crawling age. \$15 week drop-in; \$90/8 weeks; \$120/12 weeks. For more information email EricaMcleod@gmail.com or visit nestandnurture.org.

Work and Play Space with Toni Auker, Erica Businki, Erica Macleod, and Cynthia Gabriel • *Tuesdays • 1 to 3 p.m. and Fridays 10 to noon* • It can be really difficult to find a safe place to let our little ones play away from home. We actually started our play area so our own children could come to work with us. Thanks to some generous donations from community members and The Little Seedling, we now have a beautiful area that is perfect for toddlers and preschoolers. Our space has a variety of seating options, WiFi, and coffee. We will be there working, and we would love to invite you to do the same. Sliding scale \$0-10. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Infant/Pediatric CPR and First Aid with Lorenda Lewis • *Sundays, January 22 or March 19 • 10 a.m. to 1 p.m.* • Nest and Nurture is excited to team up with Lorenda Lewis to offer this class, which include Red Cross Certification for infant/pediatric CPR and First Aid. Erica is teaching a chestfeeding/breastfeeding class from 2-4 following these classes in 2023. We are offering a \$10 discount to anyone that registers for both classes. \$120. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Coffee Hour for Prospective Parents with Kriste Brown • *Tuesdays, January 31 and February 28 • 8:45 - 10:30 a.m.* • Join us at the Rudolf Steiner Lower School (2775 Newport Rd) for warm drinks, sweet treats and good conversation. Meet some members of our community and get a peek inside the most beautiful school in Ann Arbor! For more information contact Kriste Brown at kbrown@steinerschool.org.

PERSONAL GROWTH

Healthy Boundaries with Karen Greenberg • *Sunday, January 29 • 1 to 5:30 p.m.* • Learn how to define "Healthy Boundaries" for and with yourself, and how to set and enforce them (without caving in), and how to respect others' boundaries, in all kinds of personal and professional relationships and situations. Role play is a chief learning

tool in the work. \$77. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Lunch and Learn with Brad McCuller, Sheila Wathen, and Ashley Concord • *Tuesday, March 7 • 12:15 to 1:00 p.m.* • Wonder what cool things your phone can do? Interested in blogs and podcasts? Get lost in Social Media? Our ADS technology coworkers will share tips and answer questions in all these areas. You won't want to miss this Lunch and Learn! Event is free (lunch is available for \$5.00). For more information contact the Weber Center at (517) 266-4000.

PROSPERITY AND ABUNDANCE

Mamas Smart Money Group with Cynthia Gabriel • *Thursdays, January 26, February 16, and March 23 • 6 to 7:30 p.m.* • A fun, supportive group of folks who identify as "mothers" who want to make financial goals and stick to them! This is a great place to think about 529 plans, starting a new budget, setting up retirement accounts, living on one salary, asking for a raise! Bring your own wine! Snacks provided. \$0-20 sliding scale donation. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Abundance and Prosperity with Karen Greenberg • *Sundays, February 5 and February 12 • 1 to 4:00 p.m.* • Identify and work through limiting beliefs, lack mentality, scarcity fears, low-vibrational emotions of shame and guilt, feelings of unworthiness, self-sabotage, procrastination, and imbalances of giving/receiving that have contributed to your current state of affairs regarding cash flow, money management, and prosperity (your birthright). Define your dreams, set attainable goals, employ visualizations, affirmations, tithing, essential oils, the law of attraction, spiritual beings—30 steps—doing your best so G-D and the universe can do the rest! \$99 for both days. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

REIKI

Reiki Pop-Up events at Ann Arbor Chiropractic and Wellness Center with Dona M. Duke • *Sundays, January 22, 29 • 12 to 4 p.m.* • 30-minute Reiki sessions at Pop-Up events. We specialize in assisting with anxiety, fatigue, stress, pandemic fatigue, Long Covid to help restore functioning balance and overall wellbeing. \$40 for 30-minute session. For more information visit annarborreiki.com. To schedule an appointment email donamduke@gmail.com.

First Degree Reiki Training with Suzy Wienckowski • *Saturday, April 22 • 10 a.m. to 5 p.m. and Sunday, April 23 • 10 a.m. to 1 p.m.* • Reiki is a gentle, hands-on healing practice that promotes balance and harmony on all levels: Body, Mind and Spirit. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your

hands. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. \$150. For more information contact Suzy Wienckowski at (734) 476-7958 or email SuzyReiki@aol.com.

RETREATS

Customized Raw Vegan Detox Retreat in Florida with Ellen Livingston • *Various dates available January through June* • There are opportunities to attend occasional formally planned group retreat offerings, or to come at other flexible times on your own schedule, either for full retreat services or as an independent nightly guest at our in-home raw vegan retreat sanctuary. Yet another option, which we would like to highlight and encourage, is to recruit your own group of up to four people, decide the focus your group desires, and receive significant referral discounts! Starting at \$80/night. For more information contact Ellen Livingston at (734) 645-3217, email ellen@ellenlivingston.com, or visit EllenLivingston.com.

Healing and the Ever-Healed Workshop via Zoom with Barbara Brodsky, Aaron, The Mother, Tavis Taylor, and John Orr • *January 21 – January 28 • 10 a.m. to 2:00 p.m. and 3:30 to 6:00 p.m.* • For many centuries we have been in a transitional phase of human consciousness. Right now, we're at a tipping point, preparing to shift into what will come next. Another focus will be Covid as a virus, and its effects on humans and our world. We will spend time with the virus, learning about it in the world and in the self, and will have a journey that Aaron or another being leads to release, independently in the week or as part of the beginning of the larger healing circle with spirit. Suggested donation. For more information email om@deepspring.org, call (724) 477-5848, or visit deepspring.org.

Insight Meditation Retreat for all levels with Carol Blotter • *March 3 through March 5 • 7:00 p.m.* • Meditation teaches us to see life as a constantly changing process. As we work with this practice, we begin to realize how our beliefs, opinions, points of view, and our paradigms impact every part of our lives. They color our reactions and cause stress and discomfort. Meditation shows us how to accept all aspects of life with less stress and increasing harmony. A balanced awareness grows, grounded in the present moment, leading to a calm stillness and a growing understanding of the nature of life. The simple and profound meditation techniques of insight, mindfulness, awareness and Loving-Kindness are presented in this retreat with teachings that are nonsectarian and draw on a wide variety of contemplative traditions. Single: \$225; Double: \$175 Commuter: \$100, includes meals and snacks. For more information contact the Weber Center at (517) 266-4000.

The Paschal Mystery of Christ: A Holy Week Retreat with Edward Ruane • *April 2 to 6 • 6:30 p.m.* • Centering on the events that compose the Paschal Mystery of Christ, this journey guides participants to enter more profoundly into the Sacred Triduum. Single: \$425 Double: \$325 Commuter: \$225, includes all meals and snacks. For more information contact the Weber Center at (517) 266-4000.

Mini Wellness Retreats at The Yoga Room with Christy DeBurton • *Ongoing* • When you haven't got the time (or budget) for a full weekend retreat but just need a little 'me-

time,' choose from a variety of 3-hour Mini Retreats at The Yoga Room to relax and renew. Watch for details for scheduled mini retreats in newsletter or grab up to 3 friends and schedule your own mini retreat! Note: proof of Covid vaccination and booster required. Contact for pricing. Christy, info@christydeburton.com, christydeburton.com.

MEDITATION

White Tara Guided Healing Meditation with various Jewel Heart Instructors • *Sundays, January 1 to April 30 with no event on February 26 • 9:30 to 10:35 a.m.* • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental and emotional suffering. Free / Donations welcome. For more information, and to register, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

The Mindful Meditation Path to Live in Ease with Bilha Birman Rivlin and Ken Morley • *Wednesdays, January 25, and February 1, 8 • 10 to 11:30 a.m.* • During our six-session of "Mindful Meditation Path to Live in Ease", we will explore what 'living in ease' truly means to us. We will search into the qualities in us that hold the power to move us toward living our life in ease. We will look at the intention and goal of our mindful practice, become aware of what we do, and how we act to fulfill our goals. \$65. For more information contact Bilha at ybrivlin@att.net or call (734) 330-9376. Visit <https://washtenawaugusoft.net> and search "Mindful Meditation Path to Live in Ease."

Jissoji Zen Ann Arbor Meditation—Half-day Sitting with Rev. Marta Dabis • *Sundays, February 12, March 12, April 9 • 8:15 a.m. to 1 p.m.* • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 8:20 a.m., followed by dharma talk at 11 a.m. Donations are appreciated. Everyone is welcome. Come for any portion of the program. Contact Marta at (248) 202-3102, email jissojizen@gmail.com, or visit jissojizen.org, and find us on MeetUp!

Healing and Compassion Meditations with Hartmut Sagolla • *Mondays, January 9 through April with no events on January 2, February 20, and 27 • Noon to 1 p.m.* • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Free / Donations welcome. For more information, and to register, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Open Meditation and Discussion of techniques and sharing experiences with Larry Gazda • *Wednesdays, February 8, March 8 • 7:30 to 8:30 p.m.* • An Open Meditation for beginners to advanced meditators. Following a group meditation, we are open to discussing techniques and sharing and/or helping with meditation experiences. By donation. For more information call (734) 808-1335.

Introductory Zen Meditation Course with Zen Buddhist Temple Ordained Dharma Teachers • *Thursdays, January 12, February 16, and March 23 • 6:30 to 8:30 p.m.* • Five-week course. The

THE BIWEEKLY COMMUNITY CALENDAR

CONTINUED FROM PAGE 31

viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not as the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost is \$160/\$120 unwaged. For more information contact the Zen Buddhist Temple, zenbuddhisttemple@gmail.com, or call (734) 761-6520.

Myriad of Meditations with Karen Greenberg • Sundays, January 22, 29, February 5, 12, 26, and March 5 • 10 a.m. to 12:30 p.m. • This is a seven-class series. Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you (possibly dissolving years of resistance to mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, spiritual beings, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life. \$25 per class. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Awakening and Living Awake—Grounding the Earth in Unconditional Love via Zoom with Barbara Brodsky, Aaron, and John Orr • Tuesdays, January 31, February 14 and 28, March 14 and 28, April 11 and 25 • 6 to 9 p.m. • Waking up! We are all already awake, but most people have forgotten this truth. It was necessary that we arrive sleeping; now it is vital we awaken. We chase that elusive awakens, forgetting who we are. We practice on both levels, the ultimate one (where everything is connected, awake and present), and the relative level where we move through awakening as a gradual process. Suggested donation. For more information call (734) 477-5848, email om@deepspring.org or visit deepspring.org.

Overnight Introductory Meditation Course with Ordained Dharma Teachers • January 20 and 21, OR March 24 and 25 • 7 p.m. Friday through noon on Saturday • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. Cost is \$160/\$120 students or unwaged and includes accommodation and a vegetarian breakfast. For more information contact the Zen Buddhist Temple, zenbuddhisttemple@gmail.com, or call (734) 761-6520.

Peace Generator on Zoom with Interfaith Center for Spiritual Growth • Fridays, January 20, February 17, March 17, and April 21 • 7 to 9 p.m. • Join the circle of silence of inner and outer harmony. Stay for a few minutes or for the entire time to create world peace. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Winter Labyrinth Walk with Rob Meyer-Kukan • Saturday, January 21 • 1 to 2 p.m. • Join Veriditas trained Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ, in Dexter, Michigan for a winter labyrinth walk. This event is offered as a donation-based event to support the work of Webster UCC. Parking for this event can be found along Farrell Road or on the lawn near to the barn. To assist with planning, please pre-register for the event by completing this form - <https://forms.gle/AqXtyQCwvgn19HEy7>. For more information contact Rob Meyer-Kukan, 248-962-5475, or visit facebook.com/events/642610257355982.

Introduction to Mindfulness with Libby Robinson • Saturday, January 28 • 2 to 4:30 p.m. • The class will begin with definitions of mindfulness and a summary of the research on the benefits of cultivating it. Basic principles and several practices for cultivating mindfulness will be taught and opportunities for discussion and questions will be offered. It will close with information on the Mindfulness-Based Stress Reduction class which begins the following week. FREE. For more information email libbyrobinson7@gmail.com or visit libbyrobinsonmindfulness.com.

Virtual Mindfulness-Based Stress Reduction with Libby Robinson • Saturdays, February 4, 11, 18, 25, March 4, 11, 18, 25, and April 1 • 2 to 4:30 p.m. • MBSR is the mindfulness class developed by Jon Kabat-Zinn which has been extensively researched and found helpful in coping with stress, pain, depression, anxiety, and chronic unhappiness, starting the current wave of interest in mindfulness as a strategy for coping with a wide-range of human problems. The class focuses on practicing mindfulness (compassionate present moment awareness) in and between classes. Meeting weekly, participants learn through guided meditations, discussions, daily mindfulness practices, and a half-day retreat. \$300 (scholarships available); includes recordings of guided meditations, handouts, and the retreat. For more information email libbyrobinson7@gmail.com or visit libbyrobinsonmindfulness.com.

Days of Mindfulness with Emily Adama for Mental Health Professionals and Clergy • Saturday, February 4 • 10 a.m. to 4p.m. • Educators Immersed in nature, we will spiral through guided walking meditation, seated meditation, body scanning, mindful movement and sensory meditation. This retreat is informed by the Mindfulness-Based Stress Reduction (MBSR) program and follows many of its practices and teachings. This is a secular practice open to all, appropriate for beginner and seasoned meditators alike. \$35 fee. For more information contact Emily Adama at hello@earthwellretreat.com, or call (989) 442-6779. To register visit earthwellretreat.com.

How to Do a Daily Practice: Seven Limbs (Applied Meditation Technology Series) with Jewel Heart Instructors • Saturday, February 4 • 10 to 11:30 a.m. • With so many meditation topics available, knowing how to begin a personal daily practice can be confusing. This is the second of three workshops offering clear guidance for a complete Tibetan Buddhist daily

practice, combining prayer, visualization and mantras, as well as concentrated and analytical meditations. \$15 Jewel Heart member / \$20 Non-member. Pay what you can - no one turned away. To register, visit jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Path to the Awakened Heart: The Yoga Sutras of Pantanjali with Robert Jacobs • *Thursdays, February 9 and 23, March 9 and 23, April 6 and 20* • 7 to 8:30 p.m. • The Yoga Sutras of Patanjali is an ancient text that is a guidebook for walking the spiritual path. The course considers the Sutras from the point of view of Tantric Yoga, particularly the North Indian school of Kashmir Shaivism. Along with studying the text, we will practice tantric forms of meditation to help us understand the Sutras, focusing on mantra, the breath, visualizations, the opening of the central channel, and the chakras. Suggested donation. For more information call (734) 477-5848, email om@deepspring.org or visit deepspring.org.

Day of Mindfulness Meditation ~ Acting from Deep Knowing with Esther Kennedy, OP • *Saturday, February 11* • 10 a.m. to 2:30 p.m. • Waking up now is as good a time as any. Teachers remind us, nothing happens next, This is It. John Kabat-Zinn comments that meditation may be the only intentional, systematic human activity, which at bottom is about not trying to improve yourself or get anywhere else, but simply to realize where you already are. Waking up..simply for the sake of waking up and letting go of trying! \$35 includes lunch. For more information contact the Weber Center at (517) 266-4000.

Meditation Getaway with Rob Meyer-Kukan • *Saturday, February 18 or April 15* • 9 a.m. to 5 p.m. • You are invited to join Rob at 7 Notes Natural Health for a chance to get away and meditate. This day long retreat will be your oasis of peace and calm, a chance to connect to nature, to spirit, to your higher self. Walking/hiking meditation opens our day at one of Ann Arbor's many local parks. We continue with various forms of meditation, yoga nidra, journal writing, breath work, sound and aroma experience, and more. Ample time for sharing and reflection will be provided. \$125. For more information contact Rob Meyer-Kukan at (248) 962-5475 or visit facebook.com/events/3462262873993362.

One-Day Zen Meditation Retreat with Ordained Dharma Teachers • *Saturday, February 25 OR Sunday, March 12* • 9 a.m. to 5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest – an interval of deepening, of slowing down, silence, and mindfulness. \$60. For more information call Zen Buddhist Temple at (734) 761-6520, email annarborzentemple@gmail.com. Register at <https://forms.gle/EfprF84sEAK8LvNu9>.

ReFresh Your Mind and Body with Master Wasantha Young • *Thursdays, March 2 through March 16* • 11:30 to 12:30 p.m. • Take a break and refresh your mind and body with basic stand, moving and sitting mindful meditation. (Hybrid class. In-person limit 10, Zoom unlimited). \$60. For more information or to register, contact Peaceful Dragon School at info@peacefuldragonschool.com, call (734) 741-0695, or visit peacefuldragonschool.com.

How to Do a Daily Practice: Mantras and Dedication (Applied Meditation Technology Series) with Jewel Heart Instructors • *Saturday, March 4* • 10 to 11:30 a.m. • With so many meditation topics available, knowing how to begin a personal daily practice can be confusing. This is the second of three workshops

offering clear guidance for a complete Tibetan Buddhist daily practice, combining prayer, visualization and mantras, as well as concentrated and analytical meditations. \$15 Jewel Heart member / \$20 Non-member. Pay what you can - no one turned away. To register, visit jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

A Day of Mindfulness Meditation ~ Relieving Suffering with Esther Kennedy, OP • *Saturday, March 11* • 10:30 a.m. to 2:30 p.m. • It comes quite naturally to aspire to bring tenderness and care into situations of suffering. Yet, one might ask who are these 'others'? As you look around your world see if there is anyone you dislike, detest, anyone you fear or just plain resent. Notice any habitual response that rises when you see, hear, think of this person. With patience and tenderness examine your behavior and open to unfolding and transforming awareness. \$35.00 lunch included. For more information contact the Weber Center at (517) 266-4000.

Spring Equinox Ritual Celebration with Esther Kennedy, OP • *Sunday, March 19* • 3:30 to 4:40 p.m. • At the edge of spring we gather to welcome new growth rising within the dark soil of Earth; and rising within your heart and soul. Bless us with a poem, a prayer, or a treat to share. FREE. For more information contact the Weber Center at (517) 266-4000.

Daylong Meditation Retreat with Carol Blotter • *Saturday, March 25* • 9 a.m. to 4 p.m. • A quiet day in a wooded natural setting for sitting and walking meditation. Instruction available. A short talk given for contemplation. Donation only for Michigan Friends Center. For more information call (734) 475-0942 or email cb.meditate@gmail.com.

A Day of Mindfulness Meditation ~ Cultivating Mindfulness with Esther Kennedy, OP • *Saturday, April 15* • 10 a.m. to 2:30 p.m. • Why do we practice? What value does meditation have? The effort to pursue meditation is a commitment not written in stone but perhaps found in the heart. There is an eagerness in many of us to become aware of what we sense is closed, fearful or shut down in us; what is out of balance manifested in our reactivity; and what is the deeper truth of our experience hidden within. We may simply desire to more fully realize who we are and to live in the growing freedom of that awareness. \$35 includes lunch. For more information contact the Weber Center at (517) 266-4000.

Weekly Silent Meditation via Zoom with Celeste Zygmunt • *Sundays and Tuesdays* • *Sundays* • 11 a.m. to Noon • *Tuesday* 9 - 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the time is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions. Suggested donation. For more information call (734) 477-5848, email om@deepspring.org or visit deepspring.org.

OTHER

Unschooling, Child-Led Learning • *February 2* • 7 p.m. • As a follow up to the Unschooling article in this edition of the CWJ, Tammy will share a bit of her journey as an Unschooling parent, followed by a question-and-answer time for adults wanting to know more about Unschooling. FREE. To join use [this](#) Zoom Link. For more information contact Tammy Renner at tsrenner78@gmail.com or go to <https://tammyrenner.wixsite.com/tammyrenner/homeschool-consulting>.

THE BIWEEKLY COMMUNITY CALENDAR

SHAMANISM

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

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey via Zoom • January 21 and 22 OR April 22 and 23 • 9 a.m. to 3 p.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will begin to develop a relationship with a compassionate spirit or power animal who wants to help you at this time in your life. Learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. \$160 per person/\$75 for repeat students. For more information email info@judyr Ramsey.net, or visit <https://JudyRamsey.net>.

Medicine For the Earth/Healing with Spiritual Light via Zoom with Judy Liu Ramsey • March 11-12 and 25-26 • 9 a.m. to 4 p.m. • Explore the depth of your own inner light and its connection with All That Is. Learn how to transform the energy behind toxic thoughts and achieve balance in yourself and harmony in your world. You will connect with nature, spirit allies, and the elements to learn how to transform and heal yourself, your community and your environment. Suggested reading: *Medicine for the Earth: How to Transform Personal and Environmental Toxins* by Sandra Ingerman. Journeying skills not necessary. All levels and traditions are welcome. \$375 per person/\$125 for repeating students. \$160 per person/\$75 for repeat students. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

Zoom Shamanic Journeying Circle with Judy Liu Ramsey • Thursdays, February 2 and 16, March 2 and 16, and April 6 and 20 • 7 to 8:30 p.m. • Join us for shamanic journeying with a focus on healing yourself, your community and the world. Each session will have an intention to journey on, revealing your own inner wisdom combined with group sharing. Experience the incredible beauty and revelation of journeying within a group setting that supports your path. Knowledge of shamanic journeying required. Registration is required. \$25 per session or \$40 per month. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

Creating Sacred Protected Space: Shamanic Personal Safety Via Zoom • Saturday, February 4 • 9 a.m. to 4 p.m. • Learn techniques for energy hygiene when doing shamanic work and why it is so important to have protection energetically. Knowledge of shamanic journeying necessary. Registration required. \$80 per person/\$40 for repeating students. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

Shamanic Healing for Animals I via Zoom with Judy Liu Ramsey • Wednesdays, February 8, 15, 22, March 1, 8, 15, 22, 29 and April 5 • 7 to 9 p.m. • Working with animals of all species, explore unique perspectives for animal healing that draw upon core shamanic practices. Students will develop a toolkit of techniques within a supportive, interactive, and experiential learning framework of instruction from a professional animal communicator who also practices shamanism. Prerequisite: shamanic journeying. Knowledge of telepathic animal communication not necessary. \$360 per person/\$125 for repeating students. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

Shamanic Tools: Making Ceramic Rattles with Eli Zemper • Saturday, February 25 • 1 to 4 p.m. • A hands-on experience in making your own ceramic rattles from an expert clay artist, Eli Zemper from Curiouser Clay. Shamans' tools are respected as helping spirits. Create something special to use in your spiritual practice or for a gift. Participants will make 2 rattles with option to purchase additional materials. Tools made will be consecrated in ceremony before firing. \$70 per person. Additional rattles \$20 each. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

SPIRITUAL DEVELOPMENT

Interfaith Sunday Service on Zoom with Interfaith Center for Spiritual Growth • January 1 through April 30 • 10:45 a.m. to 12:15 p.m. • Join us as we explore our spiritual nature and how it connects to all aspects of our human lives. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Sufi Chanting Meditation and Discussion on Zoom with Imam Kamau Ayubbi • Tuesdays, January 3 through April 25 • 7 to 8:00 p.m. • An exploration of Sufism. \$5-10 per class. For more information visit interfaithspirit.org.

MONTHLY Midrash Study with Karen Greenberg • February 19, March 26, and April 9 • 9:30 a.m. to 12:30 p.m. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180 per month for the monthly study (one 3-hour session per month); \$180 per month for the bi-monthly study (two 1½-hour sessions per month); \$180 per month for the weekly study (approximately three 1-hour sessions per month). For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Level One Akashic Record Practitioner Certification with the Linda Howe Center for Akashic Studies and Shellie Powers • February 6 through 8 OR March 10 and 11 OR April 15, 22, 29 • Become a Certified Practitioner of the Akashic Records. See website for details powers365.com/events. \$360. For more information email info@thepowersof.com.

Zen Meditation, Noon service, and Lunch with Rev. Marta Dabis • Sundays, January 22, 29, February 5, 19, 26, March 5, 19, 26, and April 2, 16, 23, 30 • Join us for a period of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 11:00a.m., followed by noon service and informal check-in. Donations are appreciated. Everyone is welcome. You may choose to come for any portion of the program. Contact Marta at (248) 202-3102, email jissojizen@gmail.com, or visit jissojizen.org, and find us on MeetUp!

Akashic Records Advanced Practitioner Certification with Shellie Powers • January 21 and 22, or March 18 and 19 • Level Two: Become an Advanced Certified Practitioner with Linda Howe's Center for Akashic Studies. 9-hour class. Please see website for more details. \$430. For more information visit powers365.com/events, call (734) 926-5378, or email info@thepowersof.com.

Connecting with Archangels: Parts 1 through 4 with Karen Greenberg • Sundays, January 22 and 29, and February 5 and 12 • 5:30 to 9:30 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, how to create a sacred, protected space, on whom to call for particular assistance, and how to safely call upon them. Connect – Ask Questions – Often Receive Helpful Information and Guidance. \$777 for all four parts. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Virtual Tao of Thomas Aquinas: Fierce Wisdom for Hard Times with Matthew Fox • January 26 • 7 to 8:30 p.m. • Thomas Aquinas was a fierce proponent of science and religion working in tandem. As he tells us, “a mistake about creation results in a mistake about God.” His teachings on revelation and nature; on finding “original goodness” (his words) and love of God in everyday things; on the priority of conscience; on “the common good”; on compassion—“the fire that Jesus came to set on the earth”—and justice; on non-dualism, all put him out front in today's quest for an ecological and cosmological and post-patriarchal vision. We will explore many of these rich teachings and more in our discussion of “The Tao of St. Thomas: Fierce Wisdom for Hard Times.” Cost: \$20. For more information contact the Weber Center (517) 266-4000.

Coming Through: A Group Mediumship Event with Charise Jacobs and Kelly Santi • Tuesday, February 14 • 6 to 8 p.m. • Sometimes referred to as a seance, we prefer to think of the Coming Through events as an opportunity to get in touch your spirit guides, who are most often loved ones who have passed away. During this event, two of our very gifted and experienced Psychic Mediums, will spend time with each participant relaying any messages they may have for you from the other side. We have been hosting this event for nearly 20 years. \$75. For more information contact Madeleine Doucet, Event Coordinator, (248) 548-3830, bostontearroomevents@gmail.com, or visit bostontearroom.com.

The Valued Self: An Overview with Bronwen 'Wildflower' Gates, Ph.D. • Saturday, February 18 • Valuing Self begins with self-acceptance and progresses through self-worth, self-esteem, self-love, self-confidence, self-respect, and reaches completion as self-realization. It is a progression that will repeat on short and long timelines. This interactive workshop offers a framework for this journey. \$99. For more information call (734) 330-8099, email bronwild@gmail.com, or visit BronwenGates.com.

The Evolution of Consciousness in God's Creation: A Virtual Event with Diarmuid O'Murchu • Saturday, February 18 • 9:30 a.m. – to 3:30 p.m. • This one-day event will highlight the changing nature of consciousness in our contemporary world, and its impact on faith and spirituality for the 21st century. \$45. For more information contact the Weber Center at (517) 266-4000.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Sundays, February 26, March 5, 12, and 19 • 5 to 9:30 p.m. • Learn how to create a sacred, protected space to astral travel safely to the planets associated with the Sephirot (Spheres) in the Tree of Life, to become more deeply acquainted with different aspects of G-D. Learn how to connect to the energy of different aspects of G-D, and the special qualities that they represent. You may receive invaluable messages and/or answers to compelling questions. \$777. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Rites of Passage: Hindu, Christian, Muslim, Native American with Susan VanBaalen • Thursdays, March 9, 16, and 23 • 1:30 to 3:30 p.m. • This program will introduce the similarities and differences of the rites of passage and spiritual journeys of Hindus, Christian, Muslims and Native Americans. The program will help participants recognize the universality of a life-long journey of searching for God-ness and goodness as it is expressed across time, geography and religious traditions. Participants will understand and appreciate the sacred rites of acceptance and growth in oneness with God that emerges from experiences of retreat from the world whether in the form of Hajj, Vision Quest, Holy Land Pilgrimage or Wandering Asceticism. We will explore rites related to initiation, penitence, mature acceptance of responsibility for self and the universe, grieving, suffering and death. \$45. For more information contact the Weber Center at (517) 266-4000.

ST101: Qigong Meditation Basics 1 Online with Steven Sy • Saturday to Sunday, March 25 and 26, and April 1 and 2 • 9:30 a.m. to 4:30 p.m. • Qigong Meditation Basics 1 is a set of meditations designed to release inner tension, increase self-acceptance, open the heart, detoxify negative emotions, balance one's inner energy, and rejuvenate the body. These meditations are combined with soft physical body movements (qigong) to promote health and well-being. No Prerequisites. \$195. For more information contact (517) 295-3477, steven@spiritualtao.com, or visit spiritualtaoworkshops.com.

Cultivating a Personal Relationship with G-D with Karen Greenberg • Sundays, April 23 and 30 • 6:30 to 9:30 p.m. • Create a Sacred Space in which to compose and ask questions of your Higher Power. Decipher if you are receiving “Yes,” “No,” or “Essay” answers in your head, body, or spirit. Ask G-D how you can serve (working through resistance to trusting and surrendering to G-D); express gratitude, awe, and allow

THE BIWEEKLY COMMUNITY CALENDAR

CONTINUED FROM PAGE 35

yourself to be comforted and healed by G-D). Compose prayers, feeling close to G-D, as though G-D were a close friend: HE/SHE IS! \$90. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Claiming Your Indigenous Self: An Apprenticeship Program with Bronwen 'Wildflower' Gates, Ph.D. • *Date and time by arrangement* • In this program you are apprenticing with your indigenous self, that self that is at home in the universe. My role is to help you identify and use skillfully the power of your choice. There are many different points of entry into this program depending on what calls you and your chosen level of participation. For more information contact Bronwen Gates at (734) 330-8099, email bronwild@gmail.com, or visit BronwenGates.com.

SUSTAINABLE CONSTRUCTION

Thatched Roof Workshop with Deanne Bednar • *Saturday, January 21 (+ optional 22)* • 9:30 a.m. to 5 p.m. • Explore this beautiful, ecological, and long-lasting roof system using local Phragmite reed grass. Tour three thatched roof buildings on-site. Demo and hands-on thatching on a small frame and thatching video. Collect reed with us on Sunday at near-by field (optional). Deanne learned basic techniques from a Danish Master Thatcher and has thatched five small buildings. Includes online handouts. 12 student limit. Bring a bag lunch. Supper, overnight, and breakfast available for \$20. \$55 if prepaid two weeks in advance or \$70 thereafter. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

Fire! Rocket Stoves and Earth Oven with Deanne Bednar • *Saturday and Sunday, January 28 and 29* • 9:30 a.m. to 5 p.m. • Create useful heat efficiently from local materials. Fee Includes a copy of the new edition of The Rocket Mass Heater Book. Tour buildings and stoves on site, Hands-on: mockup of Rocket Stove combustion unit, model of an Earth Oven and mix cob and finish plaster. Info on principles and code. Includes online handouts. Bring a bag lunch. Limit 12 students. Some overnight accommodations available for \$20. \$125 for both days if prepaid two weeks in advance or \$150 thereafter. One day only \$80/\$90 with RSVP. Supper, overnight and breakfast just \$20 extra. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

April Worktrade/Sustainable Skills Program with Deanne Bednar • *April 1 through April 30* • 9 a.m. to 5 p.m. • Enjoy an enriching month of living on-site at Strawbale Studio on lovely wooded rural land with natural buildings while contributing to the grounds and program. Help 20 hours a week (garden, grounds, maintenance/repairs, office) in exchange for room, board, and sustainable skill-building classes: mushroom log inoculation, Rocket Stove cooker build, cording, lashing, spoon carving, tool sharpening, earth oven pizza, and foraging!

Strawbalestudio.org for details. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

Rocket Stove Outdoor Cooker with Deanne Bednar • *Saturday, April 29* • 1 p.m. to 5 p.m. followed by supper • Enjoy a day on the land at Strawbale Studio! Tour the Rocket Mass Heater and Earth Oven on-site, then experience the hands-on building and lighting of a Rocket Stove outdoor cooker. This is a very useful, do-able project! Stay on for a vegetarian stew cooked on our "new stove"! \$40 one month in advance or \$50 thereafter. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

Sculpting With Earth with Deanne Bednar • *Saturday, March 11* • 1 p.m. to 5 p.m. • This hands-on workshop is perfect for artists, homeowners, or anyone who would like to learn the techniques of using local subsoil to sculpt. Learn how to identify, locally source, test, and mix subsoil that can be used to make artwork, practical projects, earth ovens, and more! Take home your projects and an understanding of this delightful local resource: Earth! \$35 one month in advance or \$45 thereafter.

Strawbale Studio Learning Tour • *Saturdays, February 18, March 11, April 8 and 29* • 10 a.m. to 12p.m. • See the enchanting buildings with thatched and living roofs, earth oven, rocket stove, and rumford fireplace. Structures include the Strawbale Studio, Hobbit Sauna, and Middle Earth house. On lovely rural land just one hour North of Detroit. Questions invited. Each tour has a workshop scheduled for the afternoon that you might also want to register for and attend! \$20

STRESS MANAGEMENT

Stop Sabotaging Your Self-Care with Christy DeBurton, RYT • *Ongoing and Self-Paced* • In this compact but powerful self-paced course you will gain insight into yourself and see your way out of your self-sabotaging habits, learn tools to cultivate greater awareness of your self-care needs, and explore the healing qualities of nature, movement, nutrition, sleep, gratitude, self-compassion, and more. \$79. Contact Christy at info@christydeburton.com or visit christydeburton.com

"Preventing Burnout" Day of Renewal for Helping Professionals with Emily Adama and Ari Wakeman • *February Date TBD* • EarthWell Retreat Center presents a series of daylong retreats designed to nourish you who nourish us. Immersed in nature, you will move through two all-level yoga sessions, guided breath meditation, mindfulness and nature connection practices, receive a professional massage, and enjoy periods of personal and group reflection with others in your field, exploring techniques to prevent burn-out and improve self-care. Nourished Leaders Nourish the Village! \$245 per daylong retreat Includes programming, lunch, and a 30-minute professional massage. Overnight accommodations are available at an additional cost. Visit our BOOKINGS PAGE and use this 25% off coupon code to book the cabin of your choice: DAYOFRENEWAL23. For more information visit earthwellretreat.com.

Stop Sabotaging Your Self-Care with Cristy Deburton • Self-Paced • This compact but powerful self-paced course is the accountability partner you need to power through obstacles and overcome beliefs that hold you back from creating the life you want and deserve. It will help you gain insight into yourself and see your way out of your self-sabotaging habits; teach you tools to cultivate greater awareness of your self-care needs; and guide you in exploring the healing qualities of nature, movement, nutrition, sleep, gratitude, self-compassion and more. \$79 introductory pricing for a limited time. For more information contact Cristy at info@christydeburton.com or visit christydeburton.com.

Meet the Mind-Body Connection (Webinar) with Robin Goldberg • Wednesday, March 29 • 6 to 8 p.m. • Discover how our thoughts, beliefs and emotions can affect our muscles, bones and organs. As you explore these inner lines of communication, you will also learn relaxation techniques that draw inspiration from healing modalities, like yoga and reflexology. These simple stress-relieving tools can enable you to reconnect with your inner sources of strength, joy and well-being. \$25 or FREE for ages 65+ with WCC Emeritus Scholarship - visit wccnet.edu and search "Emeritus" to learn more. Visit washtenaw.augusoft.net and search "40489" to register. Contact robinlily@outlook.com with questions.

TAI CHI, MARTIAL ARTS, AND SELF DEFENSE

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

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

Tai Chi for Beginners with Master Wasantha Young • Mondays, January 9 through April 13 • 10 to 11:15 a.m. or Thursdays 6 to 7:15 p.m. • T'ai Chi, often characterized as a moving meditation, is a series of postures linked together in a continuous, fluid manner. As a practice, it integrates the mind and body, promotes relaxation, as well increases balance. Register for one class and you can attend both sessions – whatever your schedule allows – at no extra cost! Hybrid class taught in-person (limit 10) and on Zoom (your choice). \$195.

ST101: Qigong Meditation Basics 1 Online with Steven Sy • Saturday to Sunday, March 25 and 26, and April 1 and 2 • 9:30 a.m. to 4:30 p.m. • Qigong Meditation Basics 1 is a set of meditations designed to release inner tension, increase self-acceptance, open the heart, detoxify negative emotions, balance one's inner energy, and rejuvenate the body. These meditations are combined with soft physical body movements (qigong) to promote health and well-being. No Prerequisites. \$195. For more information contact (517) 295-3477, steven@spiritualtao.com, or visit spiritualtaoworkshops.com.

Chen Tai Chi Chuan with Joe Walters • Every Monday, Thursday, and Saturday • Monday and Thursday 4 to 5 p.m., Saturday 3 to 4 p.m. • Instruction in Chen Tai Chi Chuan, a unique art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. FREE. annarbortaiichi@gmail.com, annarbortaiichi.com.

Yang and Chen - Qigong and Tai Chi Karla Groesbeck • Monday through Friday • 1-hour classes • Various times • Yang and Chen - Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Long Form 108, Chen Laojia Yilu, Xinjia Yilu. Various qigong sets and Zhan Zhuang. Staff, Bang, Ruler, Tuishou, Push Hands. Low fee, free for seniors. For more information call (734) 276-3059, info@taichilove.com, or visit TaiChiLove.com

TAROT AND DIVINATION

Tarot I: Introductory Course with Charise Jacobs • Saturdays, January 21, 28, February 4, 11 • 4 to 6:00 p.m. • Are you looking for a robust introductory class about Tarot? This is the class for you! Tarot I is an introductory-level Tarot course presented for those coming from either a left- or right-brain perspective. Join Charise as she shares her decades of reading experience. Learn the traditional meanings of each card as well as how to use this fascinating tool to tap into your own psychic gifts. Please note: This class will be hosted on the video platform, Zoom. \$150. For more information contact Madeleine Doucet, Event Coordinator at (248) 548-3830, email bostontearroomevents@gmail.com, or visit bostontearroom.com.

THEATER

Staged Reading of Lee's Grand Tiki with Neighborhood Theater Group • Friday, March 3 through Sunday, March 5 • 7:30 p.m. • Sunday at 2 p.m. • When Leo needs twenty grand to save the family business, he does the only thing he can, turn to his former criminal associate Eddie "The Fish" Cohen. But Eddie has his own plans for the Grand Tiki, and if Leo, his sister Pheenie, and bartender and aspiring luchador Manny "El Chupa-cobra" Santini can't get the money back, all while dodging Leo's P.O., it's all going to go up in smoke. An original play written by Greg Pizzino and directed by Meg McNamee. FREE. For more information visit <https://ntgypsi.org>.

Lunch and Learn with Kellyjo Gilmore • Tuesday, February 7 • 12:15 to 1:00 p.m. • Tecumseh Center for the Arts Director Kelly Jo Gilmore will be presenting information on the theater's 42nd season including upcoming shows in February 2023-June 2023. In addition, she will be discussing the new Music Park that is being installed on theater property spring 2023. Event is free (lunch is available for \$5.00). For more information contact the Weber Center at (517) 266-4000.

Prose, Poetry, and Potpourri with John MacNaughton • Thursday, April 27 • 1:30 to 2:30 p.m. • John MacNaughton will headline the program with the story of his career as Creative Director of the Croswell Opera House, actor, author, graphic artist and more. Enjoy prose, poetry, music and song presented by a variety of talented friends and neighbors. Feel free to bring your own creations. FREE. For more information contact the Weber Center at (517) 266-4000.

WOMEN'S HEALTH

Creating Your Perimenopause Plan with Christy DeBurton, RYT • Self-Paced • Perimenopause can start as early as your mid-30s,

THE BIWEEKLY COMMUNITY CALENDAR

CONTINUED FROM PAGE 37

and lifestyle habits such as diet, exercise, stress, and sleep can play a huge factor in symptoms. In *Creating Your Perimenopause Plan*, you will learn about the stages of perimenopause, the most common symptoms, important hormones to know about, tips for a hormone-balancing diet, beneficial supplements and herbs, exercise, sleep, self-care advice, and more. Journal prompts with thoughtful questions help you create your own Perimenopause Plan. \$59. Contact Christy at info@christydeburton.com or visit christydeburton.com.

ReVillaging for Modern Mothers: a day-long retreat with Miriam Dowd-Eller and Emily Adama • *Sunday, April 16* • 9:30 a.m. to 4:30 p.m. • This retreat is for mothers of all ages and stages looking to fill their cup with self-connection, community-building, and normalizing the challenges of motherhood. Through Yoga, Movement, Story, Stillness and Song, these day-long retreats in nature (with an optional overnight add-on) will explore different themes in this season retreat. \$45 For more information contact Miriam.EarthWell@gmail.com.

Creating Your Perimenopause Plan with Christy DeBurton • *Self-Paced* • Creating Your Perimenopause Plan combines science and personal experience, so you feel like you're going on a self-guided journey with a knowledgeable friend. In this e-Guide Christy shares everything she learned during her own perimenopause journey, and then helps you create a plan to support your body—pro-actively—through nutrition, supplements, exercise, stress relief and more. \$59 introductory pricing for a limited time. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

WORK AND RIGHT LIVELIHOOD

Winternship at Strawbale Studio Deanne Bednar • *January 5 through February 5* • 9 a.m. to 5 p.m. • Unique and comprehensive 1-month on-site program at Strawbale Studio on rural wooded land 1 hour north of Detroit. Experience the basics of thatching, reed collection, earth plastering and sculpting, round pole framing and rocket stove construction. Fireside lectures include site and house design, foundations, code information and more. Also learn sustainable skills such as fermenting and whittling! \$950/\$850* Intern or \$475/\$425* Intern/Work trade * one month in advance. For more information contact Deanne Bednar at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

“Transition to a Job You Love” Master Class with Susan McGraw • *Tuesdays, February 21 and 28* • 7 to 9 p.m. • In this 2-part virtual master class on Zoom, you will learn how to access divine inspiration to co-create your new future. By listening to the insights you gain, you will design a personal career profile, detailing the elements of your ideal environment, and develop a short and long-range transition plan. In partnership with Spirit, you will learn to follow the clues, watch for the miraculous synchronicities, and land a new opportunity that matches your desires. \$39. For more information contact Susan McGraw (734) 415-4006, email Susan@DivineInspirationAtWork.com, or visit DivineInspirationAtWork.com/classes.

“Become a Spiritual Entrepreneur” Master Class with Susan McGraw • *Tuesday, March 21 and 28* • 7 to 9 p.m. • In this 2-part Master Class, you will identify the elements of “spiritual entrepreneurship” and explore ways to blend spiritual practices with traditional business approaches. You will learn techniques to call on Divine Inspiration to build and expand your business. By partnering with Spirit and taking “inspired action,” you will experience a more fulfilling and rewarding business. \$39. For more information contact Susan McGraw (734) 415-4006, email Susan@DivineInspirationAtWork.com, or visit DivineInspirationAtWork.com/classes.

WRITING AND POETRY

Zoom writing workshop series with Tarianne DeYonker • *Thursdays, February 2, 9, 16 and 23* • 9:30 a.m. to 11:30 a.m. • Cozy Corners is a pick-me-up for this mid-winter time and the rituals around your creative writing. In this workshop series we can explore those corners of your creative imagination that have been waiting to be invited to the page! Why not come and write with us? This series is suitable for beginning and experienced writers. The workshop will be offered on Zoom only so writers will need a computer, camera, and a microphone to join. Cost: \$80. Registration is necessary through Weber Center. For more information contact the Weber Center at (517) 266-4000.

Hoping to Thaw: A hybrid writing workshop—in person or by Zoom with Tarianne DeYonker • *Saturday, March 11* • 1 to 4:00 p.m. • Whether just beginning to write or starting to write again after a length of time, it's important to exercise your creative “muscles” for writing. This afternoon will give writers a chance not only to write but to read their just-written work and receive feedback on its strengths. The workshop is appropriate for beginning and experienced writers. You may join in person at Weber Center or by zoom. A zoom link will be sent closer to the workshop date. Cost: \$35 Registration is necessary through Weber Center. For more information contact the Weber Center at (517) 266-4000.

Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • *Sundays, January 22, February 26, March 26, April 23* • 1:15 p.m. to 3 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations are appreciated. For more information email jissojizen@gmail.com, or call (248) 202-3102, or visit jissojizen.org.

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • *Wednesdays, January 25, February 8 and 22, March 8 and 22, April 12 and 26* • 7 to 9 p.m. • Second Wednesdays, Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Fourth Wednesdays, Featured Reader(s) for 50 minutes. Open Mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. All sessions are virtual and accessible through Zoom. Email

cwpoetrycircle@gmail.com for Zoom link. For more information contact Edward Morin (734) 668-7523, email eacmorso@sbcglobal.net or visit <https://cwcircle.poetry.blog>.

- Featured Reader on January 25 – Thomas Lynch’s most recent of twelve books are *The Depositions—New and Selected Essays* (W.W. Norton, 2020) and *Bone Rosary—New and Selected Poems* (David R. Godine, 2021). He is finishing a novel which he fears might finish him. He keeps homes in Michigan and West Clare, Ireland.

- Featured Reader on February 22 – Linda K. Sienkiewicz is the author of an award-winning novel, *In the Context of Love*, a children’s picture book, and five poetry chapbooks—the latest being *Sleepwalker*. Her poems have appeared in *Prairie Schooner*, *Rattle*, and *The McGuffin*. She holds an MFA from The University of Southern Maine. LindaKSienkiewicz.com.

- Featured Reader on February 22 – Hiram Larew is an accomplished food scientist whose poems find in twigs, leaves, seeds, and the night sky surprising wisdom and cause for gratitude. His poems have appeared in *Rhino*, *Ars Poetica*, *Innisfree*, and six collections including the forthcoming *Patchy Way* from CyberWit Press. HiramLarewPoetry.com and PoetryXHunger.com.

- Featured Reader on March 22 – Linda Neme Foster is author of twelve poetry collections including *The Blue Divide* and *The Lake Michigan Mermaid* (a Michigan Notable Book). *Bone Country* is her forthcoming collection of prose poems and flash fiction. Linda was the first Poet Laureate of Grand Rapids and founder of the Contemporary Writers Series at Aquinas College.

- Featured Reader on April 26 – Dan Bellm (Berkeley, CA) has published five books of poems, including *Counting* (2023), *Deep Well* (2017), and *Practice* (2008). His recent translations include *Central American Book of the Dead*, by Balam Rodrigo (2023), *Speaking in Song*, by Pura López Colomé (2017), and *The Song of the Dead*, by Pierre Reverdy (2016).

YOGA

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

Sivananda Yoga with David Black • Beginning Tuesday, February 7 OR Beginning Tuesday, March 21 • Six-week courses for beginning and experienced students learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill up quickly, so early registration is necessary. \$60. For more information contact the Zen Buddhist Temple at (734) 761-6520, email annarborzentemple@gmail.com. Register at <https://forms.gle/EfprF84sEAK8LvNu9>.

Yoga and Sound with Rob Meyer-Kukan and Paul Barr • Sunday, March 19 • 6:00 to 7:30 p.m. • Join Sound Healer,

Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this seasonal series of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga practice that focuses on themes tied to each of the seasons. Rob will support with gentle sounds of singing bowls, gongs, and more. An extended time of savasana will allow you to deeply rest into the new season while being immersed in sacred sound. \$40. For more information call (248) 962-5475 or visit facebook.com/even-ts/477866034321889/477866047655221.

Gentle Online Yoga in the Iyengar Style with Elizabeth Brauer

• *Fridays, January 13 through March 31* • *No class February 24 or March 10* • 10 to 11:30 a.m. • This class is geared to anyone with decreased mobility, but participants at any level will benefit from joining. Iyengar style yoga uses equipment to help participants manage the poses safely and effectively. Together we will practice yoga poses and study our breath. For this class, you will need at a minimum a yoga mat, a 10-foot yoga strap, 2 yoga blocks, and 3 thick blankets. A small plastic stool, a few more blankets, a round bolster and a second yoga mat may also be useful. \$249 or FREE for ages 65+ with WCC Emeritus Scholarship - visit wccnet.edu and search “Emeritus” to learn more. Visit washtenaw.augusoft.net and search “gentle” to register. Contact ebrauer@wccnet.edu with questions.

Compassionate Yoga with Mary Seibert • Wednesdays • 4:15 to 5:30 p.m. • Kripalu yoga is great for beginners and seasoned students. Classes are gentle and slower paced. Emphasis is on mindfulness, breath, postures, strength and balance. Sliding scale fee. For more information call (734) 323-2520, email compassionateyoga@outlook.com, or visit compassionateyoga.info.

Iyengar Yoga with David Rosenberg • Mondays, Thursdays, Saturdays • January 9 through March 23 • *Mondays 6 to 7:30 p.m.* • *Thursdays 7 to 8:30 p.m.* • *Saturdays 10 to 11:30 a.m.* • Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. Ten classes for \$129. For more information contact David Rosenberg at (734) 646-4195 or visit aarecedonline.com.

Embody • Wednesdays, 1/18/23-3/8/23 • 6-7:15 p.m. • An 8 week yoga, energy, and voice series at One Tribe Yoga in Brooklyn, MI. For more information visit <https://www.onetribebrooklyn.com/classes> or email freeyourvoice@singingforyoursoul.com.



Yoga Retreat

IN
ISLA MUJERES
MEXICO



TWO RETREATS BACK TO BACK WITH A SHORT TOUR IN BETWEEN

March 14-18 Isla Mujeres 5 days 4 nights

March 18-21 Tour to Chichen Itza and Tulum

March 21-25 Isla Mujeres 5 days 4 nights

Join us for a spiritual reset in the beautiful Isla Mujeres. Enjoy breathtaking beaches, authentic Mexican food, and daily yoga & meditation classes. spiritual workshops, yoga nidra, cacao ceremony, ecstatic dance and more!

**FOR MORE INFORMATION AND TICKETS VISIT
WWW.SOULMAGICYOGA.COM
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GET 15% OFF WITH THE EARLY BIRD DISCOUNT
USE CODE SMYEB23**



Biweekly Divination

Courtesy of Rosa Embery



IX. THE HERMIT

*The Week of
January 20,*

Hermit Card-IX

The Hermit thrives in his solitude reminding us to tap into ourselves and make sense of who we are at our core, not who we are as products of our environment. The lantern and staff in the Hermit's hands symbolize the tools you have within to achieve what you desire. The Hermit is wise and intrinsically capable, standing tall above and looking down on the mountains of his accomplishments beneath him.



If you are interested in reading for the biweekly divination, contact cashmere@crazywisdom.net