



What's New in the Community

By Jen Eberbach



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

New Practitioners and Businesses

Naked Voice singing facilitator and therapeutic yoga instructor Jody Tull has returned to Ann Arbor, after living in England for several years. She has brought her business, *Nourishing Traditions*, along with her. While living in England, she received facilitator's certification from U.K. based Naked Voice founder Chloë Goodchild. Jody also holds an M.A. in music education from Columbia University.

Unlike many types of vocal training, Naked Voice singing is "not dependent on music theory or literacy, but instead on sourcing, through sound, the resonance of any emotion that rings true for that individual." Jody views Naked Voice singing as "a language of the spirit, that transcends culture and creed, and accesses a rich reservoir of wisdom that comes from calming the mind and listening." She continues, "Within that wisdom, fears are let go, and there is a deep awakening of awareness, compassion, and vibrant health."

Naked Voice singing is considered to be "the yoga of sound," Jody explains. "By resting in the silence from which the breath informs the sound, and singing without preconceived notions about what it should sound like, the individual tunes into the rhythm, pulse, resonance and sound of their true nature," she says. On a vibrational level, singing has therapeutic value. "Students learn how to target sound vibration to any one of the seven energy centers in the body, called chakras, which release tension and negative emotions trapped at the cellular level. Doing so unleashes the ultimate fountain of life-force the yogis call *prana*, from within," she explains.

During Naked Voice singing sessions, Jody teaches her students to sing chants, mantras, musical modes, songs, and improvisation. It does not require any music background or the ability to read music, although trained musicians benefit from the practice. Rather, students are encouraged "to tune into the *sounding field* that's always been there," she says. Char concludes, "It's about prioritizing that still place within, and trusting its expression through unedited sound."

Between August 23 - 29, Jody and her husband Rupert will take "yoga students of all ages and abilities" on the fourth annual retreat to Soglio, Switzerland. Each day will feature unique and varied field trips along with yoga, meditation and Naked Voice singing fields. "There is something



**Singing Facilitator and
Therapeutic Yoga Instructor
Jody Tull
has returned to Ann Arbor**

magical about Soglio and the people who care for it. Through the yoga practices we see, taste, smell and feel the beauty of the Swiss Italian Alps," she says.

Jody's business, Nourishing Traditions, will offer Thai yoga and Ayurveda massage and consultation, Sivananda Classical Yoga, organic gardening, meditation, chanting circles and Naked Voice singing. Those interested in joining Jody in Switzerland can learn more and register at www.shapingsound.com. For more information about the retreat, Naked Voice singing, or other offerings from Nourishing Traditions, contact Jody Tull by phone, at (734) 213-0435, or email info@shapingsound.com.

Physician and psychotherapist Dr. Janet Greenhut has opened a private practice in order to offer counseling sessions focused on Medication Management and coping with illness. She has built a long career in medicine, utilizing her qualifications in clinical preventative medicine, primary care, and public health, and she currently serves as Senior Medical Consultant at HealthMedia Inc., an online health coaching resource. Janet opened her private practice in order to counsel patients struggling to manage their medications, chronically or seriously ill patients, and adults suffering from depression, anxiety, and ADD.

Years ago, Janet was exposed to a variety of holistic approaches, while working along side holistic practitioners and healers at a multidisciplinary health center in Baltimore, Maryland. Her experiences inspired her to approach the way she relates to her patients in a way that takes their minds, bodies, and spirits into consideration. She explains, many patients "may feel like their doctor is taking good care of them physically, but they are unable to talk about what their illness experience has been like, and that's something I actually enjoy doing," she says.

According to Janet, "barriers" to managing medication can be voluntary or involuntary. Sometimes people make mistakes like "forgetting to take their medicine, taking the wrong dose, being too busy, or not having your medication on you." However, there are also common voluntary reasons people intentionally ignore doctor's orders, including "feeling like it's unnatural to take medication," or else "they want to be in control of their own care," according to Janet. In her practice, she works with patients and their primary care doctors in order "make their regimen easier to follow," she explains.

Janet also facilitates a Diabetes Conversation Mapping group designed by the American Diabetes Association, and she wants to plan a similar group for people living with chronic pain and illness. Dr. Janet Greenhut runs her private practices on top of her other responsibilities, and she is generally available between the hours of 5:30 - 7:30pm, or at other times by special appointment. Find out more about her online, at <http://drjanetgreenhut.com>. Her private practice is located at 103 East Liberty, Suite 203, and you may contact her by phone, at (734) 302-0230.



**Physician and Psychotherapist
Dr. Janet Greenhut**

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Astrologer and social worker Richard Smoot has started a new astrology business. Richard is a Practical Western Astrologer with 35 years of experience, and he believes that an individual's *natal chart*, or birth information, can reveal a lot about their personality, life circumstances, and the direction they are heading.

After examining a person's astrological information, Richard gathers "insight into your personal 'road map' of life, your style, motivation and drive, and the cyclic energies that exist at any given time." He explains, "I point out all of the areas in their life where there is a lot of potential, learning areas, attitudes, and their belief system." He believes that astrological information offers him insight into his clients' circumstances and the factors that influence their lives at a given stage of their maturity. "What that does is to help people to see themselves in ways they have never seen before," he concludes.

As a registered social worker of 15 years, Richard also offers counseling to interested clients that reaches beyond the realm of astrology. In his sessions, "I don't offer advice, I have them drag out their own advice," he explains. Richard prefers to "make recommendations or outline what is going on," based upon astrological data, "so they can make their own decisions," he says.

Before starting his new astrology business, Richard owned two websites, which sold astrological software to other astrologers. As an independent practitioner, he offers astrological consultations in person and over the phone, classes/workshops, and he actively lectures around the world. He offers a range of services, including Solar Returns, Electional astrology, Horary astrology, and Locational astrology. For more information about Richard Smoot, visit him at www.richardjsmoot.com. Contact him by phone (734) 320-2783.

Licensed Esthetician Mariah Newborne recently opened a new business, *Balanced Touch Natural Skin & Body Care*. Mariah has completed a comprehensive training program designed by Weleda skin care products, www.weleda.com. She is inspired by their natural, biodynamic skin care line, and she is now offering a wide variety of skin care treatments using their products. She is also certified in Jin Shin Jyutsu, Acupressure, Reiki, and MariEI-Reiki.

The natural products she uses are made from ingredients grown utilizing biodynamic farming methods. In part, this means Weleda maintains a sustainable impact on the local environments and communities where their ingredients are cultivated, paying adherence to certain natural growing techniques, and using natural preservatives and alcohol.

There are many benefits to getting natural skin care treatments, as opposed to traditional

chemical peels or methods of scrapping off layers of the skin. Mariah decided, "Although there can be a place for those kinds of things, it's not a place for me." Mariah prefers holistic, natural skin care, and she takes a particular interest in "how the skin reflects what's going on in the inside," whether our skin is affected by "exercise, stress levels in our life, or our general health," according to Mariah.

Balanced Touch also offers "Self-Care Coaching," classes, and private sessions in home self-care. Find out more about Mariah Newborne and Balanced Touch Natural Skin & Body Care online, at: www.naturalskincareannarbor.com. The business is located at 180 Little Lake Drive, Unit 4, and she shares the space with her husband, acupuncturist Gary Merel. Call Mariah at (734) 657-4652 for a free consultation, or for more information about the services she offers.

New Offerings by Established Businesses and Practitioners

Registered Nurse and Massage Therapist Char Hatlen received certification in *Healing Touch*, in 2008, and she is offering the therapy to her clients. Healing Touch is an "energy therapy" developed by nurses nearly 30 years ago that incorporates "ancient and contemporary modalities of laying on the hands," Char explains. She has seen evidence of how its practice can bring balance to people's physical, emotional, and spiritual energy fields.

As a registered nurse of 31 years, Char has experienced the healing value of touch. "If you are a nurse and you are listening to someone's lungs, then how you hold their back makes a big difference. If you are giving them a bath in their bed, touch is really important," she says. "Healing Touch a nurse's way to connect ourselves with all of the tools we need - intuitive, technical, and touch," Char explains.

For those who have not experienced the practice, it may be difficult to know what to expect from a Healing Touch session. She explains that "each session begins with a discussion about what they want to improve, whether they have a physical problem, or stress, or maybe they are unguided and undirected in where they are going in their life."



Registered Nurse and Massage Therapist Char Hatlen

After the discussion, the client gets comfortable on Char's massage table, fully clothed.

The session "requires the practitioner to put their hands through the field and see if there is any sense of disturbance," according to Char, which can mean touching the body or sweeping the hands near the body. Her intuitive abilities usually



Sound Shaman Norma Gentile

come to her through her hands, which she notes are her "primary way of receiving information from the field." By senses a client's energy field, she receives "information about the problem." She is then able to ask, "Is there something here that needs to be cleared?" or "is it there for a reason?"

Her training in Healing Touch incorporated different modalities and techniques, with an emphasis on "the energy field, the auras, the chakras, and how we can influence those by sensitizing our hands to pick up the energies, and then to help clients with whatever is bothering them at the moment - physical, emotional, spiritual, or mental." Her training also prepared her for higher level and celestial work, including *chelation therapy*, which she describes as "higher intensity vibrations that cleanse the field and, although it sounds a little crude, Rotor Root the chakras in order to spin out a lot of the debris and the things that are being held back."

Char is also the current President of the Board of Directors of the Great Lakes Center for Healing Touch, www.greatlakeshealingtouch.org, a student center dedicated to teaching new Healing Touch practitioners and offering discounted sessions to the public. Discounted sessions by student practitioners are available Tuesday nights at the Center for Sacred Living. She reports that the student center provides curious newcomers "a good way to dabble." Char Hatlen practices out of the Center for Sacred Living, which is located at 2020 Hogback Road, Suite 16. To schedule an appointment, phone her at (734) 260-6377, Monday - Friday during business hours.

Sound Shaman Norma Gentile recently re-released a CD of *Meditation Chants* by Hildegard von Bingen. She actively performs live, leads workshops, and offers one-on-one healing sessions with clients. In a description of her new CD release, she says, "As I sing, I feel and see the energy patterns in the room clear, as one by one clouds seem to lift off of those

listening.”

She reports that she can sense and see “energies that give me tangible feedback of what is going on in the room.” She believes that this phenomenon “goes beyond the qualities of the music,” because it also depends on “the quality of its reception.” She has found that the audience “brings their own energies with them, and the energies that their guides bring ahead of time. She believes her role as a healer is to “allow the intelligence of all levels of energies.”

Hildegard was an influential nun born in central Germany, in 1098. As a child, she experienced what Norma describes as “rigid states, where she couldn’t communicate, or speak, and it would take a day for her to recover.” Norma believes that Hildegard’s fits were caused by spiritual visions.

In great concern, Hildegard’s family sent her to live at a monastery. In the coming decades, her influence on spiritual thought was to reach the highest offices of the church. However, during the first part of her life, she remained guarded about her spiritual fits and the spiritual knowledge she was receiving.

At the age of 42, Hildegard took seriously ill. During this time, she admitted her visions and abilities to her friend, Uta, who shared the information with a monk in the monastery named Volmar, who in turn offered to transcribe Hildegard’s visions and compositions.

Fortunately, Hildegard’s health improved, and years later she received a letter that the Pope was intrigued by the rumor that there was a woman writing a book. After sending a contingent to collect her writings, the Pope gave his blessing for it to be published.

In the later part of her life, Hildegard became well-known among European nobles, popes, and kings as a source of spiritual counseling. By the end of her life, Hildegard had founded two monasteries of her own and composed many works, including a morality play, which is considered to be the first known opera.

Norma is particularly interested in Hildegard’s life experiences and compositions, she feels like the story is germane to her own experiences as a sound healer. “I see how energy connects

to people, how we have guides, and I see how she was in a similar situation. I see her as an energy healer,” she explains. She suggests that the “recording may be used to assist individual or group meditations,” as well as during yoga classes, Reiki, or other healing arts. For more information, visit Norma Gentile’s website, at www.healingchants.com. You can contact her by phone, at (734) 330-3997, or email info@healingchants.com.

Psychotherapist and life coach Christine Wucherer is offering private sessions and group retreats based on her program, “A Woman’s Guide to Saner Living.” She is exploring this niche in her work with clients, and she is growing her blog www.awomensguidetosanerliving.com in order to teach women, and the men in their lives, how to “self-actualize what they want out of life,” without feeling overwhelm or overburdened.

In her experience, Chris sees women overextending themselves, whether it is due to their desire to take care of others, manage both family and career at the same time, or other responsibilities that many women feel. “It’s really hard for women to put themselves into the equation of their own life,” Chris explains, adding, “We end up expending all of our energy and not keeping any of it for ourselves.” She hopes to teach women to “say ‘Yes’ to themselves,” she says.

Chris works with her clients to set practical intentions towards their “life vision,” which she describes as “a three-dimensional image of how we see ourselves at an older state, so it’s your older, wiser self at any point that you pick,” whether 5 years, or 50 years. Sessions with Chris help give women and men alike practical ways to “care for themselves,” by doing small things on a daily basis towards “actualizing and manifesting their goal,” she says.

One of the most significant challenges facing women, according to Chris, is time management. She thinks that “taking time to slow down and live in the moment,” is an important part of maintaining a balanced life. Sometimes this means saying ‘Yes’ to yourself, according to Chris, however she also stresses that “I try to teach women it’s OK to say ‘No,’ sometimes.”

Chris’ tailors her sessions to the unique personality of each individual. However, she has discovered a number of useful tools and exercises that help people confidently work towards a saner life. “Big goals are too much for us to handle, so we want to break them down into manageable pieces,” she added, concluding, “If you just do one or two things towards your goal everyday, in a month you will have done between 30 and 60 things towards your goal.”

Chris is working on growing her blog into an open discussion space and “eventually build an online community where people can talk back and forth about how they stay sane.” Currently, she has a number of articles, thoughts, links, and other resources up the site that relate to Saner Living, which also provide as a good introduction to her coaching approach.



**Psychotherapist and life coach
Christine Wucherer**

Chris also leads Groups and Retreats on Saner Living. Some are only open to women, however she encourages men to schedule private sessions with her, and invites them to contact her for more information about future events. For more information, visit Christine Wucherer’s blog at, www.awomensguidetosanerliving.com. Her office is located at the Center for Work and Life, 708 West Huron Street, Suite 5. You may contact by phone, at (734) 669-7202, or email chris@centerforworkandlife.com

Ken Land, Clinical Director of *The Counseling Center of Ann Arbor*, has created *Storytelling Therapy*™, which he offers to his clients, as well as a training seminar, entitled “The Art and Science of Storytelling Therapy™,” and he is currently writing a book outlining the technique. He explains that Storytelling Therapy™ is the practice of using stories to “get access to the back of a person’s mind with certain language that the listener uses.” Ken has found that his stories, “Start them pondering, ‘What does this have to do with me?’ They’re asking it in a very literal way.”

One of the unique qualities of storytelling is that it allows him to “intervene” with his patients, without intimating them with blunt critique or other things that “look like therapy,” he says. “People don’t like risk and people don’t like critical feedback. If it’s contextual to a story, it’s easier. It’s not as threatening, because it’s a story,” he elaborates. However, he is still able to present his clients with major life choices, and he can intervene on disruptive behaviors. He elaborates with a metaphor. As “gatekeeper,” Ken’s task is to layout choices before a client, and then “the intervention consists of eliminating gateways,” he tells.

Ken tries to adapt his stories to each individual’s personality, culture, and “their individual language,” he explains. In general, “The story is captivating. The language becomes the artistry of producing a captivating story that is germane to what they are trying to give me access to.” Find out more about Storytelling Therapy™, at: www.storytellingtherapy.com. Contact Ken Land by cell phone with confidential voice mail at (734) 320-5805, or his office at (734) 761-7204, or email him at: landkk@comcast.net.

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**Ken Land, Clinical Director of
*The Counseling Center of Ann Arbor***

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**Certified bodywork and massage therapist
Jessica Kilbourne**

Certified bodywork and massage therapist Jessica Kilbourne was recently certified in *Massage Cupping*™. During a treatment, Jessica positions numerous glass or plastic suction cups on her client's body, commonly their back, face, or other parts of the body. "By creating suction and negative pressure, *Massage Cupping*™ bodywork is used to drain excess fluids and toxins, loosen adhesions and lift connective tissue, and bring blood flow to stagnant muscles and skin," according to the official website, www.massagecupping.com.

The suction draws skin and deeper tissues up into the cup, which can look pretty odd and painful to those who are unfamiliar with the technique. However, Jessica explains that although it may look strange, cupping "isn't painful." It is also important for newcomers to know that discoloration of the skin is likely to occur, and that these marks may be visible for hours, days, or longer. Some of her treatments involve attaching cups to the face, however Jessica assures that "those don't leave a mark."

Jessica explains "the hickey-like things that appear on the body," indicate "how much toxic blood has been pulled to the surface of the skin." The discolorations are a desired result of the treatment, as they "tell me that there is more stagnation in the blood or lymphatic system, the muscles are contracting, or there is toxicity," she say, adding "it gives you clues to patterns that are going on, or where toxins are being stored throughout the body." Jessica Kilbourne offers *Massage Cupping*™ sessions on their own, and in conjunction with a range of massage and bodywork therapies. Her practice is located at the Ypsi Studio, located at 208 W. Michigan Ave, in Ypsilanti. To find out more about Jessica Kilbourne, visit www.ypsistudio.com. Call the Ypsi Studio at (734) 845-0542, or email Jessica at jkilbourn@emich.edu

Life coach and astrologer Jillian Kerry has created a new coaching program, *Creating an Intentional Life*. The program is designed to help her clients "create what they want in their life, and not live on unconscious auto-pilot," she

says. Jillian describes herself as a "Possibilities Coach," and encourages people to "know your purpose in life and create that for yourself," while also recognizing the possibility of "gifts within adversity," she explains.

Jillian reminds that "everything is energy." She believes that our intentions can manifest themselves in our everyday realities. She explains, "It's not a thought that manifests, it's the emotion you attach to that thought that is going to attract positive or negative energies," she elaborated. She think of energy as either "flowing, or we are blocking it," she says, continuing, "When you learn how to unblock that energy, there'll be this flow."

One of Jillian goals is to inspire her clients to "embrace the things you think are negative and pay gratitude to what you have." A client may come to her complaining about their debt. "I ask them, 'Why are you in debt,' and they say, 'Well, I had to pay for my education. I've been paying off those bills ever since.' I say, 'So what? You have an education and that's the beauty of that debt,'" she explains.

Jillian offers coaching sessions, consultations, and astrology readings, by employing a unique system for charging her clients. She asks clients to pay based on the value they receive from the program, encouraging them to set their own rates. She explains, "I take total responsibility for attracting," and her open fee

structure, "is a good way to get feedback if something's not working, so I can improve myself and my practice." To find out more about Jillian Kerry, visit her website: www.jilliankerry.com. Contact her by phone, at (734) 395-4999, or email jilliankerry@gmail.com



**Life Coach and Astrologer
Jillian Kerry**

Upcoming Events

Massage Therapist, Infant Massage Instructor, and Reiki Master Ann Zalek is offering classes in *Dunstan Baby Language*, a newly discovered system of understanding the language of babies. The technique was founded by Priscilla Dunstan, an Australian mezzo-soprano who was able to decipher the language of babies with her incredible capacity for auditory memory - think photographic-hearing. Ann's *Dunstan Baby Language* classes train parents to hear the five distinct sounds that all newborn babies make before three months. If a baby is crying, parents know they are probably hungry, sleepy, unconformable, gassy, or they need to be burped. What many do not know is that all babies communicate these needs vocally, with respective Neh, Owh, Heh, Eairh, or Eh sounds. The five words are not generated by any kind of linguistic understanding. Rather

the sounds correlate to physical sound reflexes that all babies experience. For example, if your baby says "Eh" and the Dunstan system tells you that means she needs to be burped, she is experiencing a physical reflex to a growing air bubble.

Ann's *Dunstan Baby Language* classes help parents "tune their ear to what their babies are saying," she explains. They are structured to introduce parents to the qualities of each of the five words, give them loads of practice hearing recordings of different cries, and help them implement the tools in their daily relationship with their baby. Ann's students also receive a copy of Priscilla's DVD with the class.

With enough practice, parents can use Dunstan to "have a more positive relationship with their baby," Ann says. New parents know that a happy baby is a quiet baby, which leads to less stress and more sleep for everyone. "Knowing these five sounds really gets you through the times when you ask yourself, 'Man, I just don't know what she needs?' If you can take away a little of that stress, that's huge," she concludes.

Although the system is relatively simple and straightforward, there are a few aspects of it that can be tricky at first. The five words happen during a baby's pre-cry. Ann points out, "Once they are hysterical, it is much more difficult to decipher what they are saying." Another important bit of advice she gives to parents is to "stop, look, and listen." She stresses that "you have to look for the little clues they give you." For example, "there are non-verbal cues that you get along with the sounds. If a baby says, 'Ow,' it's a yawn reflex. You are looking for the oval shape of the mouth or they might be rubbing their eyes," she explains.

For more information about Ann Zalek, visit www.dunstanbabyclassMI.com, or find out about the work she does at the TheraCare Therapeutic Massage & Healing Arts Center, at: www.TheracareMassageTherapy.com. To view a full listing of upcoming *Dunstan Baby Language* classes, which she will hold at the Lamaze Family Center, in conjunction with TheraCare Inc., visit www.lamazefamilycenter.org. The Lamaze Family Center is located at 2500 Packard, Suite 101. Phone her at (734) 255-0403, or (734) 332-3800, or email her at ann@dunstanbabyclassMI.com.

The Ann Arbor Zen Temple is offering a new class, *Yoga for Recovery*, to assist people recovering from addictions. The class will be taught by yoga instructor David Black and Resident Priest Haju Sunim on Wednesdays from 6 to 8pm, beginning May 6th. Like 12 step programs, *Yoga for Recovery* focuses on assisting individuals suffering from a wide range of addictions. During his own 19-year recovery from substance addiction, David recognized similarities between the 12 steps and the 8 limbs of classical yoga. He teaches these similarities to his students,



**Brown Belt NIA instructor
Robin Okun, MSW**

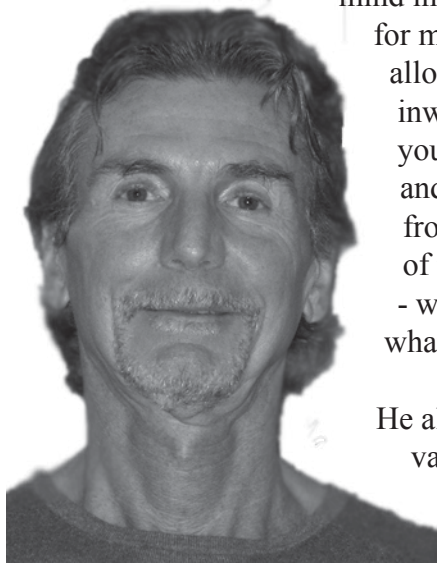
however he explains, “Yoga has things that the 12 steps don’t.” He adds that the class “provides as a compliment to someone’s recovery program,” by incorporating physical exercise, meditation, breath, diet, and spiritual discipline.

David has practiced yoga at the Zen Temple for 15 years, and has taught Hatha and Sivananda Yoga, since 2001. He received his advanced training at the Sivananda Ashram in the Bahamas, where he was also trained in Yoga for Recovery. He notes that the 8 limbs of yoga, which are written in Patanjali’s 200 B.C.E. *Yoga Sutras*, and the 12-step program “are both spiritual disciplines with a moral foundation that leads the individuals to enlightenment.” He elaborates that both involve “a progression you move through” in order to “find contentment” and “join your individual nature with a universal consciousness,” which is similar to the 12-Step’s concept of an addict’s *higher power*.

Addiction is “desire run wild,” according to David. “Through our sense experiences we’re seeking things outside of ourselves to try to make ourselves happy on the inside, and it just doesn’t work.” He believes that yoga can help “calm the fluctuations of the mind,” as written in Patanjali’s 2nd Sutra, and he relates, “The yogis believe that when

you can concentrate your mind in order to be fit for meditation, it allows you to look inward to discover your true nature and it frees you from the slavery of the five senses - which is basically what addiction is.”

He also sees great value in yoga’s lesson to “be here now, because the present



Yoga Instructor David Black

moment is all we have. There’s no way of knowing if we will be happy in the future.” In his experience, “Addicts are great warriors. They tend to live in the future and often, as a friend of mine says, ‘live in the wreckage of the future.’” David’s classes are structured to give his students the encouragement they need to eat well, live balanced lives, exercise, and strengthen their spiritual conviction to recover. The Zen Buddhist Temple is located at 1214 Packard, and you may phone them at (734) 761-6520, and visit them online, at: www.zenbuddhisttemple.org, or email David Black directly, at dblack2420@comcast.net

Brown Belt NIA instructor Robin Okun, MSW, has moved to a new studio, *Mindful Movement*, and she will host a Grand Opening Party, on Saturday, May 16, from 1 - 5 pm. She describes the Nia Technique as “a movement practice that offers the cardiovascular benefits of traditional exercise combined with mental and emotional balance.” She elaborated, “it’s really about being mindful of your own body and being aware of the way your body moves.”

I had an opportunity to attend a class and experience Nia for myself. Although Robin leads her students in a variety of dance steps and movements, she encourages individuals to move in any way that feels right to them. I never felt pressured to follow her movements step-by-step, nor did I worry about messing up or looking silly. The movements she introduced were more like suggestions that encouraged the class to have fun and take their movements in any direction they pleased. Nia can help people “appreciate their own body and not place judgements on it,” she claimed.

Robin believes that the best way to learn about Nia is to experience it. She invites new students to attend a free class. The Grand Opening Party will give people opportunities to participate in “movement experiences” and “sample classes.” The event will feature live accompaniment, refreshments, and door prizes, and provide an opportunity to check out the studio. Suggested donations of \$5, \$10, or \$15 at the door will benefit the Center for Eating Disorders, a 501C-3 non-profit. Mindful Movement is located at 815 Wildt Street, the former location of the Peter Sparling Dance Studio. For more information about Nia, personal movement coaching, and therapeutic movement, visit www.mindfulmovementspace.com, or contact Robin Okun at (734) 395-2624, or email robin@mindfulmovementspace.com

A new chronic pain support group has formed in town, facilitated by psychotherapist and social worker Jody Kohn. The group will meet Monday and Wednesday evenings from 7 to 8:30pm, beginning the week of Monday, May 11. In 1983, Jody had an auto accident that left her in chronic pain. Her experiences coping with life changes, finding the right doctors, and living with pain inspired her to gather other people suffering from similar hardships.

Jody explains, as a psychotherapist, “you don’t have to go through what your patient or client has gone through, but it helps.” In her experience, people living with chronic pain



**Psychotherapist and Social Worker
Jody Kohn**

face similar issues, despite the fact that each chronic pain condition has its own challenges. The sudden onset of pain after Jody’s accident impacted her perspective on life. “An injury like that is a loss like a death. You need to go through the grieving process,” she says.

Jody decided to look for a support group that she could attend, but she was not finding what she was looking for in the area. One day, she visited www.meetup.com, a social network that helps people find groups to join in their area. Although there were no postings, she noticed that more than 30 people in the area were looking for a group. Last year, a small group formed under Jody’s guidance.

Although Jody contributes her knowledge of psychotherapy, meditation, self-healing techniques, and her personal journey, “it’s about taking it in the direction that everyone needs,” she says. She explains, the group is “not a place to complain,” but rather, “it’s a place to exchange ideas and look out for each other,” in a “confidential, safe way.” If you suffer from a chronic pain condition that impacts your life, Jody Kohn is available for private psychotherapy sessions. For a consultation, more information, or to register for the chronic pain support group, contact phone her, at (734) 646-9690, or email seekinghealth@comcast.net.

Yoga instructor and school psychologist Ronda Diegel is leading a special “Yoga for Scoliosis” workshop on May 17th, from 2 - 4pm, at the Namaste Yoga Center in Royal Oak. Suffering from scoliosis herself, she decided to try using yoga as a therapeutic tool, and she found that “through yoga you can really help yourself,” Ronda says. Aside from the physical benefits of yoga, the practice also has psychological benefits. “You feel empowered and you feel at home. You learn to understand your body, and accept your body,” she says.

The practice is designed to address both *structural scoliosis*, a non-correctable impairment in the skeleton, and *functional scoliosis*, a correctable condition that arises from muscular imbalance. Ronda explains, “Structural scoliosis affects your bones, so yoga will not correct it, but you can see a lot of benefits and it can elevate pain.” She elaborated, even though “you are not changing your skeleton,” Ronda believes that yoga “can bring a lot of balance to the muscular body,” improve posture, and

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Yoga instructor and school psychologist Ronda Diegel

prevent the curve from worsen over time. On the other hand, Ronda has found that functional scoliosis, which is caused by imbalance in the muscular body, "can definitely be corrected through yoga," and can prevent it from become a structural problem over time.

Since scoliosis is most often detected as children enter into puberty, and exacerbated during other major hormonal changes, Ronda thinks that Yoga for Scoliosis is "a wonderful practice for adolescents." Ronda is also offering one-on-one, private therapeutic yoga sessions to people suffering from scoliosis.

Namaste Yoga Center is located at 309 South Troy Street, in Royal Oak. Find out more about Ronda Diegel online, at www.drrondadiegel.com, or <http://www.yogaforscoliosis.com/teachers/RondaPretzlaffDiegel.html>, or find out more about Yoga for Scoliosis, at: www.yogaforscoliosis.com. Contact her by phone, at (248) 730-0597, or email rmdiegel@earthlink.net.

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If you would like to submit information to be considered for this column, please e-mail Jen Eberbach at communitynews@crazy-wisdom.net or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (September to December 2009) is July 1, 2009.



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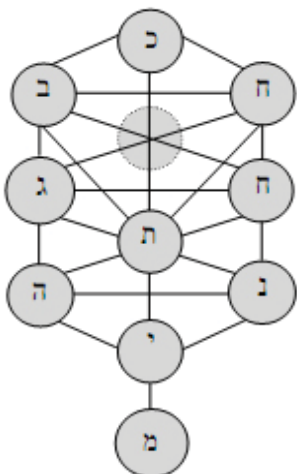
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