

# *Spring Immersion 2012*

Intimate workshops with Sacred Centers staff teachers offering beginning to advanced curriculum.  
A Sacred Centers community experience!

*2012 Spring Immersion at EarthRise: IONS  
101 San Antonio Rd.  
Petaluma, CA  
94952 USA  
5/5-5/17, 2012*

## *Advance Yourself at Sacred Centers Spring Immersion!*

Sacred Centers Immersion Retreats are really more like advances — an opportunity to advance your personal growth and professional skills in a beautiful setting with likehearted individuals. Whether you want to get your feet wet with introductory courses, or dive deeper with our advanced courses, here's your chance to immerse yourself in small, intimate classes designed for depth and personal attention. Areas of study include yoga, psychology, energy work, bodywork, and more, taught by Sacred Centers top teachers.

Our Immersions are designed primarily for students working towards Certification as teachers, healers and coaches. These retreats offer several specialized courses, in which students can deepen their learning on a more personal level. Throughout the Immersion, students come together each morning for yoga taught by students in the Sacred Center's Teacher Track, and in the evenings for community events, entertainment, and special presentations, as well as sharing each meal. Some classes happen simultaneously, as students enter smaller workshops designed for their special track. What is most special is that the Sacred Centers community of co-hearts flourishes throughout the Immersion, for a memorable experience of love, light, and transformation. You will leave with many new beloved friends!

## *Dear Sacred Centers Immersion Co-Heart,*

We are delighted to welcome you to Sacred Centers 6th Immersion. Consider this letter the beginning of our special time together in the choice location at Institute of Noetic Sciences: EarthRise Retreat Center in Petaluma, CA. *Please read through this document carefully.* You will find important information needed to make your week a splendid excursion into our Sacred Centers, through our teaching, healing, and co-leadership.

In honor of the underlying philosophy of Sacred Centers, we would like to make this week a memorable experience of Co-Hearted Community, a collaborative and co-creative union of souls on a journey. The Sanskrit word for a loving community is kula, so let's consider this our Co-Heart Kula. We invite you to co-create with us to make this event even more wonderful!

We invite you to bring something to help make beauty – colored cloth, statues of deities, artwork, flowers if you live close by, and anything you think might contribute toward making the whole experience more beautiful, special, and sacred for everyone.

We also invite you to bring a poem, a song, an instrument, a fabulous outfit or great hat, a meditation to share, music, dance, prayers, information, or other non-material offerings for our Bardic share evening, Friday, May 11th. Let us dress in beauty to the degree that we can and still be comfortable, making sure that we have clothes for yoga, comfortable for both sitting and moving, layers for various temperatures inside and out, for fun, and

something special for attending any of the ceremonies or events during the evenings. Just as we have made an altar each day in the Psychology of the Chakras class, we will make the whole space into a kind of altar for the week. What we bring to this week from within ourselves can heighten the experience as well. Bring your positive vibes, your open and loving heart, a desire to learn, a journal to take notes on, a yoga mat and props if you use them, and a warm smile. And of course, bring your chakras – all of them!

Let us spend the week living the principles of the Heart: generosity, positive regard, kindness, compassion, gratitude, forgiveness, and don't forget creativity. Let us treat each other in the spirit of Namaste: seeing ourselves, each other, and our shared environment as Divine. As we co-laborate, we co-create the laboratory together—our way of creating a new world.

Attached you will find a daily schedule and listing of events for the week. Please note when your classes are starting and ending and plan to give extra time to arrive, get settled, and walk the lovely surroundings of IONS.

### ***Eating at IONS:***

The dining hall at EarthRise provides seating for groups of up to 120, with outdoor garden dining available most of the year. Local ingredients are the inspiration for their cooking and include luscious organic fruits and vegetables, free range poultry, hormone-free meat and dairy products, and extraordinary cheeses. They use organic produce from local farmers and their own permaculture garden whenever possible. Their chef draws upon flavors and techniques from around the world to create a diverse cuisine with alluring flavors. Their wholesome meals (chicken, fish, and vegetarian options) are served in buffet style. Special menus can be arranged in advance.

**If you have any serious food allergies or a specific dietary request, please let us know as soon as possible.**

Our evening schedule includes talks, entertainment, and sharings from other students. If you have something you are passionate about offering, please let us know, and we'll see if we can fit it in somewhere.

We will have books and product for sale and there will also be a networking table where you can put out your own flyers and information.

If you have any questions at all, please call either Shanon (415-637-0406), the Sacred Centers office (415-234-3668) or email us at [office@sacredcenters.com](mailto:office@sacredcenters.com). Looking forward to seeing you soon!

Love and light,  
Anodea Judith and the Sacred Centers Staff

### ***For Certification Students:***

If you are in the teacher track, we request that you teach yoga one morning from 7:00-8:00. If this applies to you, look for a separate email regarding your teaching assignment. The yoga class should reflect Sacred Centers principles and be chakra related. Saturday night May 12th will be our graduation ceremony for students who have completed their coursework, their special project, and are paid in full. If your special project needs prior review, it must get to Anodea or Nini at least one month before Immersion begins so it can be reviewed. We cannot promise graduation before approving the project.

## ***Daily Schedule***

7:00-8:00 – yoga  
8:00-9:00 – breakfast  
9:15-12:15 – morning session  
12:30-1:30 – lunch  
1:30-2:45 – afternoon Break  
2:45-5:45 – afternoon session  
6:00-7:00 – dinner  
7:00-7:30 – evening break  
7:30-10:00 – evening programs

## ***IONS list: What to Bring***

Here is a list of things to bring with you to IONS. None of this list is required, but may help you make your stay as comfortable as possible.

- Shoes that slip on easily (no shoes are worn in the session rooms)
- Water bottle (we do not sell bottled water)
- Notebook or journal
- Any prescription medication you require
- Flashlight
- Comfortable layered clothing
- Swimwear for the hot tub and ocean
- Ear plugs (if you're sharing a room)
- Rain wear and umbrella
- Walking shoes that can withstand rain and salt water
- Camera
- Hair-dryer
- Any materials specified in the program description
- A long-distance calling card (we sell them if you need to buy one when you are here)
- An open heart and mind

## ***Sacred Centers: What to Bring/Props***

We have a limited supply of yoga mats, blocks, straps and blankets; however, you are encouraged to bring your own mat for practice. If you do need to use equipment, it will be on a first come, first serve basis.

Here's a quick list of optional items you may want to pack and bring along for the event:

- Yoga mat
- Straps, blocks
- Meditation cushion or blanket
- Notebook
- Water bottle
- Face towel
- Sunscreen/hat
- Snacks to munch on during the day

# *Transportation and Lodging Options*

## *Sacred Centers Spring Pre-Immersion:*

*Please arrive at least 15 minutes before the start time so you can get settled and be seated and ready to begin at the start time. Our goal is to end on time, but we have so much important material to offer, we may ask to extend the ending times so we can fit it all in.*

***Pre-Immersion:*** May 5-6 (Class times 9:30am – 5pm) Off campus locations

### ***Exploring Psyche & Soma: Creative & Healing States of Consciousness***

Saturday 9:30 am, May 5 – Sunday 5 pm, May 6

Held at Anodea's private home: 180 Montego Key, Novato, CA 94949

*Please note:* This workshop will be held Anodea's private home on the water in Bel Marin Keys, in Novato. If you need lodging, you can commute from the IONS campus (20 minutes) or stay at a nearby hotel or local retreat center when available. If you stay at IONS during this time, additional lodging fees will need to be charged for the nights accrued. Please note that other workshops are scheduled at IONS that weekend, so we can't guarantee rooms there. If you continue with the Immersion you can head up to IONS after class on Sunday.

### **Lodging options include:**

- Anubhuti Retreat Center, which is 0.8 miles or 2 minutes from Anodea's place (available on a limited basis).
- Courtyard Novato Marin/Sonoma which is 2.6 miles or 8 minutes away.
- Econo Lodge Inn & Suites which is 3.1 miles or 9 minutes away.
- Best Western Novato Oaks Inn which is 3.6 miles or 10 minutes away.

### **Directions:**

*From North of Novato:* Come south on 101 to the Ignacio Blvd. exit toward Bel Marin Keys (keep left at the fork). Make a left on Ignacio Blvd. (first light). Ignacio Blvd. becomes Bel Marin Keys. Continue to Montego Key (first stop sign) and make a left. 180 will be down the road a bit and on the right.

*From San Francisco and South:* Come north on 101 to Bel Marin Keys Blvd. exit. Make a right onto Bel Marin Keys Blvd. Continue to Montego Key (first stop sign) and make a left. 180 will be down the road a bit and on the right.

*From the East Bay:* Take the Richmond/San Rafael bridge to Marin, following the signs to 101 North. Take the Bel Marin Keys Blvd. exit. Make a right onto Bel Marin Keys Blvd. Continue to Montego Key (first stop sign) and make a left. 180 will be down the road a bit and on the right.

## ***Sacred Leadership***

Saturday 9:30 am, May 5 – Sunday 5 pm, May 6

Held at Lion and Lynne's private home: 400 Upper Road, San Rafael, CA 94903

*Please note:* This workshop will be held at Lynne and Lions private home in San Rafael on Upper Road; gorgeous home overlooking the SF bay. If you need lodging, you will need to stay at a nearby hotel for the weekend. If you continue with the Immersion you can head up to IONS after class on Sunday.

### **Hotels nearby and average price:**

- Embassy Suites, closest, very nice, 1.6 miles SW
- Four Points Sheraton, next closest, also nice 2 miles W
- Colonial Inn, economical, not fancy, 2.3 miles W
- Villa Inn, economical, not fancy, 2.3 miles SW

### **Directions:**

*From North of San Rafael:* Come south on 101 to the N. San Pedro exit, also called the Civic Center exit. Turn East (left), underneath the freeway, onto N. San Pedro. Then \* below.

*From San Francisco and South:* Drive to Marin via the Golden Gate Bridge, continuing North on 101. After the Central San Rafael exit, take the next exit, N. San Pedro / Civic Center, and continue East (toward the right) on N. San Pedro. Then \* below.

*From the East Bay:* Take the Richmond/San Rafael bridge to Marin, following the signs to 101 North. The exit after Central San Rafael is N. San Pedro. Follow N. San Pedro East (toward the right). Then \* below.

\* After getting onto N San Pedro from 101: drive East 2.3 miles (about 7 minutes) toward China Camp State Park. You will pass the Civic Center (designed by Frank Lloyd Wright) on your left. After 1.5 miles, you will come to a stop sign near a 7-11. [Make a full stop - the police sometimes hang out there.] Continue on No. San Pedro. After you pass Pt. Gallinas Ave. on your left, you'll begin to climb a small hill. Near the crest of the hill, you will see Upper Road on your left. CONTINUE past Upper Road and take a careful immediate Left into Buck's, a boat storage area. Drive forward until you see a long fence leading to a large open space on your right. Turn into the dirt parking area and drive as far forward as possible, toward the power tower, and park your car facing the power tower or facing the fence opposite the power tower. Lock your car. Then walk back up Buck's driveway, uphill on N. San Pedro, and then uphill on Upper Road. You will pass two houses on your left. The next house is on the right, and is 400. This is about a three or four minute walk. The number is on the mailbox post. If it is raining, we will have a car shuttling up and down the hill for fifteen minutes before start time and five minutes after start time. If you arrive later than that, you're on your own.

Please do not attempt to park on Upper Road. There is no parking available. You may drive to the house to drop off people or supplies, then drive back down to park at Buck's.



## *Transportation and Lodging Options Immersion at The Institute of Noetic Sciences: Earth Rise Retreat Center*

Sacred Centers Spring Immersion 2012 (May 7-17) is being held at The Institute of Noetic Sciences: Earth Rise Retreat Center (IONS) which is located on 200 acres of rolling hills about 10 minutes from downtown Petaluma. EarthRise at IONS is located approximately 26 miles north of San Francisco, off of Highway 101, at the intersection of beautiful Marin and Sonoma Counties.

*The Institute of Noetic Sciences: EarthRise Retreat Center  
(IONS) 101 San Antonio Rd., Petaluma, CA 94952 USA*

### NOTES –

Both Google and MapQuest direct you to the front gate as though that is your final destination. After you drive through the gate you'll need to follow the signs to get to EarthRise and the IONS campus, which is down the road and up the hill to your left.

If you look at Google driving directions you have the added benefit of real photographic images (at a dry time of year) that might be helpful.

**TRANSPORTATION:** You can arrive at IONS anytime in the afternoon. You would fly into San Francisco or Oakland airport and can either rent a car or take public transportation to Petaluma, about 90 minutes north of San Francisco.

**BY CAR:** Take 101 North to San Antonio Rd exit. This exit is NOT your usual off ramp, but a LEFT TURN off the freeway. It is difficult to see and easy to miss. There is a tricky left turn directly off 101 North so be prepared and cautious! Please check the map here: <http://www.noetic.org/retreat/directions.cfm>

### **Driving Directions Southbound from Sonoma County**

Hwy 101 Southbound from Petaluma, Santa Rosa, and points north:

Driving south on Hwy. 101, the San Antonio turn off is 2.5 miles past the “Gas & Shop” gas station on the 101 corridor. At the large green highway sign indicating San Antonio Road\*, turn right. This is a sharp turn that will put you onto San Antonio Road going in a northerly direction. The gate to IONS will be on your left just about 3 tenths of a mile down the hill. There is a sign for the Institute of Noetic Sciences. Drive through the gate and follow the signs to the Institute.

\*Going South on 101 you may notice a small street sign that says “San Antonio Road” at the bottom of a hill. Drive past that sign and look for the larger San Antonio Road sign about a half a mile down the highway.

## **Driving Directions Northbound from San Francisco or the San Francisco International Airport**

Hwy 101 Northbound from San Francisco and points south:

Important Safety Note about Driving to IONS from the south: If you're driving to IONS from the south (driving north on 101), you can choose from two options for getting off the freeway:

**Option 1:** Turning left off of the northbound freeway. (This is not an "exit," but rather a left turn across lanes of oncoming freeway traffic.) If you choose this Option 1, you'll need to be very careful! For your safety we recommend following Option 2, below. Driving north on 101 you can make a left turn off of the freeway at San Antonio Road. The San Antonio Road exit is 4.7 miles north of the last Novato exit (San Marin Drive). If you choose this option, **BE PATIENT AND WAIT FOR A LARGE BREAK IN THE SOUTHBOUND TRAFFIC, SO YOU CAN CROSS THE FREEWAY SAFELY.** Once you cross the freeway you'll be on San Antonio Road going in a northerly direction. The gate to IONS will be on your left just about three-tenths (3/10) of a mile down the hill. There is a sign for the Institute of Noetic Sciences. Drive through the gate and follow the signs to the Institute.

**Option 2:** Driving past IONS and turning off at the next Petaluma exit where you can turn around to approach from the north and avoid having to drive across highway traffic.

Take Highway 101 North through Novato until the Petaluma Blvd. South exit

— This will take you a little north of IONS.

Exit at Petaluma Blvd. South and follow the signs to 101 South, toward San Francisco.

— With this step, you're turning around to head back south on 101.

Approx. 2.5 miles past the "Gas & Shop" gas station, turn right at the large green highway sign indicating San Antonio Road.\* This is a sharp turn that will put you onto San Antonio Road going in a northerly direction. The gate to IONS will be on your left just down the hill. There is a sign for the Institute of Noetic Sciences. Drive through the gate and follow the signs to the Institute.

\*Going South on 101 you may notice a small street sign that says "San Antonio Road" at the bottom of a hill. Drive past that sign and look for the larger San Antonio Road sign about a half a mile down the highway.

## **Driving Directions from the East Bay/Oakland Airport**

- Take Highway 80 East
- Exit Highway 37 toward Napa
- Take Santa Rosa exit onto Highway 101 Northbound

Once you hit Highway 101 north you'll be joining northbound traffic from San Francisco. Please see the northbound directions above for the final part of your journey and important safety information about two options for getting off the freeway.

## **Ground Transportation from the Oakland and SFO airports**

EarthRise at the Institute of Noetic Sciences is located approximately 26 miles north of San Francisco off of Highway 101 at the intersection of beautiful Marin and Sonoma Counties.

Direct travel time from the SFO and Oakland airports to IONS is approximately one hour from Oakland and slightly over an hour from SFO, depending on traffic.

## **Shuttle Services**

**Western Eagle Shuttle** (The most direct way to reach our campus.)

San Rafael, CA

24 hour Door-to-Door Transportation

Advanced reservations required

Online Reservations Available

Phone 1: (415) 533 - 4466

Phone 2: (415) 342 - 6444

Mention the Institute of Noetic Sciences for a \$5.00 discount.

## **Airport Shuttles**

Neither of these shuttles will take you directly to IONS. You will need to take a taxi service from the drop-off location if you choose this ground transportation option.

**Airport Express** – closest terminal is Petaluma Fairgrounds, 6.26 miles

(707) 837-8700

**Marin Airporter** – closest terminal is Hamilton Parkway Terminal in Novato, 11.07 miles

(415) 461-4222

## **Taxi Services**

From Petaluma to EarthRise at IONS

Petaluma Green Taxi

(707) 769-8294

A-1 Taxi

(707) 763-3393

A-C Taxi

(707)526-4888

From Novato to EarthRise at IONS

Novato Taxi

(415) 898-8484

## Frequently Asked Questions

### **What type of lodging is available?**

We have single and double occupancy rooms, with one or two beds per room in eight different buildings located closely together. Bathrooms are shared among two to four rooms. Some dormitory rooms are air-conditioned.

### **What if I have special needs?**

If you have any mobility needs, please the retreat center Operations and Events Manager at [kthompson@noetic.org](mailto:kthompson@noetic.org) so that we can plan ahead for your stay. Most of our dormitories and all of our meeting rooms are ADA accessible. Some dormitories have wheelchair accessible showers.

If you have special dietary needs that you think will not be accommodated by our general food policy (see the dining section), please communicate your needs to your group coordinator who will then provide the information to the retreat center. We are able to work with most types of food allergies (wheat free, gluten free, dairy free, nuts, etc.). In extreme cases you may need to bring your own food. If this is the case, we can provide refrigerator space for your food. We also have a full kitchen in Chalet #2 where you can prepare your meals.

### **When can I check into my sleeping room?**

Check-in time is 4:00 pm

### **What time do I need to check out of my sleeping room?**

We ask that guests remove things from their beds before they go to breakfast. It would be very helpful to us if you would put sheets and towels inside the used pillowcase and set them in the hallway before you go to breakfast on your last day (do not include comforters and blankets). We ask that you then have everything out of your room before you go to lunch.

### **Where can I find directions to the retreat center?**

Directions to our campus can be found on our website at:  
<http://noetic.org/earthrise/plan/maps/>

If you are using Mapquest.com or Google.com, please use the address  
101 San Antonio Rd., Petaluma, CA 94952.

### **How do I get from the airport to the retreat center?**

Information about transportation from the airports to the EarthRise Retreat Center can be found on our website at: <http://noetic.org/earthrise/plan/ground/>

### **Is a lot of walking involved?**

The campus lies on 200 acres of beautiful hilly terrain. There is a road and hiking trail between the dormitories and the community building where meals are served.

The road is lit at night for safe passage. It is about a five-minute walk to and from the dormitories to the community building. A map of the campus can be found on our website in the right sidebar at: <http://noetic.org/earthrise/plan/maps/>

Maps are also available on campus in the community building.

### **What do I need to bring?**

We recommend that you bring:

- comfortable clothing and sturdy walking shoes for walking on uneven terrain
- layered clothing will serve you well in our variable climate
- rain gear is recommended November through April
- sunscreen, sunglasses, water bottle (we have filtered water dispensers throughout the campus)
- toiletries and medications
- map/driving directions to IONS

Optional items to bring could include:

- hair dryer
- alarm clock
- musical instruments
- journal
- a calling card for the pay phone: See below for further phone information.

NOTE: The campus is somewhat remote and there are no stores near campus.

### **What does the retreat center provide?**

We provide all bedding, linens and towels. We also provide non-scented, eco-friendly soap in each of the bathrooms.

### **Is there anything else I should leave at home?**

Leave valuables at home.

Due to many guests' allergies and sensitivities to scents, please leave your perfumes, scented body oils and incense at home.

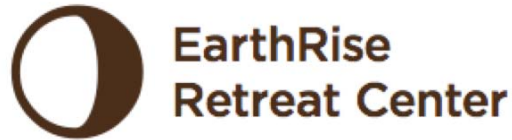
Pet(s): Certified companion animals and guide dogs are permitted with advance review and clearance. No other pets are allowed.

### **Do you have a computer from which I can print a boarding pass?**

A small business office is located in Chalet #2. In the business office is a desktop computer, with free internet access and a printer.

### **Do you have Wi-Fi?**

Free Wi-Fi is available in the dormitories and in the community building/dining room.



**Do you have cell phone reception?**

Most people receive cell phone service on the retreat center campus.

**If I don't have a cell phone, is there a telephone I may use?**

There is a telephone in each of the dormitories for making local phone calls. These are restricted lines for local calls, toll calls and emergency calls only. You can also reach the retreat center office and the IONS main phone numbers using these phones. They are not set up for long distance. If you wish to make a long distance call, you will need to use your phone/credit card or call collect at the pay phone in the community building. The office phone is for emergencies only. If you must receive calls at the office, we will take a message and deliver it to your group leader.

**Do you have a FAX machine?**

Yes - our fax machine is located in our reception office.  
Our fax number is (707) 781- 7420 and we charge a nominal fee for its use.

**Where do I park when I arrive on campus?**

Please ask your group coordinator what lot your group has been assigned. If your group has been assigned to park in the lower parking lot, a shuttle will be available to transport you to the top of the hill during a set time frame and back down at the conclusion of the event. The shuttle will be arranged through your group coordinator. Please do not leave valuables in your car. The EarthRise Retreat Center is not responsible for lost or stolen items.

There are handicapped parking spaces in the dormitory area and next to the community building.

**What type of meals do you serve?**

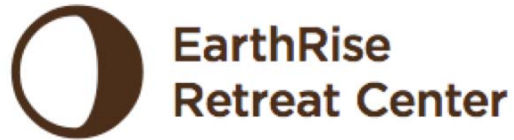
Using a bounty of sumptuous organic, locally grown, seasonal fruits and vegetables and sustainably raised fish and fowl our kitchen team creates imaginative, eclectic menus that nourish the body, soothe the soul, and warm the heart. Breakfasts and lunches are vegetarian and dinners include either a vegetarian option or a fish or fowl meat option.

If you have special dietary needs, please communicate your needs to your group coordinator. We are able to work with most types of food allergies (wheat free, gluten free, dairy free, nuts, etc.). In extreme cases you may need to bring your own food.

Our meals are served "buffet style." We are not a restaurant and therefore we do not take individual orders.

**Do you have a communal kitchen?**

There is a small, full kitchen located in Chalet #2. It is equipped with a full-size refrigerator, microwave oven, stove, oven, sink, toaster, coffee pot, tea kettle, pots and pans, cooking utensils, silverware, glasses, cups and dinnerware.



If you bring your own food, you are responsible for marking it with your name or the name of the group. If you bring medication that needs to be refrigerated, please make sure that it is clearly marked. The EarthRise Retreat Center is not responsible for missing food, beverages or medication.

**Is there a place where I can get a cup of coffee or tea?**

Complimentary coffee and tea are available in the community building from 7:00 a.m.–7:00 p.m. daily. Coffee and tea supplies are also available in the communal kitchen in Chalet #2 and can be made by guests at any time.

**To whom do I report a lost item?**

The EarthRise Retreat Center is not responsible for lost items. Please be responsible for taking all your belongings with you when you leave. If contacted we will attempt to locate your missing item(s) and return it to you. All lost & found articles will be held for 30 days, after which, will they be distributed in a charitable manner. Contact Kay Thompson at [kthompson@noetic.org](mailto:kthompson@noetic.org) to report a missing item.

### ***Courses and Schedule:***

CEU's! The following courses meet the qualifications for the designated hours below of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences.

### ***Pre-Immersion: May 5-6 (Class times 9:30am – 5pm) Off campus locations.***

Exploring Psyche & Soma: Creative & Healing States of Consciousness

Selene Vega, Ph.D. – 14 class hours \$350

Saturday 9:30 am, May 5 – Sunday 5 pm, May 6

Held at Anodea's private home in Novato, CA

Sacred Leadership

Lynne Michelson – 14 class hours \$350

Saturday 9:30 am, May 5 – Sunday 5 pm, May 6

Held at Lion and Lynne's private home in San Rafael, CA

### ***Immersion: May 7-17 (Class times vary) On campus locations.***

Guiding the Journey: Facilitating Transformative Experiences

Selene Vega, Ph.D. – 30 class hours \$550

Monday 9:15 am, May 7 – Friday 4 pm, May 11

Energy Awareness I: Awaken Your Untapped Mind

Glenn Hartelius, Ph.D. – 12 class hours \$350

Sunday 7 pm, May 6 – Tuesday 12:15 pm, May 8 (ends at lunch)

Energy Awareness II: Living the Energy World

Glenn Hartelius, Ph.D. – 18 class hours \$395

(begins after lunch) Tuesday 3 pm, May 8 – Friday 12:15 pm, May 11 (ends at lunch)

Energy Awareness III: Clearing Energy

Glenn Hartelius, Ph.D. – 18 class hours \$395

Saturday 9:15 am, May 12 – Monday 4 pm, May 14

Chakra Yoga Teacher Training

Tulasi Jordan – 27 class hours \$495

Saturday 9:15 am, May 12 – Wednesday 12:15 pm, May 16

Mind-Body Integration – Level 1: Therapeutic Techniques for Wholeness

Anodea Judith, Ph.D. – 30 class hours \$550

Monday 9:15 am, May 7 – Friday 4 pm, May 11

Mind-Body Chakra Therapy – Level 2

Anodea Judith, Ph.D. – 30 class hours \$550

Sunday 9:15 am, May 13 – Thursday 4 pm, May 17

ChakraBody Works: The Fundamentals: Bioenergetic Massage Therapy through the Chakras

Jason Auer-Sears – 18 class hours \$395

Tuesday 9:15 am, May 15 – Thursday 4 pm, May 17

# *Evening Programs*

- Opening Ceremony*
- Chanting and Chakra Dance*
- Karma Moffett – Tibetan Bells Concert*
- Waking the Global Heart talk*
- Closing Ceremony*

# *Daily Schedule*

- 7:00-8:00 – yoga*
- 8:00-9:00 – breakfast*
- 9:15-12:15 – morning session*
- 12:30-1:30 – lunch*
- 1:30-2:45 – afternoon Break*
- 2:45-5:45 – afternoon session*
- 6:00-7:00 – dinner*
- 7:00-7:30 – evening break*
- 7:30-10:00 – evening programs*

**PLEASE NOTE:**

*If you are not in the Sacred Centers Certification program you can disregard the Sacred Centers Certification Level and Track requirements in the descriptions below. Workshop registration is open to all. We hope to see you soon!*

***Chakra Yoga Teacher Training (Tulasi Jordan)***

27 CEU's possible for therapists, social workers, and yoga teachers.

Chakra Yoga focuses specifically on Anodea Judith's use of bioenergetic techniques with yoga postures for each chakra and the Anusara principles of alignment for asana practice. Class will also include teaching on pranayama, and other aspects related to teaching Sacred Centers material as needed. This class is required for those in the teaching track, but open to anyone with sufficient yoga experience. It is not about advanced poses, but advanced teaching techniques related to the chakras.

Prerequisite: two years ongoing yoga practice

Sacred Centers Certification Level: Professional, Teacher Track requirement

Course Fee: \$495

Class Dates/Times: Saturday 9:30 am, May 12 – Wednesday 12:30 pm, May 16

***ChakraBody Works: The Fundamentals: (Jason Auer-Sears)***

***Bioenergetic Massage Therapy through the Chakras***

18 CEU's possible for therapists, social workers, and yoga teachers.

Massage therapists will learn how to apply the spectral dynamics of the chakra system to their sessions, while commanding their own energy in the most professional, ethical and healthy way.

We were each born with innate coping mechanisms and healing technology. You will learn how to assess and command the bioenergetic fields of yourself and your client. The Fundamentals class will then teach you to direct stylized attention through the three ChakraBodies. Create dynamic sequences specific to your client's needs. Liberate stress and manifest the strength of awareness. These advanced chakra therapy techniques will be presented on and off the massage table.

Prerequisite: none

Course Fee: \$395

Class Dates/Times: Tuesday 9:15 am, May 15 – Thursday 4 pm, May 17

***Energy Awareness I: Awaken Your Untapped Mind (Glenn Hartelius, Ph.D.)***

12 CEU's possible for therapists, social workers, and yoga teachers.

This class teaches you how to manage your own mind in new and powerful ways. If other approaches to quieting your mind have failed, this workshop is for you. You will learn simple techniques to accomplish the following in less than one minute:

- Quiet the mind to create inner peace and stillness
- Create a clear, focused state of mind for concentrating on work or projects
- Manage your attention so you can stay in the present moment
- Cultivate your personal presence

Learning to manage your mind also opens new skills for dealing with others. You will learn how to:

- Listen deeply and effectively to others
- Invite others into a state of comfortable connection
- Create personal intimacy with others
- Consciously maintain healthy personal boundaries
- Protect yourself from unwanted energy from other people

These self-management skills are also the gateway to the world of healing. You will learn how to:

- Enter into a deeply relaxed self-healing state
- Sense subtle energies as qualities of presence
- Bring powerful healing energy to yourself and others in a clean and clear way

Skills are more useful when they come with ideas that help you to think in new ways. You will learn the following concepts:

- What the body-mind connection is really like
- How to understand the anatomy of the mind
- How to understand mindfulness as a simple inner posture
- How to go beyond mindfulness into practical inner postures for daily life
- Why we need a new kind of psychology to support healing and transformation

This work teaches you how to master your mind by managing your attention: the essence of your consciousness. You can work, relax, and connect with yourself and others more deeply by understanding the anatomy and dynamics of the body and mind, just as athletes learn to excel through an understanding of the structure of the physical body. During the workshop, you will participate in group and partner exercises designed to lead you to direct, tangible experiences of the skills that are presented. This is the first workshop in a series of self-development courses that also leads to professional certification in energy healing techniques.

This workshop fulfills the Energy Awareness course requirement for the Sacred Centers Certification Program. This class grounds the principle of Energy Healing and the chakras with potent and advanced techniques of clearing, opening, and balancing chakras, as well as energy hygiene for self-protection and more.

Prerequisite: none

Course Fee: \$350

Class dates/Times: Sunday 7 pm, May 6 – Tuesday 12:15 pm, May 8 (ends at lunch)

### ***Energy Awareness II: Living the Energy World (Glenn Hartelius, Ph.D.)***

18 CEU's possible for therapists, social workers, and yoga teachers.

This class opens the world of mind and soul as subtle energy structures. You will gain a comprehensive overview of subtle anatomy, including:

- The seven chakras of the body, and their internal anatomy
- Six off-the-body chakras, what they mean, and how they connect to the physical body
- The hidden chakras: Three major chakras that regulate body, mind, and soul
- How to distinguish the “aura” from the deep energy field
- The nine layers of the deep energy field
- The subtle anatomy of the greater mind
- The difference between your healing hands and your fingers of light

In addition to understanding subtle anatomy, you will be guided through exercises that help you to directly experience many of these structures. You will have an opportunity to:

- Deepen into a state of mind that opens the world of subtle energy structure
- Experience the thirteen chakras of the core and the three hidden chakras
- Navigate through the nine layers of the deep energy field
- Open the chakras in your hands
- Awaken your fingers of light

You will learn how to begin using your knowledge of anatomy for simple healing processes:

- How to connect deeply with another person in a healing way
- How to read the attention state of another person
- How to do simple chakra balancing in the aura
- How to use the fingers of light for chakra healing in the deep energy field

You will also be instructed in how to teach the basic Attention Dynamics embodiment exercise to others, enabling them to:

- Quiet the mind to create inner peace and stillness
- Create a clear, focused state of mind for concentrating on work or projects
- Manage their attention so they can stay in the present moment

During the workshop, you will participate in numerous group and partner exercises in the skills presented. Successful completion of the course will authorize you to use the Attention Dynamics name and teach the basic embodiment exercise.

Prerequisite: Energy Awareness I (above)

Course Fee: \$395

Class Dates: (begins after lunch) Tuesday 3 pm, May 8 – Friday 12:30 pm, May 11 (ends at lunch)

### ***Energy Awareness III: Clearing Energy (Glenn Hartelius, Ph.D.)***

18 CEU's possible for therapists, social workers, and yoga teachers.

Many traditional healing methods work with subtle energy, and advances in the scientific study of the nervous system make it possible to suggest how these fields might work. This workshop offers one of the steps necessary in order to understand energy work clearly, namely, an explanation and an experience of two different levels of the energy field. In addition, step-by-step techniques will be taught for how to expand your presence in a way that sharpens your energy skills, how to bring in energy in a clean and clear way, how to clear both levels of the energy field, how to remove unwanted signatures from the energy field, as well as how to work with the energy dynamics of the common cold.

Prerequisite: Energy Awareness II (above)

Course Fee: \$395

Class Dates: Saturday 9:15 am, May 12 – Monday 4 pm, May 14

## ***Exploring Psyche & Soma: (Selene Vega, Ph.D.)***

Creative & Healing States of Consciousness

14 CEU's possible for therapists, social workers, and yoga teachers. More about CEU's

This course is an opportunity to explore states of consciousness, touching deep parts of your self to integrate them more fully into your life. You are guided on journeys of deep relaxation and movement within a safe context, connecting with inner wisdom. You will learn a basic framework for creating sacred space, a flexible structure for working alone or with others, moving back and forth from words and images to somatic expression and movement. In this workshop you will discover states of expanded awareness and generative approaches to shifting the patterns in your life, and bringing a more conscious and intuitive presence to your life and relationships.

Through inner work and interactive experience you will:

- Journey into inner terrain, bringing compassion and warmth to parts of yourself that have been pushed aside, hidden, or neglected and provide a safe place for those presences through movement and somatic expression
- Bring new perspective and awareness to problems
- Explore the balance of connection with self and connection with other, finding your center within dyad and group experience
- Develop and deepen your individual practice for self-connection and preparation for connection with others as you learn how to structure rituals for healing, growth, and celebration

Prerequisite: none

Course Fee: \$350

Class Dates: Saturday, May 5, at 9:30 am through Sunday, May 6, at 5 pm

*Please note:* This workshop will be held at Anodea's private home in Novato on Bel Marin Keys; beautiful home on the water. If you need lodging, you will need to stay at a nearby hotel or meditation retreat center for the weekend. If you continue with the Immersion you can head up to IONS after class on Sunday.

Lodging options include:

- Anubhuti Retreat Center, which is 0.8 miles or 2 minutes from Anodea's place.
- Courtyard Novato Marin/Sonoma which is 2.6 miles or 8 minutes away.
- Econo Lodge Inn & Suites which is 3.1 miles or 9 minutes away.
- Best Western Novato Oaks Inn which is 3.6 miles or 10 minutes away.

## ***Guiding the Journey (Selene Vega, Ph.D.)***

***Facilitating Transformative Experiences***

30 CEU's possible for therapists, social workers, and yoga teachers.

Awakening self-awareness and opening to new perspectives creates profound potential for transformation. Unblocking the unconscious conditioning that has limited us, we can move creatively into our full potential. For therapists and teachers, the art of creating a context in which this can occur is essential. Using the tools of trance, movement, and ritual, and a structured framework for creating sacred space, you will learn to work deeply with students and clients in a contained and safe way. A balance between inner work and interactive experience provide opportunities to deepen your own process while you practice using these tools for yourself and others. Explore your inner terrain, touching neglected parts of yourself, as you deepen your understanding and ability to guide others into their inner experience.

- Learn to work with group energy, balancing attention to individuals and to the group experience
- Develop your ability to guide group and individual movement journeys and rituals for healing, growth, and celebration
- Gain understanding of the ethical considerations involved in teaching and leading workshops, and in working with non-ordinary states of consciousness
- Learn to assist students and clients in creating a bridge between their experiences in a workshop or therapeutic setting and everyday life

Recommended but not pre-requisites: the 7 or 9 day Psychology of the Chakras, or previous familiarity with trance and hypnosis.

Sacred Centers Certification Level: Professional, Teacher Track Requirement, recommended healer track

Course Fee: \$550

Class Dates/Times: Monday, May 7, at 9:15 am through Friday, May 11, at 4 pm

### ***Mind-Body Integration – Level 1 (Anodea Judith, Ph.D.)***

#### ***Therapeutic Techniques for Wholeness***

30 CEU's possible for therapists, social workers, and yoga teachers.

A 5-day experiential course in transformational healing

- Are you a psychotherapist who would like to expand beyond talk therapy and learn to address the body in your practice?
- Are you a bodyworker who would like to understand the psychological issues behind your clients chronic complaints?
- Are you a somatic therapist who would like to expand your skills?

The body is the unconscious mind. Learn how to awaken the consciousness within this miraculous organism and harvest its deep wisdom for spirit and soul.

This 5-day workshop for healers of all types will bring you cutting edge techniques for integrating mind and body. Providing a backbone of theory for somatic therapy, students will have a chance to explore new techniques through movement and self-exploration, as well as in-class demonstrations and practice with each other.

Topics addressed will include:

- The energetics of charging and discharging
- Formation and dissolution of body armor
- Bioenergetic character structures and childhood development
- Post-traumatic stress disorders
- Understanding and treating trauma
- Use of the chakra system in energetic diagnosis
- The role of disease in transformation and the language of symptomatology

Prerequisites: none

Sacred Centers Certification Level: Professional

Course Fee: \$550

Class Dates/Times: Monday 9:15 am, May 7 – Friday 4 pm, May 11

### ***Mind-Body Chakra Therapy – Level 2 (Anodea Judith, Ph.D.)***

How to conduct body-based psychotherapy sessions using techniques taught in the courses: Psychology of the Chakras and Techniques of Mind-Body Integration

30 CEU's possible for therapists, social workers, and yoga teachers.

This course has also been called “In the Realm of the Sacred” for it shows how to take clients into the realm of their sacred interior where healing takes place. Using the principles taught in Psychology of the Chakras and Techniques of Mind-Body Integration (both pre-requisites) this course will go deeper into how to conduct one on one session using these principles with clients in your practice. Volunteers from the group will get a chance for their own work within the group setting. Students will also have an opportunity to work on each other, with Anodea's supervision and group participation. Maximum of 12 people.

Prerequisites: Psychology of the Chakras and Mind-Body Integration or permission of instructor

Sacred Centers Certification Level: Professional Healer Track Requirement Enrollment in Professional Certification is not required to take this course, but preference will be given to Sacred Centers Certification students.

Course Fee: \$550

Class Dates/Times: Sunday 9:15 am, May 13 – Thursday 4 pm, May 17

### ***Sacred Leadership (Lynne Michelson)***

Awaken, balance and create from the sacred core of who you truly are!

12 CEU's possible for therapists, social workers, and yoga teachers.

Description: This workshop begins with the heart and through experiential exercises, personal coaching, and group cohesion, participants will uncover their own unique and inspiring leadership style. Each will leave with an embodied sense of their own aliveness and their unique contribution in the world whether it is teaching, healing, parenting, or inspiring others through their own modeling. Participants will deepen their connection to their intrinsic values, soul purpose, and discover ways to express this with passion and power.

Prerequisite: none

Course Fee: \$350

Class Dates/Times: Saturday 9:30 am, May 5 – Sunday 5 pm, May 6

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## ***Cancellation Policy***

We schedule classes, purchase plane tickets, and reserve classroom space based on numbers of registered participants. Cancellations can be problematic, so please keep your commitment if at all possible and read our cancellation policy carefully. Thank you for understanding.

- Cancellation before April 5: full refund minus a \$75 administration fee.
- Cancellation before April 21: 50% refund of total program cost.
- Cancellation after April 21: NO refund.

## ***Food & Lodging at The Institute of Noetic Sciences***

Bedrooms are set up as either single occupancy or double occupancy with twin beds, and specified rooms accommodate couples with full-size beds. All bedrooms are carpeted, and feature a desk and clothing bureau. Linens, blankets and towels are provided for our guests.

In front of the two chalets is a common outdoor deck area with tables and chairs. Both chalets have private back decks. An equipped kitchen in chalet #2 is accessible to all guests for tea and coffee.

### ***Lodging***

Single: \$99/day

Double: \$75/day

### ***Commuter Fee***

Resident Commuter fee: \$15/day

### ***Food***

The dining hall at EarthRise provides seating for groups of up to 120, with outdoor garden dining available most of the year. Local ingredients are the inspiration for their cooking and include luscious organic fruits and vegetables, free range poultry, hormone-free meat and dairy products, and extraordinary cheeses. They use organic produce from local farmers and their own permaculture garden whenever possible. Their chef draws upon flavors and techniques from around the world to create a diverse cuisine with alluring flavors. Their wholesome meals (chicken, fish, and vegetarian options) are served in buffet style. Special menus can be arranged in advance. Costs for meals was included in your lodging fees (breakfast - \$12, lunch - \$18, and dinner - \$27 for single/double occupancy; Lunch only for commuters).

### ***Dr. Anodea Judith***

Anodea Judith, Ph.D. is the founder and director of Sacred Centers, and a groundbreaking thinker, writer, and spiritual teacher. Her passion for the realization of untapped human potential matches her concern for humanity's impending crises — her fervent wish is that we “wake up in time.” She holds Masters and Doctoral degrees in Psychology and Human Health, is a 500 hour registered yoga teacher, with lifelong studies of healing, mythology, history, sociology, systems theory, and mystic spirituality. She is considered one of the country's foremost experts on the combination of chakras and therapeutic issues and on the interpretation of the Chakra System for the Western lifestyle. She teaches across the U.S., Canada, Europe and Central America.

She is best known for the chakra classic, *Wheels of Life: A User's Guide to the Chakra System*, (Llewellyn, 1987, revised 1999), an illustrated 435 page manual that has come to be considered the definitive work on the subject. With approximately, 200,000 U.S. copies sold and additional printings in 12 languages. A second book, co-authored with Selene Vega: *The Sevenfold Journey: Reclaiming Mind, Body, and Spirit through the Chakras* (Crossing Press, 1993, 289 pp.) arose out of the popular *Nine-Month Chakra Intensive*, taught by Judith and Vega for over two decades. *Eastern Body, Western Mind: Psychology and the Chakra System as a Path to the Self*, released by Celestial Arts in February 1997 charts childhood development, related difficulties and techniques for healing them, all within the chakra model and is a popular text in healing schools across the country. In March of 2000, she released a six-tape audio course called: *The Chakra System: A Complete Course in Self-Diagnosis and Healing through Sounds True, Inc.*, followed by the popular boxed kit: *Chakra Balancing*. Her artistic expression combines with her mystic passion in her award winning DVD, *The Illuminated Chakras*, a co-creation with her son, artist and animator, Alex Wayne.

Her most recent book won two literary awards in 2007. *Waking the Global Heart: Humanity's Rite of Passage from the Love of Power to the Power of Love* charts the history of human development into our present crisis

and necessary transformation, with an inspiring message of hope for our future. Anodea conducted a private healing practice in California for over 20 years, but traveling has taken her healing efforts into the workshop mode.

And finally, on the more personal level, Anodea Judith is a dynamic individual with many talents: teacher, healer, priestess, musician, artist, yogini, and co-heart. She is well-loved for her integration of mind, body, and spirit. She feels deeply concerned about the state of our world, in terms of ecology, ethics, politics, and religion. Feeling that individual and cultural transformation are intrinsically related, Anodea supports a path to empowerment and balance through teaching of life-affirming paths of wisdom. This is achieved through a reclamation of our bodies and minds, the environment, and our connection to both Heaven and Earth. She is a dynamic and experienced speaker, workshop presenter, and visionary, dedicated to healing our world and evolving human consciousness. Contact Anodea. [anodea@sacredcenters.com](mailto:anodea@sacredcenters.com)

### ***Glenn Hartelius, Ph.D.***

Glenn Hartelius, PhD. is a master healer and a scholar. As a pioneer in transformative psychology he brings a radically simple and practical understanding of how to create profound inner change, uncover your root issues, unlock your forgotten potential, and unleash the power to be fully present in your life. Glenn holds an M.A. in religion, and a Ph.D. in East-West Psychology, and has particular expertise in the anatomy and disorders of chakras. Glenn currently teaches in the residential doctoral program at the Institute of Transpersonal Psychology in Palo Alto, California. He is co-editor of the International Journal of Transpersonal Studies, and serves as Secretary-Treasurer for the International Transpersonal Association. He teaches workshops internationally, and publishes in the fields of transpersonal psychology and consciousness studies. Past teaching experience includes instruction at the Ph.D. level for the California Institute of Integral Studies in San Francisco, in the online Masters' program at Naropa University, and at the undergraduate level for Laney College in Oakland. As a somatic counselor and practitioner, he has treated more than 10,000 clients during 27 years of private practice. Contact Glenn Hartelius <[payattention1@mac.com](mailto:payattention1@mac.com)>

### ***Jason Auer-Sears***

Jason Auer-Sears ~ Workshop Presenter, Founder of ChakraBody Fusion® / NCBTMB Approved Provider, Licensed Massage Therapist / Yoga Alliance™ Certified Instructor / Sacred Centers Certified Chakra Healer and Teacher / Certified Active Isolated Stretching Therapist and Instructor / Creator of ChakraBody Works, ChakraBody Yoga, and ChakraBody Experientials.

Jason Auer-Sears is the founder and director of ChakraBody Fusion®, a healing center for mind-body integration. Jason has crafted a unique method and system based on healing modalities for the embodied exploration of personal, interpersonal, and transpersonal awareness. Jason is a national teacher, workshop presenter, and practitioner.

ChakraBody Fusion® provides certifications for massage therapists, yoga therapists, energy therapists and the uncommon individual. ChakraBody Fusion® workshops are dynamically integrated classes designed to generate personal transformative experience through each chakra. In a ChakraBody Fusion® class, one will actively explore their chakras through bioenergetic awareness and somatic movement, yoga asana, breath, stylized visualization, meditation, focused touch, bandhas, sound healing and mantra, and partnered exercises. Contact Jason Auer-Sears “[jason@chakrbodyfusion.com](mailto:jason@chakrbodyfusion.com)” <[jason@chakrbodyfusion.com](mailto:jason@chakrbodyfusion.com)>

### ***Lynne Michelson, MSW, LCSW, CPCC***

Early in life Lynne Michelson spent 2 years in Europe and then lived in an intentional community in the US, and was fortunate during that time to study with some of the world's eminent spiritual teachers. She has taught meditation, awakening practices and transformational psychology. Lynne has been a psychotherapist and rela-

tionship coach for over 15 years, a workshop facilitator, a national speaker, and created several non-profits that bring community, service, and fun together. Lynne was Director of Marketing and before that Director of Training at the Relationship Coaching Institute. She is committed to helping her clients and group participants grow from the intrinsic place inside each of them of creativity, curiosity, and light.

Contact Lynne Michelson <lynne.michelson@gmail.com>.

### ***Selene Vega, PhD. LMFT***

Selene Kumin Vega, Ph.D., is a licensed psychotherapist (California MFC #32604), workshop leader, and dancer. Since 1972 she has led individuals and groups into the realms of psyche and spirit, combining her extensive background in dance, yoga and other movement forms with her work in creative & healing states of consciousness and other techniques for centering and transformation. Selene's writings include chapters in *Walking in Two Worlds: The Relational Self in Theory, Practice, and Community* (Ed. by S. Gilligan & D. Simon), *The Psychospiritual Clinician's Handbook* (Ed. by G. S. Khalsa & S. Mijares), and *The Sevenfold Journey: Reclaiming Mind, Body, and Spirit through the Chakras* (co-authored with Anodea Judith). She is currently adjunct faculty at Saybrook University's College of Mind Body Medicine and the Institute of Transpersonal Psychology, in addition to workshop teaching and private practice. Her website is <http://www.spiritmoving.com> <<http://www.spiritmoving.com>>

### ***Tulasi Jordan, LCSW, ERYT-500***

Tulasi Jordan, LCSW, ERYT-500, Psychotherapist, has been trained in a variety of modalities that allow her to utilize unique and individualized approaches to healing. She received her Master's Degree from New York University, holds a Post-Master's certificate from the Women's Therapy Centre Institute for treating eating and body image problems, and is also certified in Clinical Hypnosis. She received her Gold-Level certification for coaching from Coaching from Spirit Institute, and has done additional coaching training specifically for therapists.

A professional-level yoga teacher, she has been teaching yoga and meditation since 1993, and is a certified Anusara Yoga Teacher and a Certified Kripalu Yoga Teacher. She has studied and taught yoga in the U.S. as well India. For over 13 years she has taught yoga programs and classes at Newton Hospital, in Newton, NJ. Additionally she teaches personal development, meditation, and yoga workshops in NJ. She has also assisted Anodea Judith in workshops.

She has the foundation of more traditional psychotherapy, and through additional training and experience is able to offer clients more contemporary interventions as well. With over thirteen years of working with clients individually as well as in groups, she utilizes elements of psychodynamic psychotherapy, somatic therapy, mindfulness, cognitive-behavioral therapy (CBT), behavioral therapy, solution-focused therapy, and clinical hypnosis (when requested).

She recently released the CD *Beauty from the Inside Out: Basic Home Yoga Practice* and has also been interviewed by the media for her work with eating disorders and body-image problems. Check out Tulasi's website's: *Postivite Body Solutions* and *Insight Psychotherapy*. Contact Tulasi Jordan <tulasijordan@me.com>

***Any Questions?*** Contact our Office Manager, Shanon Dean is the invisible smile behind Sacred Centers as she manages the endless details: maintaining both websites Sacred Centers and *Waking the Global Heart*, creating ads and art work, managing workshop details, geeking the technology, computing royalties and year-end taxes, and keeping Anodea organized while she's at it! If you can identify your problem or need, Shanon can address it. She's a great facilitator, who often shows up with a fresh basket of fruits, eggs, and veggies her garden. Contact Shanon via email [office@sacredcenters.com](mailto:office@sacredcenters.com) or call 415-637-0406 (cell).