

Heart-Centered Holidays

Saturday, December 13

9:00 am - 6:30 pm

Presented By:

Davi Nikent & MasterMinds 4 Wellness

Wellness Partners in the Round Room

NOTE: For Soul Dancing and Yoga events bring yoga mat or blankets for comfort. Wear loose clothing.

9:30 am Metta Meditation with **John Bruna**, founder of the [Way Of Compassion Foundation](#) and partner in [Mindful Life Program](#).

John Bruna (Jangchub Chopel) is a counselor, educator, and spiritual teacher. He is the co-founder of the Mindful Life program offering programs and trainings in Carbondale and throughout the US.

10:30 am Awakening the Soul Qi Gong with **Ross Douglass**

Ross will lead the timeless and universal healing practice of Sheng Zhen Qi Gong developed by Master Li Jun Feng. There are 8 simple yet powerful movements to the Awakening the Soul Qi Gong that can be done either sitting or standing.

Ross Douglass practices Chinese Medicine including acupuncture and other modalities. He is a skilled practitioner and teacher of Qi Gong.

11:30 am Soul Dancing with **Roxanne Bank (bring your silk shawl!)**

Roxanne Bank began dancing (jazz, tap, ballet) when she was nine years old. Over the years, she developed a preference for folk dancing (Eastern European, African, Middle Eastern, Appalachian) and partner dancing (swing, country, Latin, ballroom), which she has studied, taught, and/or performed. In 1975, she met her Sufi teacher, whose system of breath work and movement she will share.

1:00 pm Phoenix Rising Yoga Therapy Intro & Demonstration with **Kersten Wilson** and **Sakshi Keeton**.

Kersten Wilson provides client focused, solution-based counseling and therapy services specializing in Depression, Anxiety, ADD Evaluation, Adult ADD, Aspen Counseling, Adult, Depression Counseling, Mindfulness-Based Cognitive Therapy, Mindfulness-Based Stress Reduction, ADD, Play Therapist, Play Therapy, Depression Help, Holistic, Holistic Approach, Child Psychologist, Self-Esteem Her website is www.awakentoconscioushealing.com.



Sakshi Keeton is a somatic therapist certified in Phoenix Rising Yoga Therapy, Esalen Massage, Komyo Reiki energy work and Cranial Sacral Therapy. Her website is www.svardharmasomatictherapies.com



2:00 pm Kundalini Yoga with Paramroop S. Khalsa

Paramroop S. Khalsa has received many accolades for his high energy classes from his students. He has just completed a 1,000 day journey of doing a daily Sadanna and teaches a powerful rejuvenating class.

Paramroop is offering a session of yoga titled "Holiday Cheer". It will bring a glow of radiance to your aura through movement, meditation and chanting and will leave you feeling refreshed and renewed in 40 minutes.



3:00 pm Tuning Forks for deep relaxation and inner balance with Sandy Haber

Tuning forks are used for healing because of their ability to emit vibrations and frequency. When a tuning fork is struck, it not only vibrates the fork itself, but it also vibrates the surrounding air space with the same frequency of vibration. This sends the vibration as an impulse through the air. This vibration can be harnessed to help increase the healing energy within us.

Sandra Haber has been working in the medical field for over 25 years. After attending school for medical laboratory technology and working as a lab tech for several years Sandra found her true calling in holistic healthcare. She became nationally certified in massage and bodywork in 1996 and has acquired numerous hours of continuing education credits in manual therapies such as medical massage, myofascial release and unwinding, craniosacral therapy and pre-natal massage and in energetic modalities such as Reiki and Healing Touch. In 2013 she successfully completed a rigorous course and was granted status as a Nutritional Therapy Practitioner certified by the Nutritional Therapy Association. In 2014 Sandra attended her first sound therapy tuning fork healing seminar.

In addition to her private practice in Glenwood Springs she has been employed at Valley View Hospital since 2010 as a member of the Integrated Therapies Dept team, currently serving as lead therapist with a staff of 10.



4:00 pm Music for movement and meditation with Conor Johnson

Conor is a multitalented artist who provides graphic design, art work, web design, video and music production.

Conor is providing energizing music for bringing in holiday joy interspersed with tunes for pausing to reflect on your year.

