

Davis Holistic Health Center

Summer 2013 Newsletter



Greetings!

DHHC has many new happenings coming this fall. I want to start by welcoming our latest addition to the Davis Holistic Health Center, Jason Marvin. Jason is one of the most sought after Physical Therapists in town and he has now moved his practice to our facility. More information is available on Jason in this newsletter.

Please check out the many new classes and instructors that are teaching this fall as well as many of our most popular teachers that are returning. Before talking about them, I'd like to encourage everyone to consider exploring the rich world of attending yoga and/or qigong classes. These classes offer their own flavor of holistic medicine and provide a healthy, enriching and healing experience in the form of exercise.

Kamala Paul is offering a new set of classes for our community. They will start in September. She will be offering "Chair Yoga", "Introduction to TriYoga Basics", and "TriYoga for Runners and Others". For more information on these classes and others, refer to the classes section of this newsletter or our website.

One of our patients found a book you may be inspired to read that illustrates yoga as an amazing method of healing. The book is called, "Warrior Pose: How Yoga (Literally) Saved my Life". Written as a memoir by Brad Willis, the abstract states he was a war correspondent who becomes tragically injured and finds new life through yoga. I'll leave the rest for your own discovery!

Taking advantage of yoga, qigong, and all we have to offer here at DHHC just might turn your life around as well. Bring a friend and try a new class. We look forward to it!

Brian Dempsey, L.Ac.

Welcome Physical Therapist
Jason Marvin!



New for Fall

- ***Chinese Yoga and Qigong for Harmony and Balance on Mondays with instructor Rebecca Pope***
- ***TriYoga® Flows with Kamala Paul***
- ***Davis Kundalini Yoga with Jenna McAsey***
- ***Yoga classes with Christine Pollard***
- ***Hatha Yoga with Susan Patton***
- ***Yoga Gone Wild with Meghan Mahealani Morris***

Classes for Fall



DHHC

Chinese Yoga - Mondays 5:00pm-6:00pm 10 Week Sessions begin September 23

Both China and India are famous for movement systems that improve the health of the "whole person"--body, mind, and spirit. What we now call "Qigong" was earlier called "Chinese yoga" or "Dao-yin." It is said that yoga traveled from India to China. This form, developed by a Chinese grandmaster, features movements ancient Chinese exercise forms share with Indian yoga. This graceful form flows from posture to posture like tai chi and features movements designed to stretch the entire body and to open joints to gain flexibility, strength and balance while attending to the breath and the qi. Beginners welcome--no knowledge of qigong or yoga required.

Classes are \$140.00 for 10 week session or \$17.00 for drop in single class.

Instructor: Rebecca Pope (530) 792-7127, e-mail: qigongforhealth@gmail.com

Qigong for Harmony and Balance - Mondays 6:00pm-7:00pm 10 Week Sessions begin September 23

If we feel rooted and grounded, we can improve both physical and mental balance, and from balance comes harmony of body, mind and spirit. This class will feature practices--breathwork, movement, meditation, acupuncture--used not only to reduce stress but also to find the quiet within that comes from feeling rooted and centered physically and working with ancient Chinese practices to harmonize emotions like anger, grief, worry and fear.

Qigong Classes are \$140.00 for 10 week session or \$17.00 for drop in single class.

Instructor: Rebecca Pope (530) 792-7127, e-mail: qigongforhealth@gmail.com

Vinyasa Flow with Christine - Mondays 7:15pm-8:45pm

This class seeks to bring body and mind together through the breath and fluid movement. This class utilizes deliberate sequencing, pranayama (breath work), and mindful movement through variations of sun salutation in order to open and prepare the body for peak poses (e.g. inversions, arm balances, backbends). Because this class maintains a steady pace, some knowledge of basic yoga poses is strongly encouraged. Prior vinyasa experience is not necessary, but knowledge of sun salutation is helpful. This class is on-going on a drop in basis.

\$10 per class cash or check only.

Instructor: Christine Pollard, RYT (530) 383-0281 or root-downyogini@gmail.com

Mindfulness-Based Stress Reduction - Tuesdays 7:15-9:15pm 9 Week Sessions Starting September 10

This program is designed to help participants heal by entering into a new relationship with, essentially, the present moment. MBSR offers a powerful, intensive, integrative approach for tapping into and mobilizing innate inner resources for healing and well being. Participants can develop a life-affirming approach to living with many stress-influenced conditions such as anxiety, anger, depression, headaches, high blood pressure, sleep disturbances, and gastrointestinal problems. It is the practice of cultivating non-judgemental awareness in day-to-day life.

\$360; includes meditation CDs for home practice, a workbook, and a day long retreat on a weekend.

Instructor: Denise Dempsey (530) 304-4341 or stressreductionprograms@gmail.com.

www.stressreductionprograms.com

Yoga with Christine - Wednesdays 5:30pm-6:45pm

This is a purposefully paced hatha yoga class with great attention paid to the breath. Classes are designed to bring the student's awareness to mind, body and breath. Poses are sequenced to gradually open specific areas of the body to allow energy flow and to build toward deeper variations of a focus pose. Classes will also include pranayama (breath work) to increase awareness and calm. This class is on-going on a drop in basis.

\$10 per class cash or check only.

Instructor: Christine Pollard, RYT (530) 383-0281 or root-downyogini@gmail.com

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This class seeks to bring body and mind together through the breath and fluid movement. This class utilizes deliberate sequencing, pranayama (breath work), and mindful movement through variations of sun salutation in order to open and prepare the body for peak poses (e.g. inversions, arm balances, backbends). Because this class maintains a steady pace, some knowledge of basic yoga poses is strongly encouraged. Prior vinyasa experience is not necessary, but knowledge of sun salutation is helpful. This class is on-going on a drop in basis.

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Instructor: Christine Pollard, RYT (530) 383-0281 or root-downyogini@gmail.com

TriYoga Basic Level - Thursdays 7:45am-9:00am September 12 - November 21

Learn how the trinity of postures, rhythmic breathing and focus in the TriYoga practice builds strength, flexibility and releases stress. This is for those new to the method and for those who want a greater understanding of how to apply the practices daily to feel more vitality, health and happiness.

\$39 for three classes; 8 class session \$108; drop-in fee \$15 per class

Instructor: Kamala, www.triyogadavis.com, (530) 746-8456 or info@triyogadavis.com

Dance Movement Therapy for Patients and Survivors of Cancer - Thursdays 9:30am-11:00am 12 Week Sessions

This 12-week program will use dance movement therapy and imagery as a means to enhance the healing process and build a supportive community. It will provide support, relaxation and insights to its participants. The goals are to enhance wellness through improved body image, energy level and sense of self.

Free.

Instructor: Nandi Szabo, M.A., A.D.T.R., Registered Dance Movement Therapist (916) 529-1079

Chair Yoga - Thursdays 12:00pm-1:00pm September 12 - September 26

NOT JUST FOR SENIORS! Take a seat and use simple movements to stretch your body from head to toes. You don't need to be a senior to benefit from this class! Those who want to improve their flexibility and those recovering from illness, injury or surgery--and people wanting to increase their strength in a systemized and safe way will benefit.

Free.

Instructor: Kamala, (530) 746-8456 or info@triyogadavis.com; www.triyogadavis.com

Classes for Fall



DHHC

Beginning Yoga - Thursdays 5:30pm-7:00pm Classes are ongoing.

This is a gentle class appropriate for beginners or continuing students who wish to undo tension and develop strength and flexibility. A typical class includes gentle warm-ups, core strengtheners, and basic poses. The focus will be on alignment, relaxation, and breath-work. We will explore the centering, calming, and healing power of the breath and of the way yoga quiets the turnings of the mind.

Instructor: Catherine Curly catmariayoga@gmail.com

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Instructor: Kamala, www.triyogadavis.com, (530) 746-8456 or info@triyogadavis.com

Davis Kundalini Yoga - Fridays 4:30pm-6:00pm

Davis Kundalini Yoga is a growing community of Yogis and enthusiasts learning and practicing the technology of Kundalini Yoga (as taught by Yogi Bhajan). Kundalini (coiled energy) is the 'creative potential' of the human being. It is often called the Yoga of Awareness. It combines Kriyas (sets of exercises), Pranayam (breathing techniques), mantras (sounds chanted), bhandas and mudras (seals, finger, and hand gestures) and meditations in unique combinations to connect with the Universal Cosmic Energy within the human magnetic energy system. It can assist to tone and support the circulatory, glandular and nervous systems, and aid in health and well being on many levels. Come open your heart, build strength and inner radiance as you learn new ways to connect with one the the oldest forms of Yoga.

Six week series \$72. Student and seniors \$10 off. Drop ins by instructor permission (phone or email).

Instructor: Jenna McAsey - Jivan Shakti Kaur has been teaching Yoga in Davis for 15 years. She has certification in Integrative Yoga Therapy and Kundalini Yoga as taught by Yogi Bhajan. Call or email for more info and to register at (530) 756-4494 jenna@omsoft.com.

Hatha Yoga - Fridays 6:30pm-7:30pm Starting September 13.

The class will start with a breathing and relaxation exercise followed by movements to improve balance and coordination. Next we will practice different versions of sun salutation for strength. During the class I will talk about the body dynamics involved and offer accommodations for areas of tension or pain. After sun salutations, we will practice warrior series followed by exercises for improving flexibility. The class will end with a relaxation, meditation and mantra chant. I will adapt the class according to the levels and requests of students.

\$10 per class walk-in.

Instructor: Susan Patton

WORKSHOPS

TriYoga for Runners and Others

Sunday, October 20th from 1:00pm-4:00pm

Focus on postures that free the hips to protect the knees, ankles and feet. Increase core strength to support running. Improve lung capacity through yogic breathing practices. Feel relaxation in action. Non-runners very welcome, this is a Level 1-type class.

Workshop Fee: \$45

Register on line with PayPal, www.triyogadavis.com or contact Kamala at

info@triyogadavis.com or 530 746 8456

Yoga Gone Wild - Yoga+Movement Workshops for Women in Davis, CA

Saturdays 9:00am-6:00pm with 1 hour lunch break

September 14, October 12, November 9, December 7, 2013

Learn to: use your breath for fuel and deep replenishment; listen to your body & give your body space to digest feelings; tap into the well of potent, delicious aliveness that is always available to you; sustain and move your energy so you don't get drained; embody the grounded, flowing, connected, vivacious receptive woman that you are.

\$80 per workshop if registering for all four in the series; \$95 per workshop if registering for a single day.

Register by emailing instructor Meghan Mahealani Morris at mahealani.morris@gmail.com.





Acupuncture and Herbal Medicine

Brian Dempsey, L.Ac. is the founder and owner of the Center and provides acupuncture and herbal medicine services. He is a founding member of the Sutter Center for Integrative Health and is an adjunct teacher for the UC Davis Medical School. He has practiced acupuncture and herbal medicine for almost two decades. Brian has formal training from the Chinese School of Medicine in the United States and China. Brian treats a variety of health problems including muscle strain, sciatic issues, bursitis, arthritis, and numbness and tingling ailments. In addition, he treats migraine and tension headaches, neck tension, whiplash, back pain, and degenerative disc disease. Whatever your pain or discomfort, Brian is sure to find a way help through treatment and/or herbal practice. Brian follows NIH protocol for all his acupuncture treatments and stays up to date on the latest techniques through seminars and literature. To make an appointment with Brian please call the office at (530) 758-7525.

Rasa Sammy, L.Ac. is a Nationally Certified and California state licensed acupuncturist who has been practicing acupuncture and massage since 1999. She received her training at Five Branches Institute (College for Traditional Oriental Medicine), California State Tutorial Program for Acupuncture, and the American School of Botanical Medicine. Prior to joining the Davis Holistic Health Center, Rasa practiced acupuncture in integrative medical clinics with family physicians, orthopedic surgeons, and physical medicine and rehabilitation doctors. Rasa served as acupuncturist for the UC Irvine Graduate Student Wellness Clinic faculty and was course director at the UC Irvine College of Medicine's Introduction to Oriental Medicine Program, teaching acupuncture to medical students and physicians. Her areas of specialization address chronic pain and musculoskeletal injuries, fertility, headaches, digestion, asthma, and allergies. She is also trained in massaged therapy and Reiki. Rasa has apprenticed under Brian Dempsey to learn DHHC protocols and is excited to serve the Center's clients. To make an appointment with Rasa please call the office at (530) 758-7525.

Massage Therapy

Lauren Boswell is a certified professional massage therapist. Years of training and dedication to her art has perfected her skills in a wide variety of massage techniques and styles including but not exclusive to Deep Tissue Massage, Thai Massage, Sports Massage, Energy Massage, Swedish Massage, Shiatsu Massage and Lomi Lomi Massage. Lauren's incorporation of full body stretching and manipulation, pressure points, and energy work aids in alleviating headaches, promoting healthy sleep, and, eradicating muscles knots, tension and pain. These massage therapies cover a wide range of benefits in both mental and physical relaxation. You may make an appointment with Lauren by calling (530) 341-3239.





Rolfing for Structural Integration

Tom Richards is a Certified Rolfer and Movement Practitioner by the Rolf Institute in Boulder, CO and has a B.S. in Kinesiology. Governed by a Code of Ethics & Standards of Practice, Certified Rolfers have extensive training in anatomy, physiology, kinesiology, and their therapeutic relationships. Tom has additional training in nerve manipulation, joint mobilization, and Rolf Movement. With years of experience treating scoliosis, TMJ, carpal tunnel syndrome, restricted breathing, and gait problems to name a few, most any musculoskeletal misalignment or movement issues can be addressed through his work. Tom looks forward to merging his passion for movement, body work, learning, and holistic health to help people move and function more soundly. Flex pay or Cafeteria accounts can cover the costs of Rolfing treatments. For an appointment with Tom call (510) 759-2047.

Chi Nei Tsang

Sylvia Sensiper practices the healing art of Chi Nei Tsang (CNT), a therapeutic touch modality of Chinese Taoist origin. Chi Nei Tsang literally means “working the energy of the internal organs,” and a treatment involves deep, gentle and soft touch on the abdomen. Chi Nei Tsang can be of particular benefit to some of the more intractable problems of contemporary life; anxiety and depression, sleep disorders, and digestive issues. Sylvia has been successful in helping clients with insomnia, celiac disease, unhealthy eating, and IBS. Sylvia studied at The Center for Taoist Energetics and the Chi Nei Tsang Institute in Oakland, California with Gilles Marin and at the Beacon Wellness Arts Center in Petaluma, California with Francesca Fasano. She is a certified Level III practitioner. To make an appointment with Sylvia please call her directly at 530-848-0354. You may visit her website at www.sensiperhealinghands.massagetherapy.com.

Physical Therapy

Jason Marvin, PT is a graduate of the Sacramento State Physical Therapy Program. After being licensed in 2001, he went through rigorous training to expand his knowledge based upon an Osteopathic approach to treatment. Now, Jason provides unique and helpful treatments in the Davis community utilizing this added knowledge. By utilizing osteopathic principles and techniques, Jason assesses and diagnoses lesions that hinder the body from healing. Lesions can be located within the visceral, myofascial, vascular, neural, osteoarticular or dural systems. Jason's role as a clinician is to assess, treat, and return the body to its natural mid-line therefore increasing its ability to adapt and heal itself. Jason continues to pursue his passion for knowledge in osteopathy through continuing education courses with the Barral and Upledger Institutes. He has also studied under Edward G., Stiles, D.O. who worked directly with Andrew Taylor Stiles' grandson, George A. Laughlin, D.O. Through their intense programs, Jason has learned to apply the functional techniques and principles in his practice. **To schedule an appointment with Jason, please call him directly at 916-952-5911.**

