

Practitioners, Authors, Teachers, Speakers at Heart Centered Holidays 2015

Aspen Intuitives

Ruby Burkhalter and Claudia Flores

Serving the Roaring Fork Valley

Ruby Burkhalter

E-mail: astroclasses@yahoo.com

Website: www.astrology-classes.com

Facebook: Astrology-Classes.com (Astrology by Ruby)

Phone: (970) 963-1994

PracticeSpecialty: Astrology Readings with current and year ahead forecasts and guidance; Career and work forecasts and guidance; Relationship synastry and counseling; Relocation astrology; Progressions – internal and spiritual changes on your life path; Life purpose and past life evolutionary readings; Event timing

Brief Bio: International Academy of Astrology - 4-year diploma; Steven Forrest Evolutionary Astrology; Responder Degree - School of Metaphysics, Denver, Colorado. Ms. Burkhalter is passionate about astrology, giving astrology readings and teaching astrology because she has seen the profound difference Astrological Readings can make in a person's life. Clients are given insights based on their personal, unique birth chart, and the energy surrounding them. Her greatest joy is being instrumental in helping a client clarify their life and life choices.

What Will Be Offered at HCH: 10 minute astrology readings; Free astrology newsletter for November 2015; Gift certificates.

Claudia Flores

E-mail: miamiclaudia@gmail.com

Facebook: claudiaflores.tarot@gmail.com

Phone: (305) 775-6488

PracticeSpecialty: Tarot Readings

BriefBio: Formal training in Tarot Reading from Mary Schacter, a Certified Psychic, Channeler and Tarot; Reader, *Miami, Florida; Studied Psychometry, Divination, & Remote Viewing - Brian Weiss Institute; BA, Psychology, FL International University; BA, Religious Studies, FL International University; FIU Certification in Asian Studies; 31 years of experience. Ms Flores is passionate about Tarot, because it deals with the mystical and metaphysical (beyond the physical) realms. Tarot is an Oracle.

What Will Be Offered at HCH: 10 minute tarot readings; Gift certificates will be available.

Roxana Bank – offering Scarf Dancing in the Round Room

Marti Barbour with LifeVantage

Home-based business in Basalt, Colorado

E-mail: martibarbour2@gmail.com

Website: www.mylifevantage.com/martibarbour

Practice Specialty: We're a wellness and personal care company that believes your products are only as good as the *science* they stand on. We've done studies.

Brief Bio: Marti is currently volunteer coordinator at Home Care and Hospice of the Valley. Her home-based business with LifeVantage brings quality products to people who are interested in living longer and healthier lives. Marti is a perfect role model for the benefits of the products she sells.

Why I am passionate about what I do... Not only have many, many major university done self-funded studies on this little yellow pill, but there are documented double-blind studies which can be found on Pub-Med. As a baby-boomer, I am thrilled to have found something that is so all natural and proven to work in order to keep me healthy as I age and a business opportunity that is so easy to share and create a more comfortable retirement future for my husband and me.

Offering at our table at HCH... Heart-healthy Protandim; True Science Skin Care Regimen; Axio, all natural energy drink samples.

Laura Barton

SourceLight Integrations, 812 Grand Avenue, Ste #207, Glenwood Springs CO 81601
Reconnective Healing® and The Reconnection®
E-mail: laura@sourcelightintegrations.com
Website: www.sourcelightintehrations.com

Areas of practice... Reconnective Healing® and The Reconnection® ♦ Distance Healing

Brief Bio: Laura Barton learned about Reconnective Healing® therapy through her own journey of recovery, which ultimately led her to receive training from world renowned founder of Reconnective Healing® therapeutic movement, Dr. Eric Pearl. When Laura chose to make the Western Slope of Colorado her home, she saw the need for this enlightened, exceptional healing therapy in the area and thus, SourceLight Integrations was born.

Why I am passionate about what I do... I personally know the positive influence that Reconnective Healing® and The Reconnection® has had in my life and I am dedicated to sharing this work with others. I am inspired and amazed by the results people are experiencing.

Offering at Your table: Free Consultations, Gift Certificates, Drawing for a Reconnective Healing® Session

Betsy Bowie

E-mail: bet.bowie@gmail.com
Website: www.traumaprevention.com

Practice Specialty: Tension Trauma Releasing Exercises/ TRE, Individual and group TRE introduction and practice sessions

Why I am passionate about what I do... I love introducing and facilitating this process that allows people to experience the natural healing abilities of their own nervous system.

Offering: At 2 pm I will offer a brief introduction to TRE and opportunity to experience the exercises and release process. Bring a mat or towel and water bottle

Lyn A. Byars

Reiki...NOW!
1101 Village Rd., Carbondale CO 81623
Practice Specialty: Reiki, Shiatsu, Tai Chi
E-mail: lynbyars@hotmail.com

Areas of practice... Reiki—Usui School; Multidimensional Reiki; Qi Qong; Tai Chi; Shiatsu

Brief Bio: Lyn was first exposed to Reiki in 2011. Two Reiki Masters at a seminar in Sedona approached him, thinking he was also a Reiki Master. At their suggestion, I located a Reiki Master/Trainer, received my Reiki I, II, III, and IV attunements that same year. Already involved in Tai Chi, Lyn sought higher training in that ancient art. Along with conducting regular Reiki sessions, he also teaches Reiki and Tai Chi.

Why I am passionate about what I do...Stress is killing America! When I saw the results of Reiki, the release of life long angers, resentments, fears in my clients and the resulting physical health improvements, I knew I had found my calling. The world needs Reiki...and I'm grateful for being able to be a part of the healing.

What will you be offering at Your table at HCH? Primarily information about Reiki...what it is, what it is not; flyers will be available.

Peggy (Mridula) Burke

201 Waterview Rd.

Snowmass Co 81654

E-mail: peggybski@yahoo.com

Practice Specialty: Satyananda Yoga Nidra

Brief Bio: Peggy Burke, a local in the valley since 1997 offers Satyananda Yoga Nidra, a systematic, scientific method of relaxation which guides the practitioner into deeper layers of the mind, inducing complete physical, mental and emotional relaxation. This method has been used to help with many diseases and conditions including high blood pressure, insomnia, depression, anxiety, excessive anger, cancer, AIDS, digestive issues, PTSD, Chronic pain and more. The simple technique is done in the pose of shavasana.

Why I am passionate about what I do...

I learned about the practice of Yoga Nidra in 2002 and recently became certified to teach this technique by the Yoga Academy of North America in Cleveland, Ohio. I have visited the Satyananda Ashram in India four times since 2006, deepening my knowledge of yogic philosophy and learning about the therapeutic applications of yogic practices and its healing effects.

What will you be offering at HCH? Presenting a Yoga Nidra meditation at 9 am in the Round Room. Yoga mat and light covering recommended.

Florence Caplow – Featured Speaker at Heart Centered Holidays

Florence is the newly appointed minister at Two Rivers Unitarian Universalists at Third Street Center, Carbondale, Colorado. She is the author of *Wildbranch: An Anthology of Nature, Environmental, and Place-based Writing* and co-editor of *The Hidden Lamp: Stories from Twenty-five Centures of Awakened Women*, a collection of one hundred koans and stories of Buddhist women from the time of the Buddha to the present day. Read more about Florence at <http://tworiversuu.org/about/our-ministers/>

Barry Chapman, master musician, songwriter, balladeer offering music for children and more 11:30 am until 1 pm in the east hall.

Connie Clancy-Fisher, EdD

The Gift of Change

constanceclancyfisher@gmail.com

www.drconstance.com/

Areas of Practice: Counseling, Life Coaching, EMDR, EFT, Biofeedback, CBT and Hypnotherapy/Guided Imagery/Mindfulness Based Stress Reduction (MBSR).

Brief Bio: Dr. Clancy has had a counseling and life enhancement coaching practice for over twenty-five years in Southwest Florida and she has a private counseling/coaching practice in Aspen. Connie is the author of *The Gift of Change, Embracing Challenges Today for a Promising Tomorrow*. She continues to facilitate seminars locally and nationally on managing stress and embracing change.

Why I am passionate about what I do... I am passionate about what I do because we as humans all need guidance from time to time throughout our lives. I am honored to serve those in need and see clients flourish with positive change and optimism for our future. It's vital to focus on what is right with someone and ways they can improve their lives for greater balance and joy. We can all strive for balance in mind, body, spirit and emotions, as the whole is always greater than the sum of the parts. There are many wonderful teachers in the world today and we are so blessed to have such a variety of pathways to follow. I am happy to share powerful information and tools to those who wish to receive a greater understanding of themselves and their lives.

Offering at Table: My book - *The Gift of Change, Embracing Challenges Today for a Promising Tomorrow*, information about upcoming classes and groups including the 6 week Mind Body Stress Reduction course developed by Jon Kabat-Zinn.

Cynthia Clark

Address: 231 Midland Ave #109, PO Box 733, Basalt, CO 81621

E-mail: cindy@worldofhands.com

Website: worldofhands.com

Areas of Practice: Hand Analysis, Intuitive Card Readings, Life Consulting, Energy Healing, Emotional Release, Subconscious and Brain Reprogramming, Feng Shui Consulting; Hand Analyst Expert, Transformational Soul Coach, Healer, Author, Teacher; Life Purpose & life direction guidance, eliminating blocks & challenges using a variety of healing modalities. Transformation & hand analysis training

Why I am passionate about what I do... Nothing satisfies me more than sharing and exploring truth and potential with others. I have the most rewarding job in the world.

Offering at Table: Short Readings, Gift Certificates, Palmistry Cards and books, Crystal products and rings, hypnosis CDs and kits, soul nourishment sprays

Davi Nikent, Center for Human Flourishing - a non-profit 501(c)(3) serving the Roaring Fork Valley since 2003. Davi Nikent's mission is to promote health and well-being for individuals, families and community by offering experiential workshops, seminars, retreats and topical films by pioneers in integral health and human flourishing. www.daviniknet.org



Offering at Table: Books by local authors and featured authors; CDs DVDs from featured speakers; upcoming events and more...

Ross Douglass offering Awakening the Soul Sheng Zhen Qi Gong in the Round Room at 4 pm

Helaine Fabijanic

Abundance Skin Care, LLC

3711 Red Bluff Lane Glenwood Springs, Colorado 81601

E-mail: laineeluv@gmail.com

Website: www.abundanceskin.com

Practice Specialty: organic re-energized skin care; Handcrafting organic skin care products; Therapeutic recreation

Bio: Laine Fabijanic is a loving , dedicated "Mommypreneur", who balances her entrepreneurial spirit with mothering her girls – 3, 5 & 19. Her career as a well-known Recreational Therapist shows her desire to help people live a life that is high in quality and full of fun. Her life-long love of organic living grew upon starting her family. Laine began making skin care products that matched her standards of organic living at home. Abundance Skin Care was born! Trademarked as "So Clean You Could Eat It!" Abundance Skin Care, LLC uses 11 ingredients or less in all products. With 10% of the company's profits, Laine is proud to be creating The Abundance Foundation – a program that will provide "Mommypreneurs" with free childcare & business support in their local communities. www.abundanceskin.com

Why I am passionate about what I do... I provide people with luxurious and nourishing skin products without the harmful chemicals found in body products today. This helps our families stay healthier and less toxic.

What will you be offering at Your table at HCH? Essential hydrating crème; Sunblock; Foaming soaps; Bath salts.

Greg Feinsinger, M.D.

Center for Prevention and Treatment of Disease through Nutrition, a non-profit
Third Street Center, Carbondale, Colorado
E-mail: gfeinsinger@comcast.net
Website: www.Valleyheartattackprevention.com

Areas of practice... Special interest in heart attack, stroke, diabetes prevention.

Brief Bio: Retired from medicine at Glenwood Medical Associates after 42 years.

Why I am passionate about what I do... Our health care system is an expensive mess. The answer lies in prevention, particularly through lifestyle modification.

What will you be offering at Your table at HCH? I will be available part of the day to speak with folks about disease prevention – specifically heart disease, diabetes, stroke and inflammatory conditions.

Martin Finkelstein

Tai Chi Theory & Practice
838 River Bend Way
Glenwood Springs, CO 81601
mhfink@sopris.net

Practice Specialty: Tai Chi & Qigong for health, energy, balance & spiritual growth.

Brief Bio: I have 30+ years of experience practicing Tai Chi / Qigong yet I have barely touched the deep principle & theory of Tai Chi, so the excitement & knowledges keeps me very motivated. I have had the unique experience of training with some of the world's highest level masters both here and in China. My practiced has touched all levels, including cancer patients, elderly, people, those suffering with major illnesses, spiritual leaders and many others.

My table with have; information about the benefits from major medical studies, history of TAI CHI / QIGONG, references of how to obtain additional information. CD's, Free Consultations, Gift Certificates.

Jaime (Daughter) and Cyndi (Mother) Fowler

Seacret Skin/Hair Care
Business Address: 110 Slate Drive, Marble, CO 81601
E-mail: jaimefow@gmail.com
cyndifow@gmail.com
Website: <http://www.seacretdirect.com/jfowler> and <http://www.seacretdirect.com/cfowler>

Practice Specialty: Skin/Hair Care; Mini-facials, hand/body scrubs. Hair masks/serum. Samples of our skin care line. 5-WOW's. Nail buffing.

Brief Bio: We are a mother/daughter team who have discovered a Seacret. Cyndi has been in the beauty industry for 29 years. She lovingly provides her services at two locations: Studio 2 in Carbondale and Salon Gallos in Marble. Jaime is a Glenwood Springs local who has joined her mother in the gift of helping people's skin feel healthy and radiant.

Why we are passionate about what I do... The minerals that make-up our products are from the one and only Dead Sea located in Israel. This body of water is known for its healing properties since ancient times. We are excited to be able to provide a product that provides a perfect blend of science and nature. Our products contain 26 essential minerals with a combination of 12 only found in the Dead Sea. Our skin/hair care is hypoallergenic, Paraben & Cruelty Free.

What will you be offering at Your table? We will have certain products such as Mud Soaps, Salt & Oil Scrubs, Body Butters for purchase. A calendar to sign up for parties, with an opportunity to win a Nail Care Kit if your name gets drawn. Gift certificates for a facial at either Salon Gallos or Studio 2.

Gwen Garcelon

HighLife Unlimited
451 ½ S. 2nd St., Carbondale, Colorado
e-mail: gwen@highlifeunlimited.com
Website: www.highlifeunlimited.com

Practice Specialty: I help people to fully express their unique gifts and leadership in service to a sustainable and thriving planet and community. Highly effective in helping clients to translate vision into strategic action, clear blocks and emotional baggage, and experience a sustained lifestyle of health and joy in the midst of uncertainty and challenge. Executive coaching, life coaching, meditation and spiritual/personal development, sustainable

Brief Bio: Gwen Garcelon provides transformational leadership coaching to individuals and organizations committed to bringing about a sustainable and thriving world. As a staff member of the international citizen action group RESULTS, she coached and trained volunteer political advocates world-wide in the movement to end poverty for over a decade. She learned about being a game-changer by working alongside visionary leaders like Nobel Peace Prize Laureate, Muhammad Yunus (RESULTS Board Member, Founder of Grameen Bank), Sam Daley-Harris (Founder of RESULTS and The Microcredit Summit Campaign), Lynne Twist (The Hunger Project, Founder of The Pachamama Alliance), and Marshall Saunders (RESULTS Group Leader, Founder of the Citizens Climate Lobby.)

Why I am passionate about what I do... When I assist someone with their own self-actualization, I and the entire Universe are lifted and expanded as well. There is no greater joy, or greater leverage, in bringing about a transformed world.

Peter Goldstein

Hippocrates Table
PO Box 579, Carbondale CO 81623
E-mail: PeterG@HippocratesTable.com
Website: HippocratesTable.com

Practice Specialty: Reversing chronic disease with food as medicine.

Brief Bio: The mission of Hippocrates Table is to promote and support lifestyle shifts to include foods that are medically and scientifically proven to reverse chronic disease.

Why I am passionate about what I do... The healthcare industry in the US is a \$2.5 TRILLION dollar industry. Research shows that we could save as much as 75% or nearly \$2 TRILLION dollars per year by changing our eating lifestyle. That money could be so well put to better use, AND more importantly than the cash, think of all the associated pain and suffering from chronic diseases that could be prevented and reversed.

What will you be offering at Your table at HCH? Information and support for people looking to shift to a healthy eating lifestyle.

Sandy Haber

Wellness A la Carte
1209 Mountain Drive, Glenwood Springs, Colorado 81601

Practice Specialty: Certified nutritional therapy, live blood analysis, massage, Voice Dialogue life coaching/stress mgmt, Sophisticated Syrups, Pruvit Keto OS
E-mail: qi2chi@aol.com
Website: coming soon

Areas of practice... nutrition, live blood analysis, massage, self-awareness cultivation via Voice Dialogue and creator and producer of Sophisticated Syrups (naturally sugar-free, essential oil flavored liquid sweeteners)

Why I am passionate about what I do... I believe that not one size fits all and I respect bio-individuality. Usually it takes addressing issues from multiple perspectives (mind, body, spirit) to come to healing. I believe if everyone was healthy and felt good the world would be a better place.

What will you be offering at Your table at HCH? Samples of drinks made with Sophisticated Syrups and sales of syrup, samples of Pruvit Keto OS, gift certificates and info about the other things I do.

Ardis Hoffman

Heart Healthy Meals, LLC
P.O. Box Carbondale, CO 81623
E-mail: ardishoffman@gmail.com

Practice Specialty: Plant-Based Whole Food Chef; Life Coaching; Relationship Coach; Spiritual Coach;
Brief Bio: I am a Self-Actualization Coach. I help people discover who they are and help them make sense of their relationships. I am the founder of Heart Healthy Meals providing Plant-Based Whole Food Meals for people who are changing their lifestyle – interrupting & reversing heart disease, diabetes, inflammatory illness and Losing Weight!

Why I am passionate about what I do... I love it when the people I work with realize how wonderful they are. The more we get in touch with and love our true self, the more we blossom like flowers or fly like butterflies! It "turns me on" to be part of someone's process of self love discovery.

What will you be offering at your table? Information about Heart Healthy Meals, cooking classes, lifestyle change support groups, my counseling practice and much more.

EXTRA OFFERINGS! Heart Healthy Meals is preparing the Oatmeal Bar and Muffin Breakfast and the Soup-er Supper soups and cider for the Heart Centered Holiday Event.

Robyn Hubbard

Core Healing Arts; Pathfinders
1101 Village Rd., Ste. 2D, Carbonale, CO 81623
E-mail: robyn@corehealingarts.net
Website: www.corehealingarts.net

Practice Specialty: Grief Counseling, Spiritual Mentoring, Massage Therapy

Brief bio: Robyn Hubbard, D.Min. (doctor of ministry in Creation Spirituality) offers spiritual mentoring, grief counseling, dream work and massage therapy where she emphasizes compassionate listening, mindful awareness and embodiment practices for tools of resilience in her approach. Robyn provides a gentle and nurturing container for others to safely turn their own fertile soils when things feel difficult and intense. Her personal experience with cancer and profound loss has given her the opportunity to deepen her skills in guiding others through this tricky and unpredictable terrain. Her vision is, as we as individuals give ourselves greater permission to be present with our pain and allow it to move through, we discover the creative energies of transformation that is always stirred in difficult times. In turn, we evolve in ways that allow us to honor our own self-care, be more available for each other, and transform our culture's experience of loss. Together, we can create and offer a map of resilience for living through grief and rediscovering joy.

Why I am passionate about what I do... I am passionate about what I do because I feel that we have an immense opportunity to change our cultural experience and expression of grief and loss toward an inherent and transformative part of our living. I feel immensely honored to sit with others in the midst of pain, suffering and loss - gently and compassionately guiding through the dark forest, and reestablishing trust that the light will emerge. In this way, together, ushering grief out of isolation and back into the support of community.

What will you be offering at Your table at HCH? I will be offering 20% off one individual session.

Kip Hubbard

Crux Moments Coaching
73 Rocky Road, Carbondale, CO 81623
E-mail: kip@cruxmoments.org
Website: www.cruxmoments.org

Practice Specialty: Transition Coaching and Mentoring

Brief Bio: Kip received his B.A. in English and Creative Writing from Franklin and Marshall College in Lancaster, PA. He began his career working in international public relations in New York City and Los Angeles. During his 38-year career, Kip has been a schoolteacher, sports coach, fundraiser, musical director, non-profit executive, filmmaker, guide/outfitter, businessman, and addiction recovery coach. Kip focuses on human development and enjoys working alongside his clients to “maximize their personal fulfillment on the planet.” Kip’s easy demeanor and laid-back style allow him to forge strong, long-lasting relationships across diverse communities. His mission is to help build healthy, fulfilled individuals who contribute to the betterment of their own lives and serve as role models for those around them. Kip believes that anything is possible when it comes to human evolution and strives for that every day himself.

Why I am passionate about what I do... I get to work with boys and men, helping them find ways to create amazing lives filled with passion, purpose, meaning and fulfillment.

Areas of practice... Life "Transition" coaching and mentoring for adolescent boys, young men and adult men.

What will you be offering at Your table at HCH? 20% off coupons for first coaching sessions.

Helena Hurrell, AAT, MCLT

Helios Center for Therapeutic Arts
601 Sopris Avenue
Carbondale, CO 81623
720-390-8388
nurturingarts@comcast.net
www.helioscenter.org

Practice Specialty: Anthroposophical Art Therapy, Metal Color Light Therapy and Nurturing Arts
I’m passionate about facilitating the ongoing enlivening unfoldment of human soul/spiritual potential through color and meditative art-making.

Brief Bio: I work with individuals of all ages with the quiet meditative effects of observing color through Metal Color Light Therapy (MCLT). This practice is used in clinics and hospitals in Europe and now, since 2014, for the first time here in Carbondale! I also work as an art therapist with children utilizing painting, drawing, singing, clay modeling, sandtray therapy and story-telling. I also absolutely love working with adult groups in Nurturing Arts facilitating the creative process as we paint, sing, draw and sculpt.

What I am offering at HCH: I'll have on display one of the glass panels that I use in my private practice along with some books to sell on MCLT. I have a short video to show of the glass making process and photos of the Goetheanum in Switzerland where this inspiring therapy originated. I will also have a display of some of the work that I have done throughout the 33 years of professional experience in Art therapy and Nurturing Arts. There will be introductory certificates available.

Carmen Iacino

Energy Medicine Assoc
812 Grand Ave, Ste 207, Glenwood Springs
E-mail: carmeniacino@earthlink.net
Website: embraceascension.com

Practice Specialty: I use energy medicine to help people change “right now”. This includes looking at what is causing the behavior, feelings, etc; where you want to go, be; assessing the energy of the old; and shifting the energy pattern.

Brief Bio: A pursuer of spiritual knowledge and experience for almost 40 years, I have sought to experience myself and live my life with more and more true freedom (i.e. nothing runs me). Along the path, I have studied shamanism, many forms of energy work and many forms of spirituality. I have experienced many levels of spiritual contact, an ever increasing ability to give and receive love, and the ability to not only move into ascension, but to help others do so too. **On the data side:** I hold a MA in Transpersonal Psychology and am working toward a Doctor of Natural Medicine (DNM) and a PhD in natural medicine at International Quantum University of Integrative Medicine. IQUIM applies the concepts of quantum physics to health and healing while also teaching a number of natural medicine techniques. I am a licensed psychotherapist and a Certified Energy Medicine Specialist and Instructor.

Why I am passionate about what I do... We do not need to either relive or dwell in the pain of the past. We can shift the energy patterns back to a healthy state, learn new ways of being (and behaviors) and become ALL we are meant to be! OMG – who wouldn't be passionate about the ability to facilitate that?

What will you be offering at Your table at HCH? Information about energy medicine and my practice and a free Hara assessment and alignment

Karri Ann

Kaleidescapes Of Light
Glenwood Springs, CO
970-618-4984
E-mail: [Karri Ann@Rof.Net](mailto:KarriAnn@Rof.Net)
Website: www.KaleidescapesOfLight.com New website coming soon ! www.KarriAnn.com

Areas of practice... Spiritual Intuitive Healer, Reader, Psychic Medium, Angel Therapy Practitioner®, Author, Energy Healing, Crystals, Flower Essences, Essential Oils, Nutrition, Fitness, Wellness.

Brief Bio: Karri Ann is a Spiritual Intuitive Healer, Reader & Teacher, Psychic Medium, Angel Therapy Practitioner®, Inspirational & Motivational Facilitator, Mentor, and Author, offering services and products for Healing, Nurturing, & Motivation for Spirit, Soul, Body, Mind, Heart & Animal Companions. She has studied Science; Human Movement & Nutritional Sciences; Counseling; Health Promotion Management; Metaphysics; Spiritual Healing; Angels; Mediumistic Healing & Spirit Communication; in excess of 31 years.

Why I am passionate about what I do... It is my honor to be of service to Spirit, to observe, support, & offer assistance, facilitating guidance to illuminate the light & divinity within, to inspire each to embrace their Soul-Ful life Now, and to empower all to allow their Spiritual Light & Truth to emanate freely, living each moment to the fullest, with Gratitude and Appreciation.

What will you be offering at Your table at HCH? Spiritual Intuitive & Mediumship Readings, Angel Readings, Wellness Consults, Crystals, Flower Essences, Essential Oils, Personally Signed & Autographed Book, Miscellaneous Sale Items.

Camille Lione, C.Cht. IET

Hypnomiracles

Office at the Hotel Colorado, Glenwood Springs, Colorado 81601

Phone: 970-379-0292

E-mail: Camille@hypnomiracles.com

Website: www.hypnomiracles.com

Practice Specialty: hypnotherapy and past life regression

Brief Bio: Camille Lione is an internationally known certified Clinical Hypnotherapist, Master Hypnotist and Pain Management Therapist with extensive training in boosting the Immune System. A graduate of the esteemed Hypnotherapy Academy of America in Santa Fe, New Mexico, she is trained in Past Life Regression therapy methods and does Pre-Natal and Hypnobirth Sessions. Camille is also a Master Instructor of Integrated Energy Therapy facilitating the Angelic Realm of Healing Angels from the angelic realm to the human realm. This work is sponsored by The Center of Being, Inc. in Woodstock, New York.

Why I am passionate about what I do... I am passionate about the expansion of our subconscious and superconscious minds being opened wider! This is my work and my joyful pleasure

Areas of practice... hypnotherapy, integrated energy therapy, pain management therapy, past life regression

What will you be offering at Your table at HCH? I will be selling Cd's and doing **Tarot Tells All** psychic readings.

Hillery Lyen, Certified Doula/Placenta Specialist/BOLD Birth Educator

Pregnancy+

E-mail: hillerylyen@gmail.com

Website: www.heartbeatdoula.com

Practice Specialty: Doula Care, Placenta Encapsulation, and BOLD Birth Classes

Brief Bio: I really love connecting with families during the prenatal stages. Helping them cultivate and nurture their vision and inner wisdom about pregnancy, but it doesn't stop there. I want to support the many transitions they go through from pregnancy, postnatal stages, on into parenthood. These times can be awe inspiring, but can also become overwhelming. With a little support and true heart connection their path becomes clear to make the choices that will benefit their family. When we connect back to our heart it connects us back to ourselves, back to the person within. This is the space we need to act from. It is such a blessing to help others connect back to this and make informed decisions from there heart. Their True Self becomes Alive and Awake. This is what I love about the work I do, but there is so much more.

I am also in the process of opening up a center to support, educate, and empower families through pregnancy, perinatal stages, into parenthood, and beyond. A place families can come and gain knowledge and support from birth professional all under One Roof. I'm hoping to have the doors to my center Pregnancy+ open early in 2016.

What will you be offering at Your table at HCH? Information about my services and information about my center Pregnancy+ that will have a physical location soon and opening the doors to our community in 2016.

Suzanne Luck, Massage Therapist

South Cedar Street,
Carbondale, Colorado 81623
E-mail: suzanneluck@comcast.net

Practice Specialty: Acupressure, Deep Tissue & Swedish Massage, Reiki, Holistic Nutritionist, Kundalini Yoga

Brief Bio: Suzanne started out as a farmer and went on to get her degree in Holistic Nutrition. She holds a Kundalini Yoga teaching certificate with a strong dedicated practice. Suzanne practices as a Massage Therapist out of her home and at Providence Apothecary in Glenwood Springs. Her focus is on totally integrated health and mental well being. She accomplishes this by empowering her clients to go through life challenges with high vibrational food, regular yoga and meditation and bodywork. Releasing stored emotions from the body is imperative to healing and oneness.

Why I am passionate about what I do... I love to see people becoming empowered about their health and realizing its truly in their own hands.

Offering Kundalini Yoga at Heart Centered Holidays. Bring a mat and wear comfortable clothing,

Laurie Nathe

Life's A Dish LLC.
1338 Grand Ave # 343
E-mail: Laurie@LifesADish.com
Website: www.LifesADish.com (redoing website so it's really basic freebe right now!

Practice Specialty: Integrative Health Coach & Holistic Chef

Brief Bio: Laurie Nathe is supportive force that can help you reduce pain, eliminate toxins, enhance your digestive and brain health by using whole foods, supplementation and lifestyle changes. Get the support you need today to reduce your chances of developing diseases such as: obesity, diabetes, cancer, high blood pressure, depression, dementia and Alzheimer's. Learn how "Food is Medicine."

Why I am passionate about what I do...

Areas of practice... Personal Chef: Laurie comes to your home or business to teach and help you implement changes, shop and prepare meals including: Raw, vegan, detox, juicing, fermented foods and adding in alternative ingredients, Gluten Free, Dairy Free, food elimination, food sensitivity and support you in creating an "Anti -Inflammatory Lifestyle."

Educational Classes for Kids, Adults and Woman's and Teen Spa Parties: *Nutritional Detective parties for kids. Birthday and fun classes where kids learn healthy choices! *Healthy food parties including appetizers, snacks and or meals. *Spa Parties where you create body scrubs and lotions and toners using essential oils.

Advanced Microcurrent Therapy - works on a cellular level to reduce & eliminate pain, inflammation and improve range of motion. This is a painless gentle current that reeducates your cells, dumps toxins and accelerate the healing process of muscle, bone and tissue. A series of sessions will reeducate your cells to speed up the healing process that have been damaged by injury, sun damage, aging and allowing you to enhance your life.

What will you be offering at Your table at HCH? Hot Tea, GF, apple crisp, flavored waters, Will have information about up coming Health Kids Parties and sign up for website and upcoming events!

Claire O'Leary

Clear Heart Healing Arts

1915 Colorow Road, Glenwood Springs, CO 81601
E-mail: Claire@ClearHeartHealingArts.com
Website: www.ClearHeartHealingArts.com

Practice Specialty: Founder of Clear Heart Healing Arts and Profound Journaling, Claire O'Leary guides individuals and groups of women to open their hearts and connect with their Higher Self through the 4 R's Reveal, Release, Reframe and Reiki, so they can feel more joy, speak their truth and live life ...inspired. I use Reiki, Essential Oils, and offer Profound Journaling and Reiki and other workshops to facilitate opening the heart of my clients.

Brief Bio: Claire O'Leary, Reiki Master, is founder of Clear Heart Healing Arts, Profound Journaling and author of the forthcoming book "*The Way of the River, The 4R's to Living Life ...Inspired*". She has been practicing Reiki for over 20 years. Claire works with courageous women who are ready to release their past and face their challenges head on so they can live a life of joy, passion and inspiration. She does this through the 4R's, Reveal, Release, Reframe and Reiki. Claire brings more than 25 years of personal transformational experience to everything she does. Her peer led programs have helped many women become who they were meant to be ... joyful, passionate and inspired.

Why I am passionate about what I do... I believe the more your heart is open, the greater the gifts you will receive. An open heart helps connect you to divine energy, your life flows, and you feel more joy, passion and inspiration than you ever imagined. You are able to live your life in true abundance. I've noticed that when my heart is open, especially high heart which is connected to the crown chakra and thus to the Divine energy I receive divine guidance. Ideas come and, as long as I am open to receive them and act on them, life flows. It's my purpose to help open the heart of every person I touch.

What will you be offering at Your table at HCH? I'll be offering 10 minute Reiki Treatments doTerra Essential oils Certificates for Reiki & AromaTouch Discounts on upcoming workshops; My Guided Meditation CD "Still Waters Run Deep 5 Guided Meditations to Help You Reach Your Highest Potential and Open Your Heart" will be available for purchase at a discount.

Jody Powell ND

1101 Village Rd LL1B Carbondale CO 81623
E-mail: DrPowell@AspenND.com
Website: JodyPowellND.com

Practice Specialty: Naturopathic Medicine, Classical Homeopathy; Integrating conventional and alternative systems of health, nutritional deficiencies as a cause of pathology, pediatrics and vaccination consulting. Autoimmune disease, thyroid health.

Brief Bio: BS Virginia Tech, ND National College of Naturopathic Medicine, practice established in the roaring fork valley 2011

Why I am passionate about what I do... My first career revolved around the health of the natural world, and educating people on how to protect it, my current career is more focused of the smaller ecosystem of each of our bodies, and how to protect it. The same thing really. I get so much enjoyment from solving the puzzles, digging in. Finding the root causes of peoples health problems, and giving them the information they need to heal.

What will you be offering at Your table at HCH? a preview of my thyroid courses, gift ideas for the holidays.

Morgan Reeser

Exquisitely Delicious *Healthy & Delicious Meals Prepared for Busy Families & Acne Beautiful Complexion Coaching *A Natural & Effective Coaching Program for Clearing Acne Coaching done at True Nature Healing Arts, Carbondale, Colorado.
E-mail: morganr8@gail.com

Website: currently down (being rebuilt) but Aspen Mind Body Spirit features my complexion coaching company info at <http://scoutitout.wpengine.com/directory-listings/diet-and-nutrition/holistic-health-coach-health-consultant/>

Practice Specialty: Health Coaching/Preparation of Nutritionally Dense Meals & Acne Care

Brief Bio: Morgan Reeser is a certified healthy education specialist from the Institute of Integrative Nutrition. She is also a nutrition coach and health consultant that specializes in natural acne treatments through a clear skin diet and nutritional counseling.

Why I am passionate about what I do... helping people take control of their health and teaching them about how healthy foods can be made simply to taste really delicious is what drives me to keep cooking, coaching and smiling. I love teaching people about how they can heal from their particular chronic conditions through the use of food and herbs.

What will you be offering at Your table at HCH? 15 minute health consultations for any health goal and in particular acne care.

Luann Robinson Hull, MSW, LCSW, D.Min

Author, teacher and entrepreneur

Website: www.luannrobinsonhull.com

I am unable to attend the Davi Nikent event but will share with you the following:

Why I am passionate about what I do... *While my passions and interests have always been varied, each shares a common thread.* Whether the focus is philosophy, spirituality, relationships, science, art, music, fine cuisine, travel, yoga, or hiking in nature, I am most always in a state of curiosity on how human consciousness (being the common denominator among all of these themes) can be cultivated and expanded into more and more states of liberation, freedom, and illumination.

My books are available at the Davi Nikent table. Stop by and pick up a copy for a loved one!

Mary L. Russell

Journeys Out Yonder (JOY)

PO Box 1501

Community-based Adventures

E-mail: journneysoutyonder@gmail.com

Website: journneysoutyonder.com

Brief Bio: Mary specializes in facilitating outdoor, exploratory and adventurous play and learning activities for children ages 6 to 9 throughout Carbondale. Activities will be constructed that afford them the opportunity for transcendent and emergent nature experiences. By giving children time to explore and know their places well, "They become a part of the community, rather than a passive observer of it." (David Sobel (2005). *Place-Based Education: Connecting Classrooms & Communities*)

Why I am passionate about what I do... I spent the majority of my childhood playing and exploring outdoors in my neighborhood. I developed a respect and love for nature, had strong bonds with my friends, and new my neighbors. I developed self confidence and independence, as I maneuvered the world around me. I have discovered that children are given less time to explore their communities with their friends due to several factors. With this loss of connection to the natural and built world, children lose a connection to their community, and to the people in their community, often becoming reliant on parents to take care of all of their social connections.

Areas of practice...Specializing in outdoor education for children ages 6 to 9. Journeys Out Yonder connects children with their communities,

What will you be offering at HCH? To be announced.

Mateo Sandate, musician, composer, band member of Let them Roar providing music along with Barry Chapman from 11:30 and until ...

Lori L. Spencer

Lori L. Spencer, BA, NCTM, LCMT developer of The Spencer Technique
324 Alexander Lane, Basalt, Colorado 81621
E-mail: lori@spencertechnique.com
Website: www.painxpert.com

Practice Specialty: Clinical Massage Therapist specializing in pain relief; assists individuals to be free of pain.

Brief Bio: I am a clinically educated massage therapist, author, researcher and educator whose theories and techniques have been accepted by the top MDs in the world.

Why I am passionate about what I do... I feel blessed to have a career I absolutely love. It is indeed a blessing to be a catalyst in people's path to healing.

What are you offering at your table? 10 minute massages for people to sample a new healing technique and selling my book on painless aging.

Sotantar Kaur Khalsa

Kundalini Yoga Mystery School
#36 Cty Rd 111, Carbondale, Colorado
E-mail: sotantar1@yahoo.com
Website: www.kundaliniyogamysteryschool.com

Practice Specialty: Teaching kundalini yoga as a martial art and the Tzolkin as a map of space and time. Offers enlightened earth readings and flower essences.

Brief Bio: Sotantar is a kundalini master and co-founder of Kundalini Yoga Mystery School, otherwise known as the portal for enlightened earth, is the opportunity to take a new look at the mystery through the eyes of Evolutionary, Synchronic Galactic Time.

Offering at the table at HSC... Information about the Mystery School, essences and other items.

Why am I passionate about what I do? I am passionate about illuminating people's understanding about the "turn of times."

Stephanie Stanfield, Ph.D.

Making Shifts Happen
410 20th Street Suite 204, Glenwood Springs, CO 81601
Practice Specialty: Energy Therapy
E-mail: drsteph5@gmail.com
Website: www.makingshiftshappen.com

Areas of practice... Energy therapy, Access Consciousness, Reiki, PSYCH-K, Certified Angel Card Reader, and stress management

Brief Bio: Stephanie Stanfield, Ph.D., stress expert and energy therapy practitioner, shares her vast experience and research of health, healing and stress management through Angel Card Readings, Angel Jewelry and an introduction to internet based stress management programs.

Why I am passionate about what I do... I love sharing what I have learned with other people seeking wholeness. I meet the person where they are in their journey and support them in their wellness journey.

What will you be offering at Your table? Angel Card Readings, Angel Jewelry, Gift Certificates and an introduction into the Calm Moms program

Annie Van Druten

Colorado Community Acupuncture
1101 Village Rd., #UL-4D, Carbondale, CO 81623
email: anne@cocommunityacupuncture.com
website: www.cocommunityacupuncture.com
Phone: 970-963-2150

Practice Specialty: Acupuncture, cupping, essential oils, gua sha, moxibustion, nutritional counseling and lifestyle coaching.

Bio: Colorado Community Acupuncture offers quality affordable healthcare at an affordable rate. Annie finds great fulfillment in helping her patients achieve better health with natural medicine and a healthy lifestyle.

Offering at my table... acupuncture treatments in a community setting at a rate of \$30-\$50/treatment, sliding scale. The patient chooses what they pay within the range based on what they can afford. Annie will also be selling essential oils, gift certificates.

Dawne Vrabel

Dynamic Roots
228 Midland Point Road, Carbondale CO 81623
E-mail: dawne@dynamicroots.com
Website: www.dynamicroots.com

Practice Specialty: Herbal Medicine Product Line and Community Supported Herbalism program

Brief Bio: I have been in private practice of Integrative Nutrition and Herbalism for approximately 10 years. My background is diverse in holistic healing modalities and Dynamic Roots product line birthed from that practice. Dynamic Roots cultivates vibrant herbal remedies that support the body's seasonal rhythms. Dynamic Roots is working toward becoming a leading producer of handcrafted herbal remedies based on permaculture inspired and biodynamically grown medicinal herbs.

Located in Carbondale and Nederland, CO, Dynamic Roots specializes in the following:

- Growing high altitude medicinal herbs for highest potency herbal medicine
- Running one of the few AND the highest altitude Community Supported Herbalism (CSH) program in the country (US)
- Bioregional Herbalism Educational Programs called "Seed to Skin"

Why I am passionate about what I do... Dynamic Roots is a passionate business of 3 dedicated herbalist practitioners and teachers. We deeply believe in the medicinal powers of whole plants in the body, growing and teaching bioregional herbalism and educating our consumers and community about medicine making.

Areas of practice... Western Herbalism (Certified Herbalist), Permaculture. (My past practice was Integrative Nutrition, Herbalism, Reiki and working primarily in pediatric and women's health)

What will you be offering at Your table at HCH? Local Herbal Extracts, Syrups, teas, skin and body care, medicinal salves, lip balms and creams

Kersten Wilson

Kersten Wilson Counseling, LLC

1101 Village Road, UL 2B. Carbondale, CO
E-mail: kersten@awakentoconscioushealing.com
Website: www.awakentoconscioushealing.com

Practice Specialty: Somatic Therapy, Mindfulness, Children, Teens, & Adults; Talk therapy such as CBT and DBT. Phoenix Rising Yoga Therapy, Art therapy, Play therapy, Nature therapy, EFT, and more. Therapeutic interests are many and some examples are: anxiety, depression, highly sensitive person, vulnerability, authenticity, and confidence building, relationships, communication, and more.

Brief Bio: Kersten Wilson is a Licensed Professional Counselor (LPC) and Phoenix Rising Yoga Therapist (PRYT) with experience working with many ages, issues, and in a variety of settings. Kersten values a holistic approach and works with clients to create a support system and lifestyle that cultivates inner peace. Therapy is educational, experiential, and supportive for your unique needs.

Why I am passionate about what I do: To be Present and hold Love and Compassion for my clients and witness them as they learn to heal, grow, and love themselves is the best gift ever! We are all interconnected. I support clients in waking up over and over again, to greater awareness of each moment...because the Present is all we really have and it is such sweet spot to live from.

What will you be offering at Your table at HCH? Kersten will be offering 20 minute Phoenix Rising Yoga Therapy sessions. Receive gentle stretching, embodied mindfulness, talk therapy, healing touch, and explore your body in a new way. We hold Issues in our Tissues. What is happening in your body is also happening in your life. Experience your own body as a source of healing and wisdom because that is what it is...

Suzanne Young, OTR, representing a team of talented practitioners: Jennifer Grace (massage therapist), Kay Shaman (Master herbalist, massage therapist, Auricular Therapy), Laurie Nathe (micro current specialist and organic chef) at Full Spectrum Wellness
3405 Grand Ave. Glenwood Springs, CO 81601.
E-mail: fullspectrumwellness@gmail.com
Website: www.fullspectrumwellness.club
Phone: [970-704-8121](tel:970-704-8121)

Practice Specialty: Full Spectrum Wellness is dedicated to helping individuals experience life changing breakthroughs and fundamental core improvement on a cellular level as well as in mind and spirit. We start with tuning into the body (biofeedback) to assess what is really going on. We facilitate balance in the body with powerful tools and techniques that can enhance & change your life forever! Experience optimum health and vibrant energy! Clients learn how to tune-in to, tune-up and turn-on the body! They enjoy a variety of therapies including cellular up-regulation (laser, percussor and adjustor), energy balancing, detoxification through infrared sauna, ionic foot baths, whirlpool foot baths (with massage), access to movement tools, Kangen Specialized Water as well as samples of whole foods and fresh juices Besides the base therapies mentioned above available to all, customized programs are tailored to address the needs of each client featuring specialty services:

- Heart Rate Variability, Nutritional Scan, and Body Scan.
- Energy Balancing
- Bio-Feedback
- Occupational Therapy
- Sensory Integration
- Emotional / Cellular Memory Reprogramming (reset, release blockages)
- Therapeutic Massage
- Frequency Specific Micro-Current Sessions
- Nutrition Testing and Programs
- Pulse Electromagnetic Frequency/ Bemer
- Auricular Therapy
- Classes on special topics and demonstrations, and more

Brief Bio: Full Spectrum Wellness is leading the transformation from dis-ease management to true healing. We are a health and wellness cooperative with a number of practitioners. Our goal is to provide the best customized services with a synergistic approach to health and wellness utilizing a variety of methods / practitioner talents, technologies and tools at an affordable club membership price.

Why I am passionate about what I do... During my many years as an Occupational Therapist and caring for parents, family and friends, I have seen firsthand the breakdown of our current dis-ease management system many times. I have had enough of that! I am passionate about leading a shift into a new wellness paradigm... this is our Mission! I am excited about creating this new cooperative and sharing each other's talents to provide the maximum benefit to our clients. I love to teach, and I get especially jazzed up about helping and empowering others.

What will you be offering at Your table at HCH? I will offer "Show and tell" with biofeedback and a sampling of our basic services including, Energy Balancing, Cellular up-regulation (laser, adjustor, percussor), Nutrition testing, and show how to "ask and listen" to the body. Stop by, I would love to talk with you.

Evan Zislis, Organization & Strategies Consultant
Founder & Principal, Intentional Solutions
www.ClutterFreeRevolution.com
www.MyIntentionalSolutions.com
www.Facebook.com/ClutterFreeRevolution

What is your Practice Specialty? I'm a professional organizer and strategies consultant. With a masters degree in experiential education and curriculum development, I'm NOT a life coach. My approach comes from my expertise as an educator. I help people to clear the cluttered path to the life they seek.

Bio: Born and raised the son of an Army pathologist, Evan spent his youth criss-crossing the planet. After four years of high school in Ramstein, Germany, he studied political science at the University of Maine and cultural anthropology at the University of British Columbia. Evan went on to receive a masters degree focused in curriculum development and experiential education before starting his career as a seventh grade social studies teacher at Aspen Middle School in Aspen, Colorado. Evan has since spent over a dozen years in program development working with some of the Aspen Valley's foremost nonprofits. Evan started his own consulting firm in 2012, focused on organizational solutions for households, businesses, teachers, and people in life transitions. He has written about his work for *The Aspen Times* in his own column, "Life.Simplified.", for nearly five years. Recently featured in INC and Aspen magazines, Evan recently published his first book, *ClutterFree Revolution: Simplify Your Stuff, Organize Your Life & Save the World*, which has been a top-rated Amazon bestseller since its release in April. The philanthropic division of Evan's firm, Intentional Solutions, is called "2 for Teachers" where he provides organizational consulting for public school teachers for FREE. Evan lives with his family in Carbondale, Colorado.

Why I am passionate about what I do... This work is not about tidying up. There is an urgency to bring a consciousness to what we buy, why we buy, and from whom. My work is about helping people to simplify, so they can focus on the things that matter most, and that is: who we love, what we do, how and why we live -- because everything else is just STUFF. My bestselling new book, *ClutterFree Revolution: Simplify Your Stuff, Organize Your Life & Save the World* is a manual for living a better life with LESS.

What will you be offering at Your table at HCH? Personalized Clutter & Organization Coaching + Autographed Copies of my book (\$14.97)