

Yogathon 2011 Mini Healing Sessions

8 AM - 11 AM

Bowenwork

Bowenwork is a gentle and effective manual therapy that balances tension patterns in the body, resulting in a deep state of relaxation. Each Bowenwork move is carefully and gently performed after which the practitioner steps away from the client for a minimum of 2 minutes allowing time to integrate the message between the body & mind of the individual. It renews and stimulates the body's capacity for self-healing.

Regina Townsend is an advanced certified Bowenwork practitioner through the Bowen Academy of Australia (Bowtech.com). She has a B.S. in Psychology from Washington University in St. Louis and a second degree Reiki Mastership level of training and certification. rt@kokovoko.com 248.709.2802

11:30 AM - 2:30 PM

Acupuncture

Acupuncture, the insertion of fine needles to mobilize Qi (circulating life energy) & invigorate blood flow, is a cornerstone of Chinese Medicine. Auricular (ear) acupuncture is being offered as ailments of the entire body can be treated by stimulation of the surface of the ear. The outer portion of the ear is a microsystem which represents our complete anatomy.

Julie Silver, MSW, Dipl. Ac. is president and founder of Acupuncture Healthcare Associates of Michigan, Inc. Julie is a NCCAOM board Certified Acupuncturist with a degree from the Midwest College of Oriental Medicine in Chicago, Illinois. In addition, she has a Master's Degree in Social Work (M.S.W.) from Wayne State University.

www.acupunctureinmichigan.com 248.737.7126

3:30 PM - 6:30 PM

Reiki

Reiki (ray key) is a Japanese word "meaning "universal life force energy". It is a form of therapy employing simple hands-on and visualization techniques with the goal of improving the flow of this energy. Reiki touch therapy is used in much the same way achieving similar effects to traditional massage therapy. The power of Reiki is that it works on any or all planes - physical, mental, emotional and spiritual.

Katherine Schaefer was first introduced to Reiki by yoga instructor, Khaya Davidson. When in Massage Therapy School in 1996, Katherine began her Reiki training. Continuing her studies with Reiki Masters from Sedona, Arizona she became a Reiki Master herself in 1999.

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