

Davis Holistic Health Center

Fall 2011 Newsletter



Welcome! Summer is coming to an end and fall is on it's way. It's a wonderful time of year to explore the health center for all your alternative health needs! Seasons are changing and maybe you need a change too; check out how you can reduce your stress and feel whole again with one of our massage practitioners or with one of our experienced yoga instructors. Roling could be the answer for your structural integration and movement needs. And of course, nothing beats the time-tested tradition of acupuncture to settle those aches and pains.

Come join us in our beautiful new building for the best therapy and classes in the area. The Health Center currently offers classes in Qigong, Yoga, Behavioral Therapy, Meditation, and more. We have classes every day of the week. Please check the website for upcoming workshops. The Center ensures that you have access to highly qualified teachers who provide a depth of instruction difficult to find in other settings. Internationally renowned yoga teacher Mira Shani will be teaching in September with ACI-Davis. Don't miss this valuable opportunity to learn yoga from one of the best!

You can have confidence in knowing that your wellness experience at the Center is guided by teachers with decades of knowledge and training. Here at the Davis Holistic Health Center we are committed to your overall health and look forward to supporting your physical, mental, and spiritual sense of balance.

Brian Dempsey, L.Ac.



Classes for Fall

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.

Qigong for Stress and Fatigue - Mondays 6:00pm-7:00pm
New session starts Septmeber 12th. NO classes October 31st or November 7th.

Need to slow down and find some balance? This class features simple exercises that can help you recharge your energy (qi) after a long day or address the deep depletion that comes from chronic stress.

Qigong Classes are \$135.00 for 10 week session or \$15.00 for drop in single class.

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

Classes for Fall Cont'd



DHHC

Qigong for Healthy Aging - Mondays 4:00pm-5:00pm New session starts September 12th. NO classes October 31st or November 7th.

Designed especially for boomers and active seniors, this class introduces students to how Chinese medicine understands aging and to Chinese longevity practices. Exercises will emphasize stress reduction, flexibility, joint health and balance. We will also explore a few acupressure points for self care. Beginning and repeat students welcome. Qigong Classes are \$135.00 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 12th. NO classes October 31st or November 7th.

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 and 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 \$135.00 for 10 week session or \$15.00 for drop in single class.

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

ACI-Davis: Monday Meditation - 7:30pm-9:00pm Classes are ongoing.

All are welcome to participate in our Monday night group meditation led by John Douhatt, Marc Ross, Amie Diller, and senior ACI SacDavis students. We'll have a short general talk on meditation, brief meditation instructions, followed by sitting and walking meditation. People of all spiritual beliefs are welcome. Chairs are available--you don't even have to sit on the floor! *Free.*

Instructor: Call Amie/Marc (530) 756-3661, www.aci-davis.org

ACI-Davis: HOW KARMA WORKS: Creating the Life You Want - Tuesdays 7:00pm-9:00pm September 13th - November 8th, plus class potluck on November 5th.

This course explores the radical power of understanding how karma works according to ancient Tibetan Buddhist teachings so we can begin to open our deepest dreams. Offering a modern perspective on ancient wisdom, this combination of talks and meditation comes from the lineage of His Holiness the Dalai Lama. All are welcome! *Free.*

Instructor: Amie Diller (530) 756-3661, www.aci-davis.org

ACI-Davis: Thursday Night Yoga - 7:30pm-9:00pm Classes are ongoing.

Ready to have a yoga practice that works both on and off the mat? These all-level classes approach yoga as an essential element for a vital daily spiritual practice. In September, internationally renowned yoga teacher Mira Shani will be teaching, and a \$10 donation is suggested to help with her travel costs. No one will be turned away for lack of funds!

Instructor: Various www.aci-davis.org

Restorative Yoga & Meditation for Relaxation & Pain Management - Wednesdays 10:00am-11:30am AND 6:30pm-8:00pm Ongoing classes begin September 14th.

This class incorporates self-care techniques that you can incorporate into your daily life to relax and reduce physical and emotional stress. The practice is adaptable to beginning as well as advanced students looking to slow down and rejuvenate their body, mind, and spirit. 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.

Six class pass for \$72 or drop-in price of \$15 per class.

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

Dance Movement Therapy for Patients and Survivors of Cancer - Thursdays 9:30am-11:00am 12 week sessions starting August 25th

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 On-going classes begin September 15th.

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) 753-8111 or (530) 220-5772

Qigong for Psychotherapists - Fridays 12:00pm-1:30pm Classes are ongoing. NO class on the second Friday of each month.

Are you seeking a new way to integrate your interest in self growth and mindfulness with a group of psychotherapists? Do you want to have a way to reduce your stress? Come join a small group of therapists practicing the ancient art of qigong and learn of the power qigong has to provide tools for transformation. As we literally embody attitudes of compassion, openness, groundedness, and boundedness we come to find how to make these "stances" part of ourselves.

\$20 per class.

Instructor: Renee Dryfoos (530) 297-5095



Acupuncture and Herbal Medicine

Brian Dempsey, L.Ac. is the acupuncturist and herbalist for the Davis Holistic Health Center. He is also the founder and owner of the Center. He is also 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.

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.

Massage Therapy

Carolyn Forlee and **Lauren Boswell** are our Certified Professional Massage Therapists. Years of training and dedication to their art has perfected their skills in a wide variety of massage techniques including Deep Tissue Massage, Thai Massage, Sports Massage, Energy Massage, Swedish Massage, Shiatsu Massage, and Lomi Lomi Massage to name a few. Carolyn's and Lauren's techniques incorporate full body stretching, body manipulation, pressure points, and energy work to achieve maximum benefit for your body. These massage therapies are an essential ingredient for optimal mental and physical relaxation. Headaches, muscle knots, tension, pain, and sleepless nights are eradicated through Carolyn's and Lauren's amazing sessions. To make an appointment with one of our massage therapists call Carolyn at (415) 215-7975 or Lauren at (530) 341-3239. You may also contact Lauren through her website at www.bodytherapy.clickbook.net.

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.