

Davis Holistic Health Center

Fall 2012 Newsletter



Dear DHC patron;

Summer is over and it's time to welcome Fall with open arms! Now is the time to cool off, reflect, and try a class or two at DHC. With many new classes to choose from, you are sure to find peace of mind at the Center.

One of our most popular classes is our Thursday night yoga with Janet Papale. Our amazing Qigong teacher, Rebecca Pope, is starting a new class this fall where she will teach Chinese exercises for a healthy heart. This class is in addition to her fabulous qigong for women's health class and qigong for stress and fatigue. Kirsten Ferries now offers a Thursday night yoga class that is perfect for those seeking relief from daily stresses. This is a very relaxing class and sure to be essential! For a different angle on stress relief, Denise Dempsey is now offering her Mindfulness-Based Stress Reduction course at the Center on Tuesday evenings.

In addition to these wonderful new classes, Kamala Paul of Yoga Davis will be holding three workshops this fall that will guide participants through a sequence of concentration techniques followed by deep meditation. Nandi Szabo is also beginning a new session this fall of dance movement therapy. More information about these classes and workshops can be found here in the newsletter as well as on our website at www.davisholistic.info.

Davis Holistic would like to send a warm welcome to two new practitioners at the Center, Andrew Baskin and Sylvia Sensiper. Please read more about them in the Practitioner section of the newsletter.

We are honored to serve you and the greater Davis community and invite you to come for an acupuncture session, or massage, or to try one of our many wonderful classes.

Happy fall to you all,

Brian Dempsey, L.Ac.

New for Fall

- ***“Gentle Chinese Exercise for Heart” on Mondays with instructor Rebecca Pope***
- ***“Mindfulness-Based Stress Reduction” on Tuesdays with instructor Denise Dempsey***
- ***“Relaxation Training for Stress & Pain Management” on Thursdays with instructor Kirsten Ferries **4 week sessions beginning September 6!***
- ***TriYoga® Flows Workshops with Kamala Paul***

Classes for Fall



DHHC

Gentle Chinese Exercise for Heart - Mondays 4:00pm-5:00pm New session starts September 24th.

This class features movements from qigong and tai chi, as well as self-massage techniques that are designed to reduce stress, enhance circulation of qi and blood in the chest area, and address hypertension.

Qigong Classes are \$140.00 for 10 week session or \$15.00 for drop in single class.

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

Qigong for Women's Health - Mondays 5:00pm-6:00pm New Session starts September 24th.

This class introduces students to how Chinese medicine understands a woman's body throughout the life cycle. We will focus on exercises that improve and harmonize the energies of the major organs that especially benefit women's health. Students will learn how to use qigong to address such concerns as bone and breast health, PMS and other menstrual irregularities, menopause, as well as depression, anxiety, and stress. We will also explore a few acupressure points for self care. Beginning and repeat students welcome.

Qigong Classes are \$140.00 for 10 week session or \$15.00 for drop in single class.

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

Qigong for Stress and Fatigue - Mondays 6:00pm-7:00pm New session starts September 24th.

Looking for a bit of down-shift time in your week or searching for better ways to address stress? In this class we will discuss how Chinese medicine understands stress and its effects on particular organs and practice gentle, relaxing exercises that can help us feel more centered and less tense physically and emotionally. We will also work with exercises can help boost qi energy so the practitioner feels replenished in body, mind and spirit. Beginning and returning students welcome.

Qigong Classes are \$140.00 for 10 week session or \$15.00 for drop in single class.

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

Mindfulness-Based Stress Reduction - Tuesdays 7:15-9:15pm 9 week session begins Oct. 2 **No class Thanksgiving week.

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.

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

Instructor: Denise Dempsey (530) 304-4341

Dance Movement Therapy for Patients and Survivors of Cancer - Thursdays 9:30am-11:00am 12 week sessions starting August 30th

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

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: Janet Papale (530) 220-5772

Relaxation Training for Stress & Pain Management - 7:30pm-9:00pm 4 Week Sessions beginning September 6.

This class incorporates self-care techniques from restorative yoga and yoga nidra meditation that you can incorporate into your daily life to relax and reduce physical and emotional stress. Kristen will utilize comfortable positions to invite the body to release tension, open and relax. She will also incorporate breath work, relaxation techniques, and visualizations to decrease anxiety, improve concentration, and promote a calm mind. This class is ideal for those struggling with stress, illness and/or physical injuries.

Class size is limited and pre-registration is required to guarantee enough props and supplies will be available to those that register. Please call first if you would like to do a trial class before registering for the series. Trial classes are offered at \$20 per class if space and props are available. Four class series pass for \$50.

Instructor: Kirsten Ferries (530) 750-9015, email: kirstenferries@yahoo.com

Skill Studio Classes - The Skill Studio offers a wide variety of classes in Emotional Intelligence Training that range from anger management to interpersonal communication to drug/alcohol recovery psychoeducation. Also offered are parenting classes for parents and character building classes for teens.

They have separate classes for teens and adults. All Skill Studio emotional intelligence classes are grounded in Mindfulness Based Stress Reduction Techniques. To register or for more information please call (888) 577-0707.

TriYoga® Flows Workshops - Sundays from 1-4pm

September 16 - Free the Hips

October 14 - Open the Heart

November 18 - Strengthening Flow

Participants are guided through a perfectly paced flowing sequence of asanas, pranayama, and mudra (concentration techniques) followed by a period of deep relaxation and meditation. Stay afterward for satsang and treats!

Fee is \$45.

Instructor: Kamala Paul (530) 756-1555, email: info@yogadavis.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.

Andrew Baskin is a certified professional massage therapist. Andrew's technique is grounded in Swedish methods, blending a sense of receptive intuition and focused work adapted to your specific needs. His integrative approach begins by listening to you and your body, which allows him to respond with flowing movements that engage your body's intrinsic energetic flow. Andrew's bodywork will empower you to participate proactively on your journey toward improved health and well-being. You may reach Andrew by calling (916) 765-0231 or emailing him at BaskinRelaxation@gmail.com.



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.

Psychotherapy

Eric Buck, MFT offers therapy services for families and the individual. For an appointment please call (530) 757-7200 or (916) 929-1180 or visit his website at www.ericbuckmft.net.

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.

