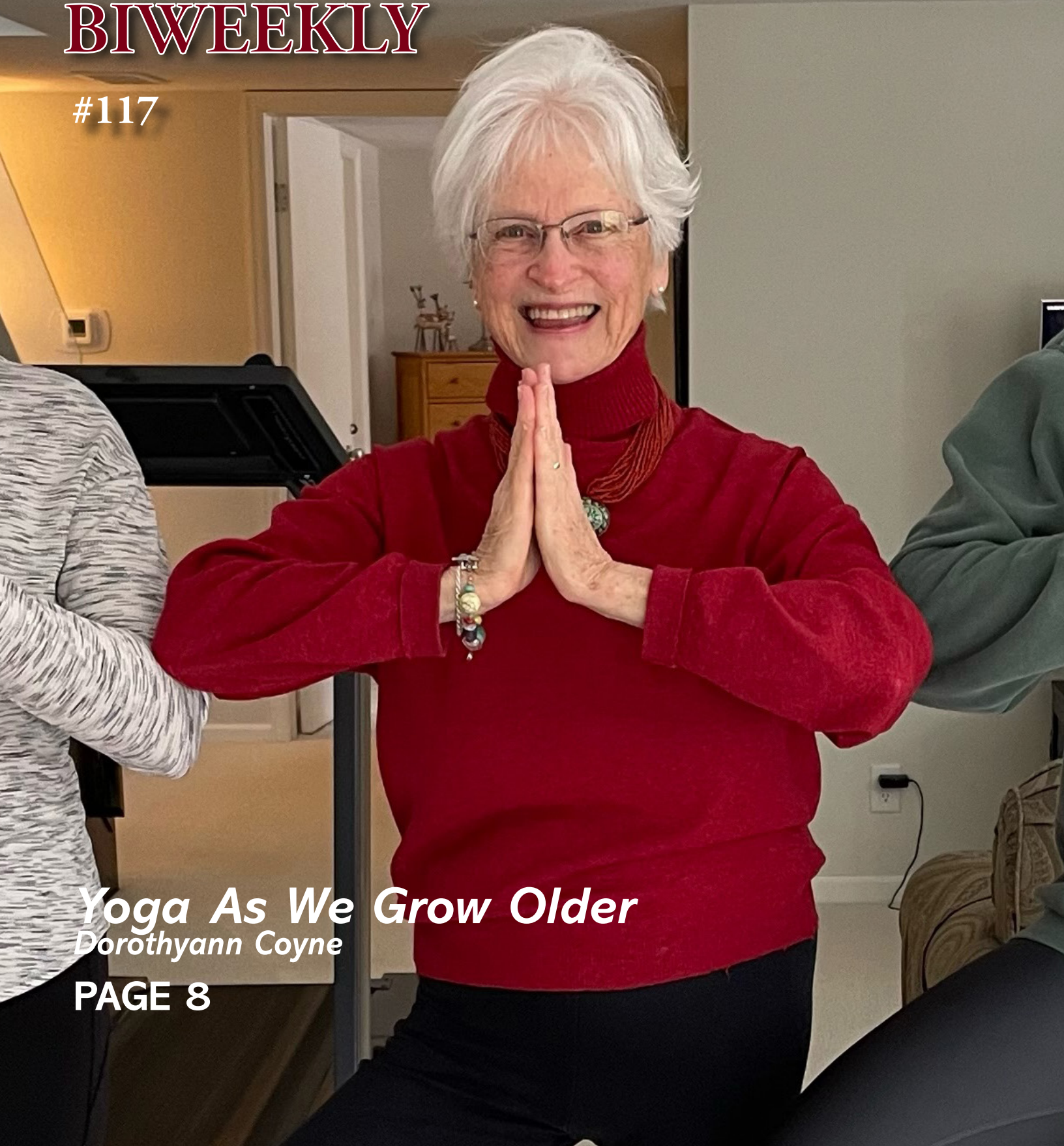


THE  
**CRAZY WISDOM**  
**BIWEEKLY**

#117



*Yoga As We Grow Older*

*Dorothyann Coyne*

**PAGE 8**



# CRAZY WISDOM

COPYRIGHT © CRAZY WISDOM, INC., JULY 21, 2023

Word of the week:

**halcyon**

*adjective*

calm, peaceful, tranquil; happy, blissful, carefree

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

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

Thank you to our contributors for this issue:



- Peggy Alaniz
- Jennifer Carson
- Crysta Coburn
- Clare Coyne
- Dorothyann Coyne
- Fran Mason
- Bill Zirinsky

# Contents

## Issue #117

04

**Ann Arbor Farm and Garden: Flower Therapy and Community Beautification**  
BY PEGGY ALANIZ

06

**Book Of The Week: Yoga: Mastering the Basics**  
BY SANDRA ANDERSON AND ROLF SOLVIK

08

**Yoga As We Grow Older**  
BY FRAN MASON

12

**The Eco-Friendly Wardrobe: Why and How to Make The Shift to Sustainable Fashion**  
BY CRYSTA COBURN

26

**A Last Thought**  
*I Wander'd Lonely As A Cloud*  
BY WILLIAM WORDSWORTH (1770-1850)

*There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the people you love. When you learn to tap this source, you will truly have defeated age.*

*-Sophia Loren (1934-)*

## *What's Happening Around Us*

11

**The Biweekly Community Calendar**  
EVENTS HAPPENING IN OUR AREA

## On the Cover

*Yoga As We Grow Older*  
Dorothyann Coyne





## ANN ARBOR FARM AND GARDEN: FLOWER THERAPY AND COMMUNITY BEAUTIFICATION

By Peggy Alaniz

Do you like playing in the dirt? Maybe you're a bit of a novice when it comes to plants, but you enjoy taking walks in neighborhoods that have been enhanced with beautiful flowers, or even learning more about them from an expert. Do you think of ways that plants and flowers can create beauty in a public place in need of some love and care? What about arranging flowers? Are flowers your go to for a loved one suffering from an illness? Would you like to help students who have a passion for botany or in improving the natural environment? If you answered yes to any of these questions, then read on to learn more about Ann Arbor Farm and Garden, an organization that has been giving back to the community for more than 75 years.

Most people know Ann Arbor Farm and Garden through their annual Garden Walk held annually on the second

weekend of June. Even the current president, Barbara MacKenzie, discovered the organization through the garden walk in 2013. However, she did not think about joining the organization at that time because she wasn't an expert gardener. According to MacKenzie,

"A year or so later [after the 2013 Garden Walk], I attended a class on growing and using herbs at Matthaei Botanical Garden sponsored by Ann Arbor Farm and Garden. Again, I was impressed by their work, but becoming a member didn't seem possible since I wasn't much of a gardener at that point, and I erroneously believed that was a requirement for membership. I finally became a member when I discovered that my neighbor across the street was actually the new president of Ann Arbor Farm and Garden, and she was able to dispel all the misconceptions I had about the organization.

I didn't need to be a master gardener or even a good one—I only needed to be interested in and care about nature."

MacKenzie discovered the organization was about much more than just a walk in nature or digging into various beautifying projects around Washtenaw County. Their roots go back to 1914 and the Woman's National Farm and Garden Association. In 1946 and 1947 the Ann Arbor branch of the Woman's National Farm and Garden Association came into existence, and they have been serving the community ever since. According to their motto, "The mission of Ann Arbor Farm & Garden is to promote and support local gardens, the benefits of horticulture, and community beautification through grant and scholarship awards, related educational programs, and service opportunities." They have fulfilled the terms of their motto by providing informative lectures on gardening that are open to the public, various beautification projects around Washtenaw County, providing grant money to other 501c non-profits to improve horticulture and advance education, as well as providing floral therapy for families with loved ones in local hospitals. Their members range in age from 40 to 100, but they serve all—regardless of age or station.

On the second Thursday of the month from September to May, you can find the members of Ann Arbor Farm and



Garden at the Ann Arbor City Club. Meetings begin at 11:30 a.m. with lunch and the lecture begins at 1 p.m. Meetings are open to the public and the organization posts information about the lecture topic as well as the featured speaker on their website. In November, Ellen Holste who will talk about "American plant hunters" who lived in the 18th and 19th centuries. Plant hunters traveled the world to discover plants that were not known to exist by Americans at the time. The upcoming lecture in March features Naturalist and Master Gardener Carol Gagliardi who will present on native plants in the garden. Then in April, Tandre Farm will be presenting. Some of the previous lecture topics have included the use of herbs in the garden as well as how gardening helps the development of young children.

When spring and summer arrive, Ann Arbor Farm and Garden is always looking for volunteers to play in the dirt at various beautification projects around Washtenaw County. Perhaps you have seen or enjoyed a few of them? The group has contributed funds for the Ypsilanti District Library to build raised garden beds so that people with disabilities can enjoy planting and getting their hands dirty, too. At the Ann Arbor Hands On Museum, they helped with a plant-oriented exhibit. Perhaps you've seen the vegetable gardens at Edible Avalon, Project Grow, or the Washtenaw County Youth Detention Center? The group has planted therapeutic gardens such as the ones that can be found at the Catherine McAuley Health Center or the Glacier Hills Nursing Center, not to mention their many beautification projects for Ann Arbor Hospice,

Cobble Stone Farm, and Habitat for Humanity of Huron Valley. It seems the hands of members have been in the dirt of nearly every corner of Ann Arbor.

In 2022, Ann Arbor Farm and Garden awarded over \$9,400 to local garden projects. They also award an annual scholarship of \$1,500 to a graduate student to support the U-M Biological Station in Pellston. Past award recipients include Tappan Middle School, The University of Michigan Matthaei Botanical Garden, and Nicholas Arboretum. You just can't go anywhere in Washtenaw County without seeing some form of benefit from these enthusiastic gardeners.

The organization doesn't just make outside areas more beautiful and provide garden therapy. They are also known for their flower therapy programs at local hospitals and wellness organizations. Beginning in 1981, their flower therapy program started lifting the spirits of the young patients at U-M Mott's Children's Hospital. Volunteers would come in twice a month to help the children make their own floral creations. Flowers are uplifting. Who doesn't like to see something colorful when stuck in a hospital bed? The activity also provided the children with much needed bonding and community support from other patients, families, and volunteers.

Sadly, the floral therapy program had to be discontinued due to the Covid-19 pandemic. They also had to temporarily discontinue service due to the surge of H1N1 in previous years. According to flower therapist Karen Mikus, "At some point, we hope to return flower therapy to Mott Children's Hospital. We remain in contact with Volunteer Services at Michigan Medicine and will work closely with them to make it possible to once again bring smiles to the faces of the children and families at Mott."

However, the flower therapists were not to be deterred. In 2021, they decided to reorganize. Taking all the necessary



health precautions, volunteers began to deliver bouquets of flowers to places in the community such as The Ronald McDonald House, Alpha House, and Safe House. All the flowers used for these arrangements were donated to them by local florists and businesses throughout the Washtenaw...

*continue reading online...*

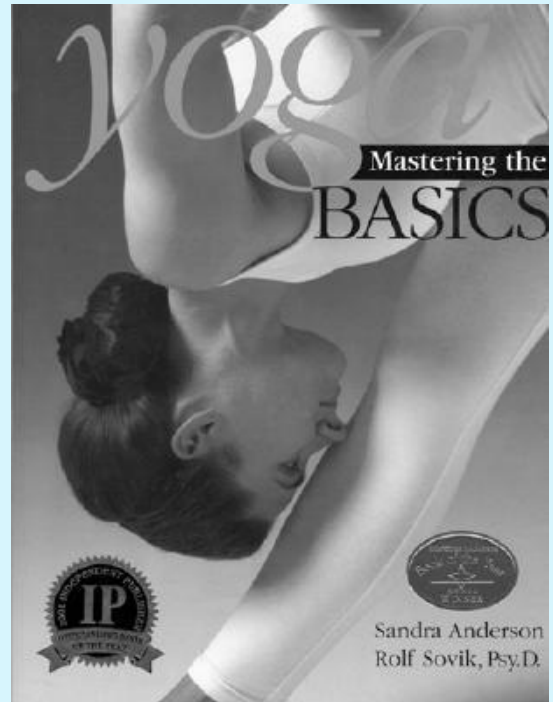
# Book of the Week:

## Yoga: Mastering the Basics

by Sandra Anderson and Rolf Sovik

An intelligently prepared presentation for beginners as well as readers with some yoga experience who want to enhance their practice.

This book covers all aspects of yoga practice including postures, breathing, relaxation, meditation, lifestyle and fundamental philosophy. Provides two illustrated posture sequences and has 420 photographs.



Purchase your copy of  
**YOGA: Mastering the Basics**  
at [shopcrazywisdom.com](http://shopcrazywisdom.com)

Pick  
up  
the  
latest  
issue  
now!

The Crazy Wisdom Community Journal

issue  
83

## \*Features\*

- Gateway Farm
  - Black Men Read
  - Ann Arbor Clothing Company, Job Activewear
  - An Interview with Dr. Craig Stoller
  - Hilary Nichols chats with Maurice Archer and Anne Erlewine
  - Indigo Forest and chronic pain reduction
- ...and more!

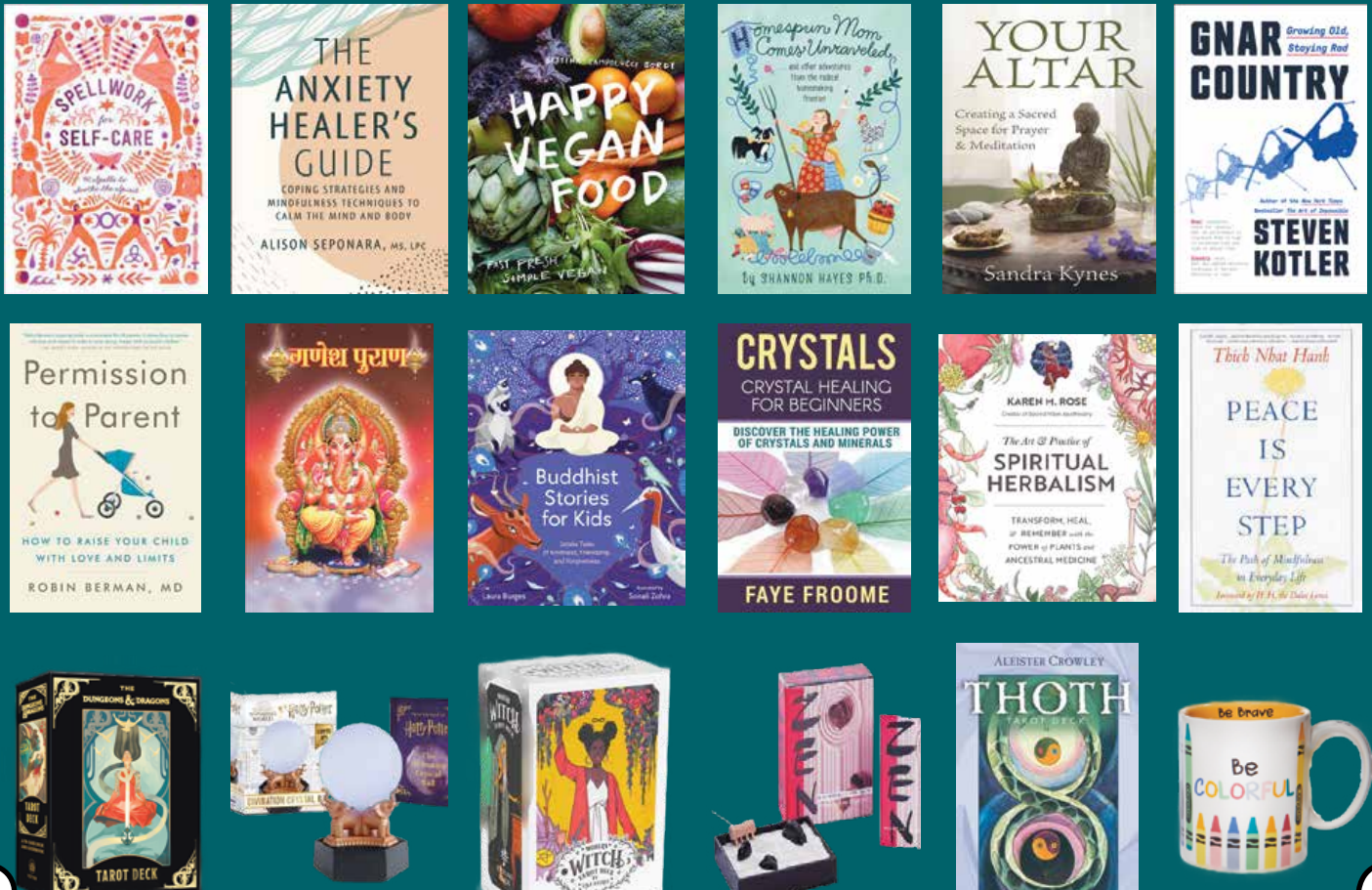
LOOK FOR it AROUND TOWN OR  
have it mailed DIRECTLY TO YOU.

[Click to Subscribe](#)



Books, tarot, games, toys, blank journals, ebooks, audio books & more

Browse the millions of book titles available and thousands of items from gift, game, and sidelines vendors



# YOGA AS WE GROW OLDER

By Fran Mason

*Dorothyann Coyne is an Ann Arbor fixture, having taught yoga in the area for more than 40 years. She was born in New York City, but spent her adult life living elsewhere. Following her husband's academic career, they have lived in Philadelphia, New Orleans, London, Toledo, and Ann Arbor. Dorothyann and her husband raised four children. She's now a great grandmother, and counts 23 young people in her immediate family.*

*Partnering with a friend, she began teaching yoga in her basement for small groups when she moved to Michigan. Upon completing her studies at Kripalu Yoga Center, she became certified as a professional yoga teacher in 1994. Coyne joined the staff of Inward Bound Yoga in Ann Arbor, where she taught for twenty years. After her husband, Bernie, passed away in 2018, she began teaching at the Turner Senior Center, where she'll celebrate her fifth anniversary this fall.*

**CW: Dorothyann, you've got an amazing backstory! Tell us how you got started in yoga?**

I began yoga in 1971 when my husband, Bernie, who was then chair of the Theater Department at the University of Toledo, brought a yoga teacher in for his acting students. Bernie and I met in college and we shared learning adventures. I went over to these yoga classes just for fun and soon found myself offering my early yoga learning with undergraduate actors waiting to go on stage.



Bernie and Dorothyann

From 1985 to 2015, my husband and I lived in Brooklyn, Michigan on a small lake. The children had grown and gone to their own lives and Bernie had taken retirement. During those thirty years we two turned our place (called "Sunnyside") into a learning center. We used futons to create beds all over the house and folks brought their tents. We offered yoga camps, meditation retreats and workshops based on classes Bernie taught in Toledo—The Creative Process was one he was famous for. In fact, it was during one of those latter events that I discovered the teacher in me.

**CW: Tell us more about your book, *Yoga as We Grow Older*. What prompted you to write it?**

I had just begun to teach a course called "Yoga as We Grow Older" for the Turner Senior Center here in Ann Arbor, when I met my doctor, a geriatrician. She suggested (in fact repeated it three times in our first interview) that I should write a book. I imagine that she realized that here was an eighty-year old patient with vim and vigor and the geriatrician in her felt it was good that I told others about my lifestyle (I say this perhaps more gracefully in the beginning of the book).

**CW: During COVID, you and your daughter Clare started something special. Tell us more.**

When the COVID quarantine began, the Turner Center asked me to teach yoga via Zoom. My daughter, Clare, offered to help me. She taught on the Zoom screen from her bedroom in Toledo and I taught from my living room in Ann Arbor. Clare had just fulfilled her certification as a yoga teacher through Kripalu Center in Massachusetts, but the doors to all classrooms were closing because of the pandemic. Our collaboration was an unexpected gift we still enjoy. Clare's two daughters have found yoga in their twenties and when we are all together on holidays, we enjoy a three-generation session of practice.

**CW: We keep hearing that we're in the midst of a mental health crisis. How can yoga and meditation help?**

The classic mind/body yoga lifestyle is a sequence of eight separate, but coordinating, limbs and it's a time-honored way of handling mental health challenges. These practices are described in the 2500 year-old text called "The Yoga Sutras" attributed to Patanjali. This text gives many ways to handle the stresses of daily life:

1) and 2): The first two limbs, the Yamas and the Niyamas, are ethical restraints and observances, each outlines five every-day practices that lead to a clean and healthy moral life. These very practical suggestions provide a lifestyle of ease and peacefulness that are foundational to the practices that follow.

3): The third limb, Asana, refers to the physical poses that the general public recognizes as yoga. These yoga practices benefit the physical health of the body. The stretching of muscles in yoga poses delivers physical strength but also quiets any physical agitation or distress. These poses actually bring the practitioner to a place of stillness, ready to meditate.

4) The fourth limb, Pranayama, is the yoga science of breathing. There are many yoga breath practices that deeply impact the nervous system. Some breath techniques settle the nerves and bring calm. There are also breath practices that enliven the yogi and brings energy and renewed vigor.

5): The fifth limb, Pratyahara, is central to the full practice of yoga. In this tradition, the yogi is advised to pause and pull in the senses and simply withdraw from the outer stimuli of life. Here begins the invisible practice of moving toward the state of calm abiding.

6): The sixth limb, Dharana, teaches the yoga practitioner to become adept at concentrating the mind, bringing awareness inward to a steady focus, such as the breath.

7): The seventh limb, Dhyana, is meditation itself and occurs as the yogi rests in serene awareness of the present moment. The yogi is quietly aware of body sensations, thoughts, feelings or sounds. In a state of effortless effort, the mind quiets and the



practice begins to happen on its own. Scientific studies of meditators indicate that this practice begins to change brain waves, even in a few minutes.

8): Finally, in the eighth limb, Samadhi, the yogi reaches a state described in the literature as “potent calm.” In this aspect of consciousness, the yogi can be aware of body and mind aspects while maintaining a balanced equanimity.

**CW: What yoga/meditation strategies or techniques can people use, when they find themselves distressed or in a distressing situation?**

**A. Stretch.** Check out a yoga class to learn the many powerful postures that have been enjoyed for centuries. Take a few moments every day to enjoy a few moves that will keep the body strong and flexible. As quickly as it takes one to brush their teeth, one can stretch and loosen muscles. Of course, it's the daily-ness of these practices that yields results.

**B. Breathe.** In yoga classes, one learns many yoga breathing techniques. Breath is the central rescue practice of all yoga. Of course, we are breathing all the time, but, when we take charge of our breath, we literally change our nervous system. When a person is excited or agitated, the breath can become shallow and irregular. With long, slow, conscious inhales and exhales we are able to take charge and move from the “fight or flight” breath to the “rest and digest” mode of breathing.

**C. Pause.** That fifth limb of Pratyahara has often been compared to the turtle. When the moment of surprise or challenge comes, she pulls in her legs and head into the safety of that shell. We can also pull into our inner calm and steady awareness whenever and wherever we are. The yogi practices this skill every day and can utilize it whether sitting, standing, walking, or laying down. It is very skillful to “go home” and take some time out during the day. This pause does not have to be long. Scientists tell us the brain is actually changed in less than fifteen minutes. It truly is “the pause that refreshes.”



Dorothyann Coyne (center) with her granddaughters Andrea and Courtney. Daughter Clare is behind the camera (and above right). That's three generations of yogis!

“Yoga means unite.”

Meditation Classes and Practice | Retreats and Workshops  
Events with Spirit

Register for Fall 2023 Programs

Visit our website for a complete list of our programs

Channeling  
Events with Spirit

Remembering Wholeness  
Barbara Brodsky and The Mother

Evenings With Aaron  
Barbara Brodsky and Aaron

Classes  
Serendipity

An Exploration of Spirit  
Dharma & Meditation  
Barbara Brodsky,  
Aaron and John Orr

Shamanic Journeying  
For Guidance and Healing  
Lauren Jubelirer

Workshops

The Joy of Awakening  
Barbara Brodsky  
and Colette Simone

Fall Retreat  
Practice and Q&A  
Barbara Brodsky,  
Aaron and John Orr

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

DeepSpring.org | info@deepspring.org | 734.477.5848

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



Mindfulness Meditation and  
Social Meditation



Sundays 10:00 a.m.  
Tuesdays 7:00 p.m.



hyoogü



https://hyooguh.studio

hyoogü

118 1/2 W. Middle St., Chelsea, MI

Triple Crane Monastery is now



Retreat and workshop space available.

Donations gratefully accepted

Visit our website often to learn about all of our upcoming events, yoga and meditation classes, programs, retreats, and MORE! TripleCraneRetreat.org

Triple Crane Retreat Center is committed to serving a wide, diverse, and supportive community of spiritual seekers and practitioners from our surrounding communities in Southeast Michigan. It is our goal to cultivate a tranquil environment for personal and group retreats, as well as a residential and local commuter classes and programs where spiritual seekers with a desire for authentic spiritual growth can relax, unwind and submerge themselves in spiritual practice.

Work-Exchange and Volunteers Program

Triple Crane is growing it's work exchange program. We are looking for committed and talented individuals to help co-create a thriving practice community. Visit our work-exchange and volunteer programs website page.

TripleCraneRetreat.org | 7665 Werkner Road, Chelsea MI 48118  
Office@TripleCraneRetreat.org | 734.713.6163



# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### A COURSE IN MIRACLES

Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth · May 1 through August 28 · Monday · 6:45 p.m. to 8:45 p.m. · Course study group. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth · May 31 through August 28 · Thursday · Noon to 1:30 p.m. · Course study group. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

### ANIMALS AND PETS

Advanced Animal Communication with Judy Liu Ramsey · Friday, August 4 through Saturday, August 6 · 9 a.m. to 5:00 p.m. · If you have practiced communication with animals after a basic course and want to deepen your experience and to remove blocks to receiving messages, learn to apply your telepathic skills to explore the practical essence of communication with domestic and wild animals, plants, minerals, the elements, and the Earth. \$440. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or, visit [judyr Ramsey.net](http://judyr Ramsey.net)

### ARTS AND CRAFT

INAI Exhibit - Seasons of Beauty with Kathleen Voss, OP, Janet Wright, OP, Mary Jean Dorsey, OP · Monday, May 26 through October 1 · Seasons of Beauty gives us a springtime look at the brilliant digital paintings of Kathleen Voss, OP, beautiful watercolor paintings of Janet Wright, OP and the extraordinary cut-out silhouettes of Mary Jean Dorsey, OP (1914 - 1988). For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

Artists from the Linkage Community, an Alliance of System-Impacted Artists · Open Monday through Friday · August 11 through September 1 · Opening Reception on Friday, August 11, from 6 to 9:00 p.m. · In cooperation with the Flint ARTWALK. Film screening is on August 31 at 7:00 p.m. The exhibition is designed to connect viewer to artist through the wide gamut of their human experiences. FREE. Visitors will see works from familiar artists, including Andy Wynkoop, An ArtsyGuy, RIK, Roger (FREE-Hand) Stephenson, and many others. For more information call Sarah Unrath at (734) 615-5643.

### BOOK DISCUSSION GROUPS

Dine & Discuss Book Announcement, Dinner & Discussion with Matthew Desmond · August 7 · 5:30 to 7:30 p.m. · This fall we will be reading, *Evicted: Poverty and Profit in the American City*, by Matthew Desmond. *Evicted: Poverty and Profit in the American City* is a 2016 non-fiction book set in the poorest areas of Milwaukee, Wisconsin. The book follows eight families struggling to pay rent to their landlords during the financial crisis of 2007–2008. Winner of the Pulitzer Prize and a New York Times Bestseller. Cost: \$15.00 Includes book & dinner. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

### BUDDHISM

Group meditation · Every Wed. All are invited for a group meditation practice and Dharma discussion. Questions are welcome! 7-8:00p.m., Visit: [annarborktc.org](http://annarborktc.org) for more information Free.

Sitting and walking meditation · Saturday mornings. We meet for sitting and walking meditation, followed by informal discussion and tea. Newcomers are always welcome! Held at Bethlehem United Church of Christ. Visit: [karunabuddhistcenter.org](http://karunabuddhistcenter.org) for more information.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche · Sunday, July 23, 30, August 6, 13, 20, 27 · No discussion on July 30 · Online and on-site · 11 a.m. to 1:15 p.m. · Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

Practical Buddhism by Gelek Rinpoche · Tuesdays, July 18, August 1, 8, 15, 22, 29 · Online only · 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. Discussions are not recorded. Each session reviews Gelek Rinpoche's 2012 and early 2013 Sunday talks. FREE / Donations

# The Eco-Friendly Wardrobe: Why And How To Make The Shift To Sustainable Fashion

By Crysta Coburn

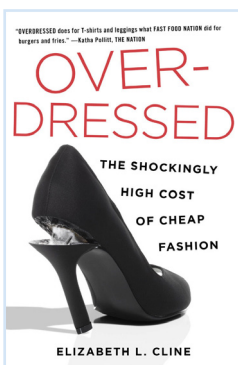
Drought, poverty, worker exploitation. The poisoning of the air, ground water, and soil. These are just a few of the crises facing our world today. We see them everywhere and they seem overwhelming. What can the average person — people like us — do to combat them? We can start with a decision we make every morning: what we choose to wear.

The way Americans view clothing has changed dramatically over the past hundred years. One need only look at the size of the closets of the average home built in the 1940s compared with modern construction to see this. The lack of a walk-in closet is a deal breaker for many homebuyers nowadays, and the popularity of shoe closets is on the rise. An entire closet devoted just to shoes would have been virtually unthinkable to the average American fifty years ago.

*Much of what we buy now is what is known as “fast fashion,” or clothing that is designed and manufactured quickly so that consumers may buy the “current trends” immediately.*

Much of what we buy now is what is known as “fast fashion,” or clothing that is designed and manufactured quickly so that consumers may buy the “current trends” immediately. Fast fashion is cheap — sometimes ridiculously so — allowing even lower income households to keep up. Examples of fast fashion retailers include Wal-Mart, Meijer, Target, Kohl's, and just about every clothing store you will find at shopping malls like Briarwood in Ann Arbor, including H&M (more on them later).

In the book *Overdressed: The Shockingly High Cost of Cheap Fashion* (Portfolio, 2013), author Elizabeth L. Cline points out that “Americans spend more money on eating out in restaurants every year than they do on clothes.” She then postulates: “It’s not that we can’t pay more... we just don’t see any reason to,” adding “with the same or similar products available at so many different stores, we presume whoever offers us the lowest price is being fair and we give them our business.”



So, who is responsible for our addiction to good deals and cheap clothes? We are. Who fuels the fashion industry that exploits workers and cuts corners in order to lower prices of an increasingly inferior product? We do. Every day. With our purchases, we consumers vote on which fabrics we prefer our clothing to be made from, what quality of garment we find acceptable, and at what prices



we are willing to purchase them. Consumers determine the market, not manufacturers. Consumers demanded a cheaper product, and they were answered. At what cost?

Yes, clothing is sold for cheaper prices today than it was fifteen years ago, but it's made so cheaply that the average manufacturer only expects a lifespan of two months for a woman's top. But who cares when that top only cost \$8? What a deal! Michigan's state minimum wage is \$8.15. You can be sure that with prices this low, the countless number of people who helped make that \$8 shirt were not being paid minimum wage.

Looking again at Cline, we learn that “raw materials account for 25 to 50 percent of the cost of producing an item of clothing, while labor ranges from 20 to 40 percent.” This is why very little clothing is made in the United States (Nike shoes, hardly a cheap brand, have never been made here), and why many of the pieces are manufactured by companies that exploit their workers by ignoring labor laws, the minimum wage, and/or requiring their laborers to work incredible hours to meet all-but-impossible production goals. American garment workers who do earn minimum wage make approximately 38 times their Bangladeshi counterparts. In order to keep costs low — as we consumers insist they must — it just makes sense to move operations overseas.

*Tragically, some workers are not being compensated at all for their labor.*

Tragically, some workers are not being compensated at all for their labor. In early 2014, the Target Corporation in particular was under fire from international anti-slavery group Walk Free for using cotton grown in Uzbekistan where citizens are forced by the government to harvest cotton. With zero percent labor cost, the price to consumers drops even lower.

Though workers abroad may be paid less than they would be in the U.S., this does not necessarily mean they are being exploited. After all, it does make some sense to weave fabric from locally grown plants (cotton, bamboo,

and so on). Many smaller clothing companies, in fact, choose to keep their costs down by importing cloth made overseas and assembling their items here because most overseas factories will only take on especially large orders. Regardless of how the company chooses to operate, at every step of the process is the opportunity to treat laborers fairly with adequate breaks and fair pay here in the U.S. and abroad.

Now let's look at the environmental cost to our fast fashion addiction. Those sewing machines aren't conjuring cotton out of thin air, after all. To quote Ecouterre, a website whose "mission is to inform, inspire, and encourage innovation" in the global fashion industry: "To ignore the apparel industry's environmental and social impact would be negligent, not to mention foolhardy." Ecouterre also points out that "\$2 billion of hazardous pesticides are used every year to grow cotton — more than any other agricultural crop." That means more chemicals are being put into our clothing than into our food. Many Americans are worried about the pesticides that show up in our food supply. We wear our clothes countless hours more than we spend eating.

Though many people enjoy the breathability of garments made from natural fiber, the plants these fabrics come from, like cotton, bamboo, and hemp, are quite thirsty! They also tend to get treated with a hefty amount of pesticides. Rayon, another popular clothing material, one that you may find in fair trade stores, comes from wood pulp, and contributes to global deforestation.

In order to avoid issues of water-usage, pesticides, slave labor in the fields, and so on, many sustainable or eco fashion followers prefer to wear garments made of nylon, spandex, acetate, acrylic, and polyester, all of which are durable, man-made products that can be made into a wide variety of textures and tend to hold their colors better than their plant-based counterparts. Greta Eagan, sustainable fashion blogger and author of *Wear No Evil: How to Change the World with Your Wardrobe* (Running Press, 2014), does caution that such fabrics may contain Perfluorinated Compounds, or PFCs, which are cancer-causing and can leech into our ground water and soil, thus it is recommended that these garments be washed at least three times before being worn.



This isn't all as dire as it may sound. There are solutions. Cotton, for example, can be grown organically. Eagan claims that organic and fair trade farming practices can actually reduce the amount of water required to grow cotton by 60 percent. It can also be bought and sold under fair trade conditions. As for rayon, the Canadian forest conservation nonprofit group Canopy has launched Fashion Loved By Forest, which aims to end the fashion industry's involvement in deforestation by asking companies to commit to sustainably sourced fibers rather than sourcing from ancient trees and rain forests.

*So far a number of big names have hopped on board, such as Levi Strauss & Co., Patagonia, and international fast fashion guru H&M.*

So far a number of big names have hopped on board, such as Levi Strauss & Co., Patagonia, and international fast fashion guru H&M.

There's that name again. In case you haven't heard of H&M, they are a multinational retail company based in Sweden that specializes in the newest and coolest clothes. With stores in



55 countries around the globe, H&M is the second largest clothing retailer in the world, and they are known for both their hip styles and reasonable prices. Depending on the style, a pair of women's jeans can be purchased for as little as \$10 and as high as \$50. (Remember, Michigan's minimum wage is \$8.15.\*) *\*now, \$10.10 –editor*

In H&M's case, the company has shown itself to be committed to inexpensive products as well as a more sustainable future. They've already allied themselves with the Fashion Loved By Forest campaign. Recently, they also launched the Garment Collecting program in stores around the world, including right here in Ann Arbor at the Briarwood Mall. Every customer who brings unwanted clothing back to the store to be collected in bins by the registers will receive...

*continue reading online...*



# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### BUDDHISM...CONTINUED

welcome. For more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Dharma talk on unconditional positive regard and how we can cultivate it • August 5.** Learning to accept everybody as they are makes our life much easier while making the world a better place. Led by Lama Nancy at Bethlehem United Church of Christ. Visit: [karunabuddhistcenter.org](http://karunabuddhistcenter.org) for more information.

**Join us as we sing and contemplate songs of the masters together • August 19.** Following the teachings of Khenpo Tsultrim Gyamtso Rinpoche, we will sing in English, without judgment of “good” and “bad” as we try to move beyond an intellectual approach to the Dharma. Held at Bethlehem United Church of Christ. Visit: [karunabuddhistcenter.org](http://karunabuddhistcenter.org) for more information.

**Bring your thoughts and questions about your meditation practice and Dharma study to a group discussion • August 26.** All of us go through doubts and confusion as we progress on our spiritual journeys, and sharing these experiences with others helps us create community and understanding. Held at Bethlehem United Church of Christ. Visit: [karunabuddhistcenter.org](http://karunabuddhistcenter.org) for more information.

**FREE Film & Discussion with Jewel Heart Instructors • Friday, August 11 • 7:00 p.m.** Bring your friends and enjoy a FREE film and discussion about the film. Concessions are also available.

–August 11—*Travelers and Magicians* (2005) A universal tale of a young man with big dreams and no real plans to achieve them, linking how we live our lives and how we imagine our lives should be. Filmed entirely in Bhutan, directed by Khyentse Norbu. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Ullambana Day Service with Ann Arbor Zen Buddhist Temple • Wednesday, August 30 • 11:30 a.m.** Rites and service for the dead to wish them a rightful place among the living and release from suffering in their next rebirth. Prior consultation appointment necessary. FREE. For more information call Zen Buddhist Temple at (734) 761-6520 or email: [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Sunday Services at the Ann Arbor Zen Buddhist Temple • Ongoing • 10 to 11:30 a.m.** Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. For more information call Zen Buddhist Temple at (734) 761-6520 or email: [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Temple Stay/ Visitor's Program and Residential Opportunities with Ann Arbor Zen Buddhist Temple • Ongoing** The Visitor's Program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue one's spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. For more information call Zen Buddhist Temple at (734) 761-6520 or email: [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

### CEREMONIES, CELEBRATIONS, AND RITUALS

**Entering the Healing Ground: The Sacred Work of Grief with Kirsten Mowrey • Saturday, August 26 • 10 a.m. to 4:00 p.m.** Grief finds its way into all our lives through losses great and small. Recent years have given us little time to mourn. Losses, both personal and planetary, batter us daily until our hearts and souls become weary and overburdened. This day-long gathering invites us to share in a time of honoring the losses we hold in our hearts. We will come together and turn our attention to the grief we carry—for ourselves, the loss of those we love, the wider community and our struggling world. Grieving together, we reconnect with the practices of our ancestors, building a temporary village that can hold our grief and loss in human communion. Sliding scale \$40-\$60. Contact Kirsten Mowrey at [greatlakesrituals@gmail.com](mailto:greatlakesrituals@gmail.com).

### CHILDREN AND YOUNG ADULTS

**Camp Jump-In 2023 Intensive Therapy Camp with Jacquelin Kilburn • July 17-28 • 9 a.m.- Noon** Therapy camp benefits children with sensory processing difficulties, learning problems, apraxia, in-coordination, low muscle tone, auditory processing dysfunction, and other neurological delays or disorders. We use the “Frequency, Intensity,

Duration Model" which has been proven highly effective at making large gains in a small amount of time. We require one parent or caregiver for each camper, because the camp becomes a parent training, networking, and support system. We can accommodate eight campers. All camp activities are held outdoors, weather permitting. Activities involve the use of suspended equipment, gross motor activities, fine motor activities, social interaction, brain gym, language, body work, and pool time. Campers new to Jump-In need an evaluation prior to camp. Due to the intensity level, campers must be at least four years old. Program may be covered by health insurance. For more information call (810) 231-9042 or email [Info@jumpinot.com](mailto:Info@jumpinot.com).

**Summer Peace Camp with Ann Arbor Zen Buddhist Temple** · Friday, July 28 through Friday, August 4 · Tent camping for families and children of all ages, by the lake and in the forest, close to Ann Arbor. Peace camp programs focus on learning about peace and happiness from the Buddhist perspective of the interrelationship of all things. Activities emphasize fun, mindfulness, cooperation, and appreciation for animals and plants while seeking to balance structure and spontaneity. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Parenting, Teaching, Coaching, and Working with Indigos with Karen Greenberg** · Sunday, August 27 · 9 a.m. to Noon · Your Indigo child is a genius! What worked with earlier generations, simply doesn't work and can even be counterproductive and self-defeating. Indigos, parents, teachers, coaches, employers, and employees: learn how to discover, understand, encourage, support, nurture this genius, novel patterns of bonding, how emotional needs differ from those born previously, mate agreements, social difficulties, organization, hyperactivity, and alternative strategies to drugs, how Indigos learn differently, and mirror unresolved family issues (private individual/family sessions available, too). \$77. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clairascension.com](http://clairascension.com).

## CLASSES AND WORKSHIPS

**Learn how to turn your crystals into wearable pieces of healing art** · July 22. In this class, we will focus on beginner-friendly basic wire-wrapping. We will identify our materials and tools, and learn how to use them safely. We will then learn 2 different wire-wrapping techniques, including how to make a bail for the wrapped crystal to slide onto a necklace. All materials included ~ NO EXPERIENCE NECESSARY! Cost: \$40 ~ Includes 2 make-and-take crystal pendants: One raw and one polished (tumbled). Pre-registration encouraged to save your spot! Space limited. Visit: [enlightenedsoulcenter.com/beginner-crystal-wire-wrapping-class](http://enlightenedsoulcenter.com/beginner-crystal-wire-wrapping-class) for more information

**Monthly Group Sound Bath with Rev. Amy Feger, Shaman & Reiki Master** · Sunday, July 30 · 4:00–5:30pm · Sunday Aug. 27 · 4:00–5:30 pm · Uplift and renew through a group

sound bath! An experienced sound healing teacher at Irene's Myomassology Institute in Southfield, Amy Feger applies her unique techniques in sound healing to the group experience. Suggested donation: \$15 at the door. Contact Amy Feger at (734) 210-1312 or [sacredwhisperteachings@gmail.com](mailto:sacredwhisperteachings@gmail.com) Enlightened Soul Center

**Ann Arbor, MI 48108 Reiki I training** • Sunday July 30, 12:00–2:00pm; Sunday August 27, 12:00–2:00 p.m. Have you been looking for a Reiki share group so you can practice what you've learned? Let's get those cobwebs gone, and start sending that Reiki energy again. Even if you were attuned years ago and haven't used it, the Reiki energy is STILL THERE! It can benefit others as well as you, as you send it through you and out. Questions and more information: Contact Jenny at [reikitherapy@sbcglobal.net](mailto:reikitherapy@sbcglobal.net) or 734-478-0866.

**Beyond the Veil Mediumship** • 6 Thursdays: June 15–July 20 • 6:30–8:30 pm • Mediumship is the ability to connect and communicate with loved ones who are in spirit. Develop your mediumship abilities with this 6 part class series. Topics: Types of mediumship experiences and the types of information that comes through; Developing and strengthening your mediumship connection and abilities; Recognizing your communication language and interpreting the messages; Evidential information ~ "proof" and identifying information about the departed. Guided meditations and practice mediumship sessions. Cost: \$200 ~ Payment Plans Available. SPECIAL! Pay in Full by 6/15: \$180. [www.enlightenedsoulcenter.com/beyond-the-veil-mediumship](http://www.enlightenedsoulcenter.com/beyond-the-veil-mediumship)

**Level 1 Intuition Development Class** • June 6–August 2, 2023, 6:30–9:00 p.m. • EVERYONE has intuition! It's our birthright, our internal GPS, our 6th sense that uses the other five senses — plus dreams, synchronicities, and other means to communicate with us. It's more than just predicting the future; in fact, that is only ONE aspect of intuition. Whether you were a psychic child, are having visions or hearing things now, or are just curious and wanting to explore, NOW is the time to decode the messages and learn what you can do! For more information contact Lori at [ZSourceConnection.com](http://ZSourceConnection.com) or visit [enlightenedsoulcenter.com/intuitive-healing-for-self-care-classes](http://enlightenedsoulcenter.com/intuitive-healing-for-self-care-classes)

**Drop-in Tarot Study Group** • Every Sunday 6:30-8:00 pm. • This is a drop-in group of Tarot enthusiasts that meets once a week, facilitated by Nicholas O'Donnell, using the Rider-Waite Tarot Deck. The meetings consist of focused open Tarot discussion, Tarot meditations, Tarot theory and theosophy, Tarot reading, Tarot history, Tarot symbolism, etc. Deepen Tarot understanding and build a local Tarot community. After questions, a 25-minute mindfulness meditation that is focused on the Tarot will conclude the formal meeting. Minimum donation: \$10 (Cash, credit, electronic). Contact Nick: [nicksvictorygardens@gmail.com](mailto:nicksvictorygardens@gmail.com) or call/text (734) 299-6472. Enlightened Soul Center: [enlightenedsoulcenter.com](http://enlightenedsoulcenter.com)

# Who are We?

Deepening our understanding of life.



The Awakening Reflection Booklet Series speaks to the personal, communal awakening that life, for 13.8 billion years, has been calling us to embrace.

*Intrigued?* Click for more information.



**Adrian Dominican Sisters**

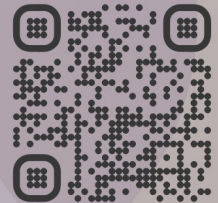
# Ellen Craine

JD, LMSW-Clinical &  
Macro, ACSW, INHC

Social Work Ethics Consultant,  
Grief Specialist, and Trainer

#1 International Best Selling Author

Scan QR Code to visit  
crainecounseling.com



(248) 539-3850

ellen@crainecounseling.com

**Get Unstuck.  
Be Unstoppable.**

# Soar!

Live from the **HEART** of what really matters. **RECLAIM** a rich, meaningful life. **LOVE** who you are as you do it!



**Enjoy a Complimentary Session!**  
734-717-7532

LifeEmpowermentCoaching.com  
Life, Relationship & Couples Coaching  
Maria@LifeEmpowermentCoaching.com  
1785 W. Stadium Ste 104 | Ann Arbor, MI 48103

## HEART TO HEART ANIMAL COMMUNICATION



*Compassionate Care For Your Animal Friends*

- Interspecies counseling
- Support for life changes
- Support for trauma, grief, and adoption
- Animal communication classes
- Shamanic animal healing



*Judy Liu Ramsey*

Consultant

For information  
or appointment,  
contact:  
info@judynamsey.net

<https://JudyRamsey.net>





# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### CLASSES AND WORKSHOPS...CONTINUED

**Natural Building & Sustainable Skills Program at Strawbale Studio • July 2 - July 28 •** Live at Strawbale Studio and experience a variety of natural building skills through classes and hands-on training: foundation, round pole framing, thatched and living roof, strawbale walls, earth plaster and cob. \$1250 / \$950 if registered two weeks in advance. All classes, training, enrichment, plus room and board included. Some ½ pay work trade available. For more information: [strawbalestudio.org](http://strawbalestudio.org).

**Learning Tour at Strawbale Studio with Deanne Bednar • August 6 • 9:30 a.m. to Noon •** Tour the enchanting structures with thatched & living roofs, Earth Oven, Rocket Stove & Rumford Fireplace! See “Strawbale Studio”, “Hobbit Sauna” & “Middle Earth.” On lovely rural land one hour north of Detroit. Questions invited! Each tour has a workshop scheduled for the afternoon. \$20. For more information: [strawbalestudio.org](http://strawbalestudio.org).

**Strawbale Studio Work Trade/Sustainable Skills Program with Deanne Bednar • Four Week Program • August 1 through August 28 •** Strawbale Studio Work/Skill Program. Enjoy this enriching experience of living on the land at Strawbale Studio! Help create and maintain Strawbale Studio buildings and grounds while learning many sustainable living skills along the way! Two hands-on classes taught each week, such as spoon carving, lashing, foraging, and wood splitting. Includes Room, board, and sustainable skills in exchange for 25 hours infrastructure work trade, half of which will be natural building-related activities. For more information visit [strawbalestudio.org](http://strawbalestudio.org).

### DEATH AND DYING

**Death Café via Zoom with Rev. Annie Kopko • First Tuesday of the month • 6:30 p.m. to 8:00 p.m. •** Open discussion of death and dying. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Ann Arbor Death Cafe via Zoom with Rachel Briggs • August 19 • 10:30 a.m. - Noon •** Please join us in an open, respectful, confidential (virtual) space for an agenda free discussion on all things life and death. People of all ages, experiences and needs gather to talk about all aspects of death. Bring your heart and curiosity. Everyone is welcome. We meet via zoom the third Saturday of each month. Learn more about worldwide Death Cafes at [deathcafe.com](http://deathcafe.com).

**End-of-Life Doula Training with Patty Brennan • Saturday and Sunday, July 29 & 30 • 10 a.m. to 4:00 p.m. •** Online professional training with Patty Brennan to become a certified end-of-life doula (EOLD) through Lifespan Doulas. Hybrid program includes 50 hours of self-paced study plus a live, interactive workshop on Zoom. Course prepares you to support family and friends on their final journey, seek employment as an EOLD, enhance your support efforts as a hospice volunteer, or open an income-generating community-based doula practice. \$697.00. For more information contact Patty Brennan at (734) 663 -1523, email [patty@lifespandoulas.com](mailto:patty@lifespandoulas.com), or visit [lifespandoulas.com/end-of-life-doula-training](http://lifespandoulas.com/end-of-life-doula-training).

### ENERGY AND HEALING

**Weekly Word for Healing & Ascension with Eve Wilson, UCM Master Healer • Friday •** What’s new in personal and planetary healing and ascension, support for your journey including practical and spiritual tools, insights, visions, and finding hope, trust, and joy through the process. This international award-winning blog is cutting edge and timely. Eve Wilson is a leader in World Healing and Ascension. FREE. Visit [spiritualhealers.com](http://spiritualhealers.com) to sign up for weekly links.

**Healing Through the Akashic Records Practitioner Certification with Shellie Powers • July 29-30 -or- August 12-13 -or- 19-20 • \$500.** For more information call 734-926-8423, email [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/eventsor](http://powers365.com/eventsor).

### FAIRS AND FESTIVALS

**Community Chalice with Evenstar’s Chalice • July 30, August 26 • Noon to 5:00 p.m. •** “Community Chalice” is a monthly gathering where we learn, play, do ceremony, and grow together in community! Each month will have a theme. July’s theme is “Plant Magic / Plant Medicine” and August’s theme is “Tarot.” For more information visit [EvenstarsChalice.com/Happenings](http://EvenstarsChalice.com/Happenings) or email Mara at [mara@evenstarschalice.com](mailto:mara@evenstarschalice.com).

**Enlightened Soul 2-Day Psychic Fair • 1st & 3rd weekends: Aug. 5-6, Aug. 19-20 • Saturdays: 11a.m. to 6 p.m. Sundays: Noon to 5 p.m. •** Join us for TWO DAYS of high vibrations at the Enlightened Soul Center & Shop at our twice-monthly ESC Psychic Fairs. Admission: \$5 Sat./\$3 Sun. = FREE gifts, snacks, and parking Readings & Energy work:



# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### FAIRS AND FESTIVALS...CONTINUED

\$2/minute (minimums vary). Contact Amy Garber, 734-358-0218, email [amy@enlightenedsoulcenter.com](mailto:amy@enlightenedsoulcenter.com), or visit [enlightenedsoulcenter.com/enlightened-soul-psyche-fair](http://enlightenedsoulcenter.com/enlightened-soul-psyche-fair).

**Holler Fest with the King Family at Frog Holler Farm** · Friday, August 25 through Sunday, August 27 · Begins Friday at 2:00 p.m. through 8:00 p.m. on Sunday · A family-friendly farm festival featuring over 60 top local music artists on four stages with guided nature walks, yoga and movement workshops, local food vendors, and kid's activities throughout the weekend. FREE camping. Check [hollerfest.com](http://hollerfest.com) For more information follow Holler Fest on Facebook and Instagram or email [kings@hollerfest.com](mailto:kings@hollerfest.com).

**ESC Holistic Psychic Fairs** • Saturday, drop in 12:00am-6:00 pm; Sunday, drop in 12:00-5:00pm. Join us for TWO DAYS of high vibrations at the Enlightened Soul Center & Explore a variety of readings, energy healing, & metaphysical shopping at one time, under one roof! Psychics~Mediums~Tarot~Energy; Healers~Crystals~Shopping, plus crystals & stones, gemstone jewelry, malas & spiritual items, tools for energy grounding & protection. Admission: \$5 Sat./\$3 Sun. = FREE gift, FREE snacks, FREE parking. Readings & Energy Work: \$2/minute (minimums vary). Cash, credit/debit, & electronic payments accepted. Visit: [enlightenedsoulcenter.com/enlightened-soul-psyche-fair](http://enlightenedsoulcenter.com/enlightened-soul-psyche-fair)

### HEALTH AND WELLNESS

**Sound bath meditation** • August 4. Rob Meyer-Kukan and Daniel Dinay. 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. Visit: <https://www.facebook.com/events/940771530418698/> for more information.

**Somatic Activated Healing, aka the SAH Method** • August 12 • 10:30 am. SAH is dynamic and multi-faceted approach to healing and wellness. Experience the present moment through our bodies and release any emotions or stories that we might be hanging onto. There will be one hour of breath work, meditations, specific movement sequences paired with positive affirmations, and freeform dance. We work from the "bottom up" meaning that we use the body as the entry point to healing and don't engage with the stories in the mind. Visit: <https://www.handstamp.com/event/somatic-activated-healing-kp9nhkvs>

**Get away and meditate** • August 18. You are invited to join Rob at 7 Notes Natural Health for a 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 will be provided. Visit: <https://www.facebook.com/events/742264377412023/> for more information.

**Sound bath meditation** • August 26. Join Rob Meyer-Kukan for this sound bath meditation in the creative space of the Plymouth Artist Collective at the PARC in downtown Plymouth, Michigan. In this time of sound bath, Rob will play metal and crystal singing bowls, with drums, chimes, and more washing you with sounds intended to bring calming vibrations to reduce stress and ease tension. Visit: <https://www.facebook.com/events/563978109207641/> for more information.

**Sound bath meditation and gallery reading** • September 8. Join Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandoost-Gauthier for sound bath meditation and 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. Visit: <https://www.facebook.com/events/651129456563076/> for more information

**Whitepine Studios and Ann Arbor's 7 Notes collaboration** • September 9. Join Whitepine Studios and Ann Arbor's 7 Notes Natural Health, for our seventh collaboration. As you paint and listen to the soothing sounds of the singing bowls, your muscles will lose tension, breathing and heart rates will slow down as the body begins to receive the waves of vibration and the meditative benefits of art. No art experience necessary. Investment: \$50. Register for the event by clicking here: [whitepinestudios.corsizio.com/](http://whitepinestudios.corsizio.com/)

**Sound bath meditation** • September 22 • 7:00 pm. Join Rob Meyer-Kukan at the Plymouth Artist Collective at the PARC in downtown Plymouth, Michigan. Rob will play metal and crystal singing bowls, with drums, chimes, and more washing you with sounds intended to bring calming vibrations to reduce stress and ease tension. Bring a yoga mat, blanket and any additional supports (pillows, bolster, eye pillow, etc). Please note, the studio floor is concrete and we are unable to provide yoga mats and blankets for this event. Investment: \$40 Advanced registration required. Register here: <https://forms.gle/2HTYmQky798CXC9P7>. Visit: <https://www.facebook.com/events/969959987752792/>



# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



**Labyrinth Walk to celebrate Autumnal Equinox • September 23 • 12:30pm.** Join Rob Meyer-Kukan at Webster United Church of Christ in Dexter for a labyrinth walk to celebrate the Autumnal Equinox. Enjoy 30 minutes of relaxing and soothing tones of singing bowls on the labyrinth. We begin at 12:30 pm with singing bowls and a walk for gratitude will follow. This is a donation based event to support programs at the Labyrinth. PLEASE NOTE - the Webster Fall Festival is taking place the same day, so please plan to enjoy the offerings at the church and the grounds across the road from the labyrinth. Parking for this event can be found on the grassy area in front of the labyrinth or along Farrell Road. Register here: <https://forms.gle/XztgsP1KXxRWCM2n8>. Visit: <https://www.facebook.com/events/536857955300901>

**Self defense class for female-identified people.** Great for individuals or parent + teen. Empowering and inspiring. Not scare-mongering. Visit: [nestandnurture.org](http://nestandnurture.org)

### INTUITIVE AND PSYCHIC DEVELOPMENT

**Psychic Psychology Women's Group - Teleconference with John Friedlander • Thursday and Friday, July 20 and 21 • 7 to 9:00 p.m. • Saturday and Sunday July 22 and 23 • 10 a.m. to Noon and 2 to 4:00 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 Gilbert Choudury at [gchoud@yahoo.com](mailto:gchoud@yahoo.com) or visit [psychicpsychology.org](http://psychicpsychology.org).

### MASSAGE

**Infant Massage with Irene's Myomassology Institute • Saturday, August 26 • 9 a.m. to 1:00 p.m.** • Students are taught how infant massage can enhance development and well-being of babies. Techniques included are for infants up to one year old. Students are asked to have a friend or family member bring a baby to class. If a student wants to work with their own baby, another care-giver will need to bring the infant to class. You will also need a sheet, doll or stuffed animal large enough to practice techniques. \$88. For more information call (248) 350-1400 or visit [irenes.edu](http://irenes.edu).

### MEDITATION

**Introduction to Mindfulness 4-Week Online Series • July 13 - Aug 3, 7:45-9:00 p.m.** • Are you interested in learning

what mindfulness is and how it can benefit you? Perhaps you are hesitant to commit to a longer program or want to refresh your mindfulness practice. If so, this introductory 4-Week Online Series may be right for you.

**Healing and Compassion Meditations with Hartmut Sagolla • Mondays, August 7, 14, 21, 28 • Online only • Noon to 1:00 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. Visit: Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**FREE open meditation with Jewel Heart Instructors • Thursdays, August 3, 10, 17, 24, 31 • On-site only 6 to 6:45 p.m.** • Facilitators offer lightly guided concentration meditation sessions for all levels of experience. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**White Tara Guided Healing Meditation with Jewel Heart Instructors • Sundays, July 23, August 6, 13, 20, 27 • No event on July 30 • Online and on-site • 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. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Peace Generator via Zoom with Interfaith Center for Spiritual Growth • Friday, July 21, August 18 • 7 to 9:00 p.m.** • Manifest peace for the planet. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Every Saturday morning, we meet for sitting and walking meditation,** followed by informal discussion and tea. Newcomers are always welcome! Held at Bethlehem United Church of Christ. FREE. For more information contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org) or visit: [karunabuddhistcenter.org](http://karunabuddhistcenter.org).



# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### MEDITATION...CONTINUED

**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. FREE. For more information contact Pat a (734) 678-7549, email [aaktc@yahoo.com](mailto:aaktc@yahoo.com) or visit [annarborktc.org](http://annarborktc.org).

**Dharma Study and Practice Workshop with Lama Nancy Burks • Saturday, July 22 • 12-1 p.m.** • Bring your questions about meditation practice, thoughts about your Dharma study, and responses to the teachings to a group discussion led by senior students. All of us go through doubts, confusion, and stuck places as we progress on our spiritual journeys, and sharing these experiences with others helps us create community as well as understanding. Held at Bethlehem United Church of Christ. FREE. For more information contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org) or visit: [karunabuddhistcenter.org](http://karunabuddhistcenter.org)

**Myriad of Meditations with Karen Greenberg • Sunday, July 23, 30, August 6, 13, 20 • 10 a.m. to 12:30 p.m.** • Seven classes in the series. Meditation is an essential component to spiritual evolution. Learn myriad of meditation techniques, to discover which resonate for you. Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, Biblical figures, spiritual beings, higher self, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees. Cost: \$25 per class. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Meditation Getaway with Rob Meyer-Kukan • Saturday, August 19 • 9 a.m. to 5:00 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. Registraton required. \$125. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Weekly Silent Meditation Practice with Celeste Zygmont via Zoom • Sundays, 11 a.m. to Noon • Tuesday, 9 to 9:30 a.m.** • We will have a brief period of chanting, then

mute ourselves, and begin silent vipassana meditation. After the hour 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 if someone so chooses. Donation. For more information email [om@deepspring.org](mailto:om@deepspring.org).

**Sunday morning meditation with Insight Meditation Ann Arbor • Sundays • 10 to 11:15 a.m.** • Join us for a silent 45-minute meditation, followed by a talk or sharing. A chance to be in community and practice together. Donations appreciated. For more information visit [insightmeditationannarbor.org](http://insightmeditationannarbor.org).

**Still Mountain Buddhist Meditation Center Sunday Morning Sitting with Kenneth Morley • Sundays • 10 a.m. to 11:30 a.m.** • Our weekly meditation and sharing is open to the public. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing related to the Dharma. Zoom option is available. FREE. For more information contact Ken Morley at [kenwmorley@yahoo.com](mailto:kenwmorley@yahoo.com).

### MOVEMENT AND DANCE

**First Friday Dances of Universal Peace with Judith L. Trautman • Friday, August 4 • 6:00 p.m.** • We meet on Zoom. By donation if in person—we are in transition. People on our list receive updates. To be on the list, or for more information email Judy Lee Trautman at [jltrautman@sbcglobal.net](mailto:jltrautman@sbcglobal.net).

### MUSIC, SOUND, AND VOICE

**Sound Bath Meditation with Rob Meyer-Kukan • Friday, August 4 • 7 - 8:30 p.m.** • Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, 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. \$40. Registration required. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Singing for Comfort, In Person & Zoom Interfaith Center for Spiritual Growth • Thursday, August 10 • 7 to 8:30 p.m.** • Singing for comfort FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).  
**Folk Song Jam Along with Lori Fithian and Jean Chorazyczewski at Ann Arbor Library Branches • Wednesday, August 1 • 6:00 p.m.** • Folk Song Jam Along: Bring your voices and/or acoustic instruments for some all-

ages community music-making, just for FUN! Beginners most welcome! Guitar, Ukulele, harmonica, kazoo... even tuba! For more information contact Lori Fithian at (734) 426-7818 or email lorifithian@mac.com. Join us July 5—Malletts Creek Branch. Tuesday, August 1—Westgate Branch.

## PERSONAL GROWTH

**Cohousing Tours with Cohousing Residents · Sunday, July 23, 30, August 6, 13, 20, 27 · 2 to 4:00 p.m.** · Explore Ann Arbor's intentional communities, Sunward, Great Oak, and Touchstone Cohousing. We are self-governing condo communities built around shared values of connecting, sustainability, and consideration for differences. We are a community of friends who work, share, learn, grow and play together. Our neighborhood is a comfortable space that supports both individual expression and shared experiences. For more information call (734) 274-9110, or email Tours@Touchstonecohousing.org.

**Finding Your Ground: A Personal Growth Group for Women with Jessica Ryder and Rachel Eggherman · Wednesday, July 26 · 6 to 8:00 p.m.** · Summer Series Nourishing the physical, emotional, and spiritual roots that allow us to blossom in human form. Join us for guided explorations and practices of deep listening – to ourselves and each other. Seeing beyond the fog of judgement we naturally align more fully with our true nature, finding greater ease of being and the ability to live in heart-centered belonging. Cost: \$150. Some scholarships available. Limited to six participants. Open to adults who identify as women, independent of sex assigned at birth. Contact Jessica or Rachel to set up a FREE 20-minute consultation. Contact Jessica: jessica@jessicaryder.net, or Rachel: tellrachel123@gmail.com. Visit [celebratedheart.com](http://celebratedheart.com)

## REIKI

**Reiki Retreat. · September 15th & 16th** · Join us for a three day transformative, in-person retreat to become Reiki Certified and connect with a group of like-minded people in a quiet private nature venue. This retreat will prepare you to start your Reiki healing journey through our workshops, placements and hands-on practice. You will learn how to empower your daily life and gain the knowledge to effectively help yourself and others. This retreat will encompass Holy Fire 3™ Reiki 1 & 2, self-care/love, balancing morning yoga & meditation, breathwork, ceremonial circles, sacred sound healing, energy healing with essential oils and learning the use of other healing modalities in your Reiki practice. During your stay you will enjoy delicious nourishing meal options. If this resonates we invite you to join us on for a weekend reiki certification training by passionate Holy Fire 3 Reiki Masters at the Earth Well Retreat Center and Nature Sanctuary Home, Manchester, Michigan. For more information visit: [earthwellretreat.com](http://earthwellretreat.com)

## RETREATS

**Three-Day SW Lake Michigan Holistic Yoga and Meditation Retreat with Ema Stefanova E-RYT500, C-IAYT · Friday 5 p.m. through Sunday 11 a.m. · July 21-23, August 11-**

**13 or 25-27** · Our small group retreats are held minutes away from sandy Lake Michigan beaches at the Vivekananda Retreat Center. Vegetarian meals, accommodations in double rooms with shared bathrooms in cottages, and daily group classes are included. Our retreats work well for solo travelers, women, and men. The Center sits on 110 acres of beautiful non-farming land with a meditation Shrine Trail on it, huge indoor spaces, and a private patio that provide plenty of space for practice, solitude, and safe distancing. Cost: \$559/\$529. Reserve your seat early. For more information email EmmaStefanova@cs.com.

**A Retreat on the Mystics with Thomas Berry and Caryl Houselander · Sunday, July 23 through Wednesday, July 26 · 11 a.m.** · The lives and works of two contemporary mystics, Thomas Berry and Caryl Houselander, will be explored and discussed. Commuter \$180; Double Occupancy \$280 each; Single Occupancy: \$380 (meals included). For more information call Weber Center at (517) 266-400 or visit [webercenter.org](http://webercenter.org).

**Mini Wellness Retreats at The Yoga Room with Christy DeBurton, RYT · 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 three friends and schedule your own bespoke mini retreat! For more information email info@christydeburton.com or visit [christydeburton.com](http://christydeburton.com).

## SHAMANISM

**Ancestors & Descendants with Connie Lee Eiland · August 12 & 13 · Saturday 10 a.m. to 6 p.m., Sunday 10 a.m. to 4 p.m.** · This class investigates our connections to the ancestors and descendants in ways that impact them and us. This class includes journeys, healing, sacred art--mask making and decorating a staff, and ceremony. Introduction to Journeying and Cycles of Life are prerequisites. \$200 until July 22, \$230 after. For more information call Connie Lee Eiland at (248) 809-3230, email clshebear7@gmail.com, or visit [shewolfshaman.com](http://shewolfshaman.com).

**Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey · August 26 & 27 · 9 a.m. to 3:00 p.m.** · The shamanic journey is an easy and powerful tool we can use to access spiritual information. 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. Meet a compassionate spirit or power animal who is coming forward to help you at this time in your life. This class is a prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. \$150 per person/\$75 for repeat students. For more information email info@judyr Ramsey.net or visit [JudyRamsey.net](http://JudyRamsey.net).

**Journeying Circle with Judy Liu Ramsey · First and Third Thursdays · 7 to 8:30 p.m.** · If you know how to do shamanic journeying, please join us to explore the gift and healing of different states of the human condition in a

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

## Ann Arbor:

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

## Ypsilanti:

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

## Plymouth, Livonia & Canton

Earth Lore  
Yoga Practice Center  
Zerbos

## Saline:

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

## Chelsea and Dexter:

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

## Jackson & Lenawee County:

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



# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### SHAMANISM...CONTINUED

friendly, nurturing, and supportive environment. \$25- \$40. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

### SPIRITUAL DEVELOPMENT

**Sunday Services via Zoom with Interfaith Center for Spiritual Growth** · Sundays through August 27 · 10:45 a.m. to 12:15 p.m. · Sunday celebration. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Sufi Chanting Meditation and Discussion on Zoom with Interfaith Center for Spiritual Growth** · Tuesdays through August 29 · 7 to 8:00 p.m. · An exploration of Sufism. \$5-10 per class. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Akashic Records Practitioner Certification with Shellie Powers** · August 5-6, or 14-15-16 · This class certifies you with Linda Howe's Center for Akashic Studies. \$360 For more information contact contact 734-926-8423, [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/events](http://powers365.com/events).

**Advanced Akashic Records Practitioner Certification with Shellie Powers** · July 22-23, or August 26-27 · \$430 · This advanced class certifies you with Linda Howe's Center for Akashic Studies. For more information contact 734-926-8423, [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/events](http://powers365.com/events).

**Art as Spiritual Practice: The Art of Shamanism with Rocky Rains** · August 5, 12, 19 · 1 to 4:00 p.m. · "The truest expression of any thought is the art which it inspires." In these workshops we shall be making a Shamans drum, rattle, and spirit bag, and learning the spiritual power behind them. \$350. For more information contact Rocky Shadowbear Rains at (734) 799-7502, or email [rainsrocky4@gmail.com](mailto:rainsrocky4@gmail.com).

**Be Still and Know Silent Retreat with Swami Sankarananda** · August 18-25 · Beginning at 5:00 p.m. · Deepen and uplift your experience of Life through silence, meditation, chanting, yoga asana and introspection. The retreat is guided by Swami Sankarananda in accordance with the holistic Sivananda Yoga Vedanta tradition. The program is specifically developed to aid participants in their evolution from fear to fearlessness, from discord to Harmony, and from pieces to Peace. This retreat is both a weekend and a weeklong retreat. We've been offering the weekend Be Still and Know retreats for six years. You can join this either for the weekend, and complete the retreat on Sunday afternoon, or continue

for the full week. For more information contact Song of the Morning Yoga Retreat at (989) 983-4107, email [office@songoftthemorning.org](mailto:office@songoftthemorning.org), or visit [songoftthemorning.org](http://songoftthemorning.org).

**Catholic Social Teaching: Continuity, Change, and Relevance with Barbara Wall, Ph.D** · Saturday, August 19 · 9:30 a.m. to 3:30 p.m. · An exploration of perduring themes in Catholic social teaching such as the sanctity of all creation, the common good, human rights, and the appropriate uses of power. \$45.00 Lunch included. For more information call Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

### STRESS MANAGEMENT

**Stop Sabotaging Your Self-Care with Christy DeBurton, RYT** · Self-Paced · In this compact but powerful self-paced course you'll find effective tips and tools to honor your feelings, set boundaries, and thrive in the face of life's challenges. Get at the root causes of your self-sabotaging habits. Learn to set healthy boundaries--without the guilt. Banish burn-out, overwhelm and resentment. Get inspired to eat healthy, sleep well + live better in your body. \$79. For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

### TAI CHI, MARTIAL ARTS, AND SELF-DEFENSE

**Yang and Chen - Qigong and Tai Chi with Karla Groesbeck** · Ongoing · Classes available in 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. Zhan Zhuang. Staff, Bang, Ruler, Push Hands/Tuishou. Low fee, FREE for seniors. For more information call (734) 276-3059, email [info@taichilove.com](mailto:info@taichilove.com), or visit [TaiChiLove.com](http://TaiChiLove.com).

**Chen Tai Chi Chuan with Joe Walters** · Ongoing Monday, Thursday 5 to 6:00 p.m. · Saturday, 9:30 to 10:30 a.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. For more information contact Joe Walters, [annarbortaiichi@gmail.com](mailto:annarbortaiichi@gmail.com), [annarbortaiichi.com](http://annarbortaiichi.com).

### WOMEN'S HEALTH

**Creating Your Perimenopause Plan with Christy DeBurton, RYT** · Self-Paced · Creating Your Perimenopause Plan combines science and personal experience, so you feel like



# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### WOMEN'S HEALTH...CONTINUED

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. For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

### WRITING AND POETRY

**Crazy Wisdom Poetry Series Hosted by Edward Morin, David Jibson, and Lissa Perrin · Workshops on July 12, August 9 · Featured Readers on July 26 · 7 to 9:00 p.m.**  
· Second Wednesdays are Poetry Workshop days. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays are for Featured Reader(s) for 50 minutes, then 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](mailto:cwpoetrycircle@gmail.com) for Zoom link. For more information contact Edward Morin at (734) 668-7523, email [eacmorin@sbcglobal.net](mailto:eacmorin@sbcglobal.net), or visit [cwcircle.poetry.blog](http://cwcircle.poetry.blog)

—July 26: Jack Driscoll's *Twenty Stories: New and Selected*, won the 2022 Pushcart Editors Prize. His novels or story collections received the PEN/Nelson Algren Award, AWP Grace Paley Short Fiction Prize, Society of Midland Authors Award, and Michigan Notable Book Awards. He founded the creative writing department at Interlochen Center for the Arts.

### YOGA

**Chair yoga flow** is a class for all people. Looking to improve your mood or gain more muscle tone? Join to increase your daily activity and enhance your general health. You can find mobility and strength in this class regardless of your age or level thanks to its strong supportive and beneficial nature. Everyone can benefit from chair yoga because maintaining balance and flexibility is crucial for your health and wellbeing. \$15 drop in or 4 class pass \$40. Visit: [enlightenedsoulcenter.com/chair-flow-yoga-tuesdays](http://enlightenedsoulcenter.com/chair-flow-yoga-tuesdays)

**Chair Yoga Flow with Paula Burke · Every Tuesday 11:00 am–12:00 pm** · Looking for more muscle tone or just wanting to boost your mood? Then join us to add more

movement into your day and improve your overall health. This class is very supportive and beneficial, assisting you in finding mobility and strength at any age or level. Maintaining balance and flexibility is essential for your health and wellbeing. Paula will begin each class with a short meditation, offer a drop of essential oil and then flow into gentle yoga bends, twists, and stretches to assist in relieving tension and stress. See you in the chair every Tuesday morning at 11 am for one hour of your self-love practice. Fee: \$15/session Save! 4 sessions for \$40. Enlightened Soul Center & Shop [enlightenedsoulcenter.com/chair-flow-yoga-tuesdays](http://enlightenedsoulcenter.com/chair-flow-yoga-tuesdays)

**Open Level Yoga with Michele Bond · Ongoing through July · Sunday, 4 to 5:30 p.m. · Tuesday, 6 to 7:30 p.m. · Saturday, 10 to 11:30 a.m.** Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 per class if registered for the semester. \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Yoga Essentials with Michele Bond · Ongoing through July · Thursday 6 to 7:30 p.m.** · For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun! \$15 per class if registered for the semester \$20 drop in with instructor's permission. For more information: Michele Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit

**Yoga for Athletes with Michele Bond · Ongoing through July · Wednesdays 6 to 7:30 p.m.** Athletes or anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Universal Alignment Principles help open the door to peak performance in sports and all areas of your life. \$15 per class if registered for the semester \$20 drop in with instructor's permission. For more information: Michele Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

*"We all wish for world peace, but world peace will never be achieved unless we first establish peace within our own minds."*

—Geshe Kelsang Gyatso (1931–2022)



# BRIGHT EARTH CRYSTALS AND MINERALS



Earth's brilliance...captured. Quartz, amethyst, fluorite, calcite, adamite, selenite, and many other crystals and specimens at a range of prices.

**Susan Ulrich,**  
owner and proprietor.

See me on Facebook  
[facebook.com/brightearthcrystals](https://www.facebook.com/brightearthcrystals)

## RUTH WILSON

*Intuitive Coach  
Certified Hypnotherapist*



Improve your life.  
Bring forth your authentic best.  
Increase peace and clarity and create peak performance.

Book a free consult and discover the possibilities <https://go.oncehub.com/Ruth-Wilson>

Subscribe to my list at [www.ruth-wilson.com](http://www.ruth-wilson.com) for access to free peak performance meditations.



Contact me at [mailruthwilson@gmail.com](mailto:mailruthwilson@gmail.com)

ONLINE: [WWW.RUTH-WILSON.COM](http://WWW.RUTH-WILSON.COM)

EMAIL: [MAILRUTHWILSON@GMAIL.COM](mailto:MAILRUTHWILSON@GMAIL.COM)

JOIN MY FACEBOOK GROUP: [FACEBOOK.COM/GROUP/MAGICINTUITION](https://www.facebook.com/group/magicintuition)



## triple moon: COACHING

*Reinvention from the Inside Out*

### HOLISTIC LIFE COACHING FOR WOMEN OVER 50

IT'S NEVER TOO LATE TO BEGIN AGAIN.  
ARE YOU READY TO LIVE YOUR NEXT CHAPTER  
WITH PASSION & PURPOSE?

*Susan Young*

Helping Women Meet Their  
SOULS and GOALS

Certified Holistic Life Coach & Creative Guide



[www.triplemooncoach.com](http://www.triplemooncoach.com)  
[susan@triplemooncoach.com](mailto:susan@triplemooncoach.com)  
[@triplemoon\\_coaching](https://www.instagram.com/triplemoon_coaching)



## Divine Inspiration At Work with Susan McGraw

Let *Divine Inspiration* be the guide for *Your Next Chapter* and make smooth transitions in your personal life, career, or business.



**Psychic Readings  
Career & Business Strategy Sessions  
Virtual Workshops via Zoom**

Get more information and book a phone session:  
[DivineInspirationAtWork.com](http://DivineInspirationAtWork.com)



Psychic Medium  
Career & Business Strategist

"I can say beyond a doubt that my reading with Susan has helped propel me in my soul's direction and vocation! She is incredibly accurate and left me feeling more inspired and excited than I could possibly express!"  
Hallie S., Salt Lake City, Utah

## **I Wander'd Lonely as a Cloud**

*I wandered* lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.

*Continuous* as the stars that shine  
And twinkle on the milky way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.

*The waves* beside them danced; but they  
Out-did the sparkling waves in glee:  
A poet could not but be gay,  
In such a jocund company:  
I gazed—and gazed—but little thought  
What wealth the show to me had brought:

*For oft*, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.”

-William Wordsworth, (1770-1850)