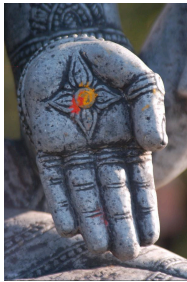
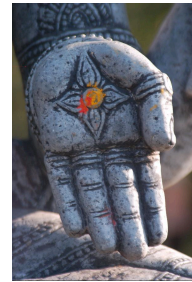




I continue to be available for private yoga sessions and spiritual counseling. Below is a sampling of additional offerings as yoga, alignment and healing go hand in hand.



Jin Shin Jyutsu®: An effective alternative energy medicine that works with flows of Universal Energy which direct and maintain all the functions of the body and mind. Sometimes referred to as a sister art to acupuncture, it can help you achieve optimal health and maintain balance in your physical and emotional well being. A typical session lasts an hour and is done on a massage table over clothing. It does not involve massage or manipulation of muscle. Results can be immediate and long lasting.



This work is effective for many projects including, but not limited to: allergies, arthritis, adrenal support, chronic fatigue, depression, fibromyalgia, frozen shoulder, heart conditions, back pain, hip and knee replacements, infections, all respiratory conditions, many of the critical labels such as cancer, Parkinson's, MS. The beauty of this work is that while the body heals, the emotions are also cleared. *Many people enjoy tune-up sessions for emotional/spiritual rebalancing.*

see link for additional information

Cranial-sacral feet sessions: These sessions are usually 30 minutes and can stand alone or added on to the Jin Shin Jyutsu sessions. Working through the feet for an amazing unwinding effect that can often be felt throughout the hips and entire spinal column. Magic!

Astrology: Natal astrology maps the night sky at our precise moment of birth. This "inner sky" reflects individual and spiritual inheritance in a rich evolving statement of guidelines, patterns and insights-tools for Self awareness-that build a powerful, validating experience. Utilizing the principals of Shamanic astrology, yet working with the vedic chart offers a unique and thorough investigation of the natal chart, current transits, progressions and initiation cycles. Taped sessions are 90 minutes and can be done in person or long distance.

Personal one to one, Heart to Heart sessions: Through guided meditation and inquiry, journey deep into the terrain of the spiritual heart for healing, guidance, and inspiration. I am always in awe of what the heart reveals in this "work." Each session is sacred, soulfully revealing and unique. Please inquire for more details.